

## 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	Go for a walk	Dance to your favourite song	Throw a Frisbee with someone from your house
Kick a football with someone from home	Skip or hula hoop  See who can skip the most skips or keep the hula hoop up the longest	Go on the trampoline or  Cosmic Kids Some gentle stretching	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	Skip around the house	Hop on the right foot 10 times then swap	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: \_\_\_\_\_