

## Active week 15<sup>th</sup>-19<sup>th</sup> June



It's Active Week so let's get ACTIVE

Always warm up first. Try the warm up activities below.

Monday	Tuesday	Wednesday	Thursday	Friday
--------	---------	-----------	----------	--------

Do all the stretches each day



Stretch up tall and then bend and touch your toes



Stretch one arm over your head to reach the other side






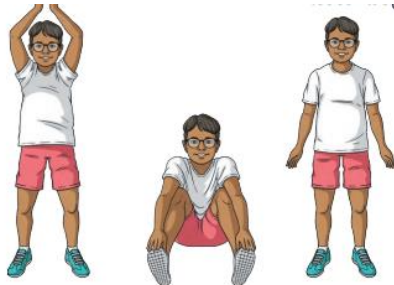

Stand with arms outstretched and rotate forwards and backwards







Neck rotations.  
Side to side. Up and Down  
All around making circles



Quad stretch  
Stand on one leg  
Lift the other behind and hold for 5 seconds. Swap leg

Monday	Tuesday	Wednesday	Thursday	Friday
5-minute walk	7-minute walk	10-minute walk	14- minute walk	20-minute walk
<p>Sprinting on the Spot Sprint on the spot as fast as you can Pump with your arms at the same time Continue for 35 seconds</p> 	<p>Shoot an imaginary basketball at an imaginary basketball hoop. Shuffle along a few steps and shoot at another hoop So, it's shoot - shuffle - shoot - shuffle back - shoot and so on for 35 seconds</p> 	<p>Stand straight with your arms by your side and feet shoulder width apart. Jump upwards, bringing your arms and legs out to make a star shape as you land. Jump upwards again and bring your feet and arms back to the starting position. How many can you do in one minute?</p> 	<p>Sit down, touch toes, stand up clap</p> <ol style="list-style-type: none"> <li>1. Sit down</li> <li>2. Put your legs out in front of you and touch your toes</li> <li>3. Stand up</li> <li>4. Clap your hands above your head</li> </ol> <p>Repeat Continue for 35 seconds</p> 	<p>Running and Punching Run on the spot with forward punches Punch the opposite arm with the opposite leg Continue for 35 seconds</p> 
Bunny hop 20 times	Bounce the ball against wall 20 times	30 second sprints		Forward lunges 20 seconds

# Main event

Monday	Tuesday	Wednesday	Thursday	Friday
<p><u>Work Out Monday</u></p> <p>Try out these workouts today. Use the PE cards for information on how to complete each activity. Complete each activity for 35 seconds.</p> <ol style="list-style-type: none"> <li>1. Squats</li> <li>2. Backward Lunges</li> <li>3. Climb the Rope</li> <li>4. Knee to Elbow</li> <li>5. Frog jumps</li> <li>6. Slow Motion Burpees</li> <li>7. Squat hold with Punches</li> </ol> <p>View demonstrations here :  <a href="https://www.youtube.com/watch?v=uqLNxJe4L2I">https://www.youtube.com/watch?v=uqLNxJe4L2I</a></p>	<p><u>Basketball</u></p> <p>Try these basketball drills and skills today. Use the PE cards for information on how to complete each activity.</p> <ol style="list-style-type: none"> <li>1. Familiarisation</li> <li>2. Dribbling skills</li> <li>3. Passing skills</li> <li>4. Pivoting Skills</li> </ol>	<p><u>Athletics</u></p> <p>Sit, Throw and catch  Children sit on the ground holding a light football in both hands  Using the both hands throw the ball as high as they can  Quickly get to your feet to catch the ball at its highest point</p> <p>Look at this demonstration here:  <a href="https://youtu.be/iXbY7gldV1U">https://youtu.be/iXbY7gldV1U</a></p> <p>Balance</p>  <p>Improve your balance by creating your own beam on the ground (you can use masking</p>	<p><u>Yoga</u></p> <p>Try out these yoga poses today. Use the PE cards for information on how to complete each activity.</p> <ul style="list-style-type: none"> <li>• Warrior Pose</li> </ul>  <ul style="list-style-type: none"> <li>• Chair Pose</li> </ul>  <ul style="list-style-type: none"> <li>• Mountain Pose</li> </ul> 	<p><u>Family Fun Friday</u></p> <p><u>Try some sports day races:</u></p> <p>Set up a starting point and a finish point.</p> <p><u>Sprints</u>  Run as fast as you can to the finish</p> <p><u>Long jump</u>  Stand with feet together and jump as far as you can.</p> <p>Catch the Train  Leave a bag on the halfway line between the beginning and the end of the race. In the bag put items of clothing (such as a hat, scarf, gloves etc.) Each person must run to the halfway line and get dressed, close</p>

to something flat.) Try out the following movements:  
Walking forwards  
Walking backwards  
Forward Lunges  
Backward Lunges  
High Knees  
Skipping on both legs,  
on one leg  
Crabbing  
Bouncing

Try your own too.

