

# Seachtain Ghníomhach sa Bhaile do Pháistí Ghaelscoil an Teaghlaigh Naofa “Active School Week”- at home!

22<sup>ú</sup> – 26<sup>ú</sup> Meitheamh/June 22<sup>nd</sup> - June 26<sup>th</sup>

## Parents/Guardians please note:

**Children should move & play in a supervised, safe area and follow the government Covid-19 advice. Some of the links below lead to YouTube which may play advertisements before the video plays. Please monitor your child’s use of these resources.**

Children and young people need at least 60 minutes of physical activity everyday - WHO

|                                     | Dé Luain   | Dé Máirt   | Dé Céadaoin  | Déardaoin  | Dé hAoine  |
|-------------------------------------|--|--|--|--|--|
| <b>Gníomhaíocht/<br/>Activity 1</b> | <p><b>Naí. Shóis. - R. a 1:</b><br/>Cosmic Yoga<br/><a href="#">Click here for link</a></p> <p><b>R. a 2 – R. a 6:</b><br/>PE with Joe<br/><a href="#">Click here for link</a></p>   | <p><b>Scipeáil/Skipping<br/>Rope Challenge -<br/>roghnaigh an ceann<br/>is fearr leat/choose<br/>your favourite!<br/><a href="#">Click here for link</a></b></p>             | <p>Fiafraigh dos na<br/>tuismitheoirí/Ask a<br/>parent or<br/>grandparent about a<br/>game that they<br/>played when they<br/>were young &amp; try it<br/>out!</p>   | <p><b>Cluichí Nua/Unusual<br/>Sports to Try at<br/>Home<br/><a href="#">Click here for link</a></b></p>  | <p><b>Naí. Shóis. - R. a 1:</b><br/>Cosmic Yoga<br/><a href="#">Click here for link</a></p> <p><b>R. a 2 – R. a 6:</b><br/>PE with Joe<br/><a href="#">Click here for link</a></p> |
| <b>Gníomhaíocht/<br/>Activity 2</b> | <p><b>Naí. Shóis. - R. a 1:</b><br/>Gluaisigh mar<br/>Ainmhí/Animal<br/>Moves<br/><a href="#">Click here for link</a></p> <p><b>R. a 2 – R. a 6:</b><br/>Siúlóid cailce/Create<br/>Your Own ‘Chalk<br/>Walk’<br/><a href="#">Click here for link</a></p> | <p><b>Dúshlán na<br/>Stocáí/Sock<br/>Challenge<br/><a href="#">Click here for link</a></b></p>   | <p>Sábháilteacht san<br/>Uisce/PAWS<br/>(Primary Aquatics<br/>Water Safety) -<br/>choose the correct<br/>Presentation &amp;<br/>Interactive<br/>Resources suitable<br/>for your child’s class<br/>group.<br/><a href="#">Click here for link</a></p> | <p><b>Cluichí an Chiseáin<br/>Níocháin/Laundry<br/>Basket Games<br/><a href="#">Click here for link</a></b></p>  | <p>Rince/Dance Time:<br/><b>Naí. Shóis. - R. a 1:</b><br/><a href="#">Click here for link</a></p> <p><b>R. a 2 – R. a 6:</b><br/><a href="#">Click here for link</a></p>           |
| <b>Gníomhaíocht/<br/>Activity 3</b> | <p>Rithimis!/Let’s Run!<br/><b>Naí. Shóis. - R. a 1:</b><br/>Daily 500m</p> <p><b>R. a 2 – R. a 6:</b><br/><a href="#">Daily Mile</a></p>  | <p>Rithimis!/Let’s Run!<br/><b>Naí. Shóis. - R. a 1:</b><br/>Daily 500m</p> <p><b>R. a 2 – R. a 6:</b><br/><a href="#">Daily Mile</a></p>                                    | <p>Rithimis!/Let’s Run!<br/><b>Naí. Shóis. - R. a 1:</b><br/>Daily 500m</p> <p><b>R. a 2 – R. a 6:</b><br/><a href="#">Daily Mile</a></p>  | <p>Rithimis!/Let’s Run!<br/><b>Naí. Shóis. - R. a 1:</b><br/>Daily 500m</p> <p><b>R. a 2 – R. a 6:</b><br/><a href="#">Daily Mile</a></p>                                | <p>Rithimis!/Let’s Run!<br/><b>Naí. Shóis. - R. a 1:</b><br/>Daily 500m</p> <p><b>R. a 2 – R. a 6:</b><br/><a href="#">Daily Mile</a></p>  |
| <b>Gníomhaíocht/<br/>Activity 4</b> | <p><b>Am Litriu/Spell<br/>Your Name<br/>Challenge<br/><a href="#">Click here for link</a></b></p>  | <p><b>Deir Ó<br/>Grádaigh/Simon<br/>Says:<br/>‘Hop on one leg’,<br/>‘Run on the spot’,<br/>‘Leap like a frog’,<br/>etc.<br/>Make it as easy or<br/>hard as you like!</b></p> | <p><b>Bac-Chúrsa/Create<br/>your own obstacle<br/>course – include as<br/>many activities as<br/>you can think of &amp;<br/>remember to tidy up<br/>afterwards!</b></p>  | <p><b>Sean-Chluichí is<br/>Fear Linn/Age old<br/>favourites:<br/>Hop Scotch, Tip the<br/>Can, Hide and Seek<br/><a href="#">Click here for link</a></b></p>              | <p><b>Rogha an<br/>Aoine/Freestyle<br/>Friday: (choose any<br/>activity to play):<br/>ideas include:<br/>cycling, trampoline,<br/>frisbee, football,<br/>basketball!)</b></p>      |
| <b>Gníomhaíocht/<br/>Activity 5</b> | <p><b>Cluichí Málaí<br/>Pónaire/Beanbag (or<br/>ball of socks!)<br/>Games - choose your<br/>favourite!<br/><a href="#">Click here for link</a></b></p>   | <p>Rince/Dance Time:<br/><b>Naí. Shóis. - R. a 1:</b><br/><a href="#">Click here for link</a></p> <p><b>R. a 2 – R. a 6:</b><br/><a href="#">Click here for link</a></p>     | <p><b>Cluichí Lá<br/>Spóire/Sports Day<br/>Favourites!<br/>- Egg and Spoon<br/>Race<br/>- Sack Race<br/>- 3 Legged Race<br/>- Wheelbarrow Race<br/>Rince/Dance Time:</b></p>   | <p><b>Rince/Dance Time:<br/>Naí. Shóis. - R. a 1:<br/><a href="#">Click here for link</a></b></p> <p><b>R. a 2 – R. a 6:<br/><a href="#">Click here for link</a></b></p> | <p><b>Cluichí<br/>Balúin/Balloon<br/>Games - choose your<br/>favourite!<br/><a href="#">Click here for link</a></b></p>  |