

Active Home Week

Every day choose **4 activities** from the list below or insert your own ideas and colour the box when they are completed.

Cycle a bike/peddle tractor Or Go on your scooter	Create an obstacle course	Dance to your favourite song	Sport Day activities -Races -Egg & spoon Race -Long jump -Sack Race
Kick a football with someone from home	Penalty Shoot out	Go on the trampoline	GAA football or hurling Try out some of the GAA challenges.eg roll lift/jab lift, solo) (Tj Reid)
P.E with Joe Wicks or Donna Dunne	Throw a ball with someone	Run for 5 minutes around the garden	Play hopscotch
Squat for 20 seconds	Take the dog for a walk with a family member	Hurling/Football skills	10 minutes of active housework for Mammy
Do a Go-Noodle or Tik tok dance Or Create a dance routine to the song Dance Monkey	Play balloon tennis/Volleyball for 10 minutes	10 @ 10 or 10 Jumping Jacks 10 Ball throw and catch 10 seconds running on spot	Musical Chairs/Musical Cushions Get family involved & play a game of musical chairs

Colour each day a different colour

Eg. Monday – colour red

Tuesday- colour yellow

Wednesday-colour blue

Name: _____ Class: _____