

## Activities for Monday 22nd June - Friday 26th June

### 1. Virtual School Tour

Choose one (or more!) of the tours below, click on the link and enjoy!

- A Visit to **Pompeii** <https://www.italyguides.it/en/campania/pompeii>
- A Visit to **Áras and Uachtaráin** <https://president.ie/en/explore-visit/interactive-tour>
- A Visit to **Glasnevin** [https://www.glasnevinmuseum.ie/interactive\\_museum\\_exhibition/](https://www.glasnevinmuseum.ie/interactive_museum_exhibition/)
- A Visit to **The White House** <https://artsandculture.google.com/partner/the-white-house>
- Self guided tour/worksheet for **The Natural History Museum, Dublin** <https://www.cliste.ie/natural-history-museum-virtual-tour/>

### 2. Creative and Active Table

Choose 3 activities each day (you can do more if you like!) from the table below and complete them ( some new ones this week). You can repeat the same activity again on another day but aim to complete ten DIFFERENT activities by the end of the week.

<b>5th &amp; 6th Class</b>	Draw/Sketch/Paint your pet or a member of your family	Do a Joe Wicks/TJ Reid/Donna Dunne class.	Run/Walk 5km. Time yourself.	Google "Joe Wicks yoga" and complete one of the vidoes	Do 20 jumping jacks,20 mountain climbers,20 squat jumps. See how many rounds of this you can complete in 3 minutes.
	Do 20 minutes skills practice in your choice of sport	Design a new jersey/kit for your favourite team	Make up a dance to your favourite song	Build a treehouse or fort.	Invent a new game using items you can find around your home, include rules etc.
	Do some hula-hooping....even if you can't do it properly!	Wash the car or vacuum the house!	Hold a plank position for as long as you can. Time yourself. Do this 3 times in the day.	Make up a wordsearch including as many sport related words as you can. See can your parent/brother/sister find all the words!	Follow this link <a href="https://www.youtube.com/watch?v=u2EGLlyDkXE">https://www.youtube.com/watch?v=u2EGLlyDkXE</a> or look up Uptown Abs workout at Gymnastics club on Youtube. Can you do it?!

