



Hi to all our families!

As you may be aware, we have been working towards renewing our Active Flag this year. Usually, our Active Week would take place towards the end of the school year but this year, this may not be possible so any schools taking part in this initiative have been asked if they would participate in Active Home Week instead. This will take place nationwide and will run from Monday, 27<sup>th</sup> April – Friday, 3<sup>rd</sup> May. We have decided to take part in this fun and challenging week, and as such, we will be replacing book work with Physical Activities and Challenges. We hope you will enjoy this week ahead and all the information needed can be found below. Each day, the children will be asked to participate in 60 minutes of physical activity, with ideas being uploaded onto the website/Facebook page daily. Many of these are suitable for all family members to participate in. Some of the activities are through the Active Flag Twitter page. Although we do not have a school Twitter account, it is possible to access these videos without being a member. The children will be familiar with Go Noodle activities, which we use in the classroom and you can access these lovely resources with the free Family options on their website.

At the end of each day, we would ask you to complete the Activity Record Chart. We will be required to send these sheets onto the Active Flag organisation to show the levels of participation from our families.

This can be done in 3 ways:

1. A handwritten record emailed into the school
2. Print off the Record Chart and fill it in manually & send a photo of it to the school email address
3. Fill in the editable online chart and just email it directly back to the school.

A sample day could look something like this: Choose 3/4 activities per day or make up your own

Go for a walk with your family (within 2km)	Play a game of Animal Moves	Try any episode of 10 @ 10 on RTE Junior – available on RTE Player	Try P.E. with Joe Wicks – new video daily at 9am live or watch a recording of one of his workouts	PDST video – Beyond the Classroom
Dance to your favourite song	Circuit training with Katie Taylor (video on her twitter account)	Dance to a guided dance routine of your choice on Go Noodle	Go Noodle meditation activity	Create your very own active game
Draw your own hopscotch and play with your family	Cycle or scoot for 10 minutes	Try the Bear Crawl – Watch Irish Rugby Star Jenny Murphy demonstrate how to do this	Make your own obstacle course and run through it as a family	Make up a dance routine to your choice of song
Play Simon Says with your family	Dance the Hokey Pokey	Parents’ choice of physical activity	Play “The floor is lava”	Penalty shoot outs
Jumping Jacks – for 1 min intervals of jumping and resting	Kick a ball to someone in your family – or try some “keepy uppy’s”	Outdoor scavenger hunt – find one thing beginning with each letter of the alphabet –	Try a game of ‘Clap Clap’	Skipping everywhere instead of walking
Cosmic Yoga activity	SKIPnROPE activity on Active School Twitter Page	Practice on the spot straightforward skipping	Superman leg raises	Play a game of Animal Moves

Games:

Clap Clap : Practice throwing a ball in the air and catching it. Then try and throw it as high as you can and see can you clap your hands together before you catch the ball. How many claps can you do before you catch the ball?

Superman Leg raises: Lie on your tummy with your arms stretched out in front. Slowly lift your arms and legs like a flying superhero. Hold for 10 seconds and relax. Repeat as many times as you can!

We will be adding links to various websites over the coming days so keep an eye out for these!

We hope you all enjoy the week ahead and have fun!