

Friday 1st May

Happy Friday everyone!

Good morning and welcome to the last day of your Active Home Week Challenges!

We hope you have had lots of fun over the last week and enjoyed a break from the books!

Today is Freestyle Day – you can pick and choose any activities you really enjoyed from the previous days and do them again but if you are looking for some more suggestions, here are a few more ideas!

A fun start to the day might be to try some Zumba to the song Happy by Pharrell Williams. This can be found by typing in Happy by Zumba Kids on Google.

<https://www.youtube.com/watch?v=VhAw8kjV-4c>

Bear Crawl with Ireland rugby star Jenny Murphy is another fun activity to try – all you need is a ball balancing on your back as you try to crawl along on your hands and knees without letting it roll off!

<https://www.youtube.com/watch?v=xbSypO5Tb5I>

Get Yo Body Movin' is a great fun workout to do at home, one which many of the kids have tried in class! It is available on Go Noodle and has a very catchy tune that might just stay in your head for the weekend!

The 10@10 on RTE Jnr is a great indoor session to complete if it is raining today so try one of these if you have time!

A family walk/scoot or cycle would be a lovely way to finish up this family week so if the weather is nice, enjoy the scenery outside. Any movement at all can be recorded as an activity so keep bopping away to the tunes on the radio & playing games outside such as penalty shoot outs, Hopscotch or What time is it Mr Wolf?

Thank you so much for all the hard work and effort you have put into these past 5 days. It is greatly appreciated and will help our lovely school renew its Active Flag in the process. If you could attach any photographs of you participating in any of our challenges then please do. Please take the time to fill your Record Chart of what you did & email it to the school whenever you get the chance.

Thank you very much & enjoy the weekend 😊