

Monday 15th - Friday 19th June

Each day this week I want you to choose 3 activities (you can do more if you like!) from the table below and complete them. You can repeat the same activity again on another day but aim to complete ten DIFFERENT activities by the end of the week. Don't forget to send in some photos (either on Seesaw or by email) of your creations or of you completing the tasks. I'd love to see what you get up to!

Enjoy!

Ms. Meehan

<b>5th &amp; 6th Class</b>	Draw/Sketch/Paint your favourite sport's person.	Do a Joe Wicks/TJ Reid/Donna Dunne class.	Run/Walk 5km. Time yourself.	Search for the 10 at 10 on RTE.ie. Do the workout.	Do 20 push ups/20 sit ups/20 squat jumps
	Create your own Mandela and colour it in.	Do a scavenger hunt to find three household objects starting with each letter of the alphabet.	Have an egg and spoon /sack/skipping/3 legged race. Even just against yourself!	Look at freestyle hurling on YouTube. Try it!	Make a football like in the olden times using old socks, plastic bag...etc. Have a kick around outside.
	Do some skipping....even if you can't do it properly! (use a rope or some ties joined together)	Wash the car, or the dog, or vacuum the house!	Set up an Obstacle race for your family. You could even do this inside.	Sit balanced on your bottom on the floor. Turn 360 degrees without hands or feet. Now the other way!	Take a half an hour walk in the woods/ fields/ a country road or lane. Listen to the sounds of nature.