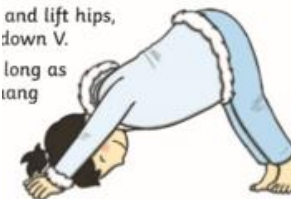
Have a look at this demonstration here:  
<https://youtu.be/AU4Lmp-eBKQ>

- Tree Pose



- Downward Dog

and lift hips,  
down V.  
long as  
long



Enjoy a full class here  
on:  
[https://www.youtube.com/watch?v=sleK3j\\_KN4I&feature=youtu.be](https://www.youtube.com/watch?v=sleK3j_KN4I&feature=youtu.be)

the bag and run to the finish line.

### Welly toss

See who can throw the welly the furthest.  
Mark your sport with a cone or an item of choice.

### Egg and spoon race

Try the egg and spoon race but don't let your egg drop!!  
An obstacle course is a  
Obstacle Course:

Include movements such as

- Dribbling
- Crawling
- Running
- Balancing
- Rolling
- Hopping
- Jumping

If you have a swing, slide or a skipping rope at home use these as part of your obstacle course.

Have a starting point and a finish point. Get someone to time how long it takes to complete the course.

Always remember to cool down

Monday	Tuesday	Wednesday	Thursday	Friday
--------	---------	-----------	----------	--------

Do all the stretches each day



Stretch up tall and then bend and touch your toes



Stretch one arm over your head to reach the other side



Stand with arms outstretched and rotate forwards and backwards



Neck rotations.  
Side to side. Up and Down  
All around making circles



Quad stretch  
Stand on one leg  
Lift the other behind and hold for 5 seconds. Swap leg

Time yourself completing these activities each day. Aim to spend at least 60 minutes moving each day.  
You can do this altogether or split it up with breaks. Aim to be as active as you can this week.

	Activity 1 (warm up)	Activity 2 (Main lesson)	Activity 3 (Cool Down)	Total Time
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				

Of course this week you can play all of your other most loved sports too. Enjoy! ☺



Maths this week: Maths Mysterys

5<sup>th</sup> Class: The Mystery of the Spoiled Party Bags

6<sup>th</sup> Class: The Mystery of the Brilliant Breakfast

English: My favourite book this year – Book review

My favourite character – Character Profile

Gaeilge: My summer bucket list – write down a list of things you would like to get up to. Start with: Ba mhaith liom: \_\_\_\_\_



## Joe Wicks: Active 8-Minute Workout 2

### Running and Punching

1. Run on the spot with forward punches.
2. Punch the opposite arm with the opposite leg running.

How quickly can you go? Try sprinting for the final 10 seconds.



## Joe Wicks: Active 8-Minute Workout 2

### Star Jumps

Make sure you have enough room for this exercise!

1. Stand straight with your arms by your side and feet shoulder-width apart.
2. Jump upwards, bringing your arms and legs out to make a star shape as you land.
3. Jump upwards again to bring your feet and arms back to the starting position.

How many star jumps can you do in 35 seconds?

Try turbo star jumps!



## Joe Wicks: Active 8-Minute Workout 2

### Sit down, Touch Toes, Stand up, Clap

1. Sit down.
2. Put your legs out in front of you and touch your toes.
3. Stand up.
4. Clap your hands above your head.
5. Repeat.



## Joe Wicks: Active 8-Minute Workout 2

### Basketball Throws

1. Shoot an imaginary basketball at an imaginary basketball hoop.
2. Shuffle along a few steps and shoot another hoop!
3. So, it's shoot – shuffle – shoot – shuffle back – shoot and so on.

This is a great exercise for the leg muscles.



## Joe Wicks: Active 8-Minute Workout 2

### Mummy Kicks

1. Put your arms out in front of you and cross your hands over each other.
2. As you do this, begin kicking your feet out in front of you as well.
3. Continue crossing your hands, one above the other, alternating the hand on top, as you kick your feet.

**This is a great one for your coordination!**



## Joe Wicks: Active 8-Minute Workout 2

### Mountain Climbers

1. Start on the floor in a press-up position.
2. Bring each knee up to your chest one at a time.

**You will feel this in your arms and upper body!**

**Stop and shake it off for a few seconds if it gets too hard! You've got this!**



## Joe Wicks: Active 8-Minute Workout 2

### Squat, Squat, Lunge, Lunge

1. Start with your feet a bit wider than shoulder-width apart.
2. Squat down twice.
3. Lunge back with one leg, return to standing and then lunge back with the other leg.
4. Repeat.

**Try to stay balanced throughout the exercise.**



## Joe Wicks: Active 8-Minute Workout 2

### Sprinting on the Spot

1. Sprint on the spot as fast as you can.
2. Pump with your arms at the same time.

**Can you alternate between low, fast sprinting and high-knee sprinting?**





# Basketball Activities

## Ball Familiarisation

Spend time familiarising yourself with the ball. Can you move the ball around one foot on the floor in circles and then the other? Can you move the ball around both feet on the floor in a figure of eight using both hands? Try rotating it around your ankles, waist and head.

Use a basketball, if you have one, although any large ball will do!



## Passing Skills

With a partner, practise the technique for the chest pass – one of the most common passes used in basketball and the most accurate way to move the ball around the court.

1. Hold the ball at chest-height with your fingers spread out behind the ball.
2. Keep your elbows out in front of you and relaxed.
3. Stand facing where you want the ball to go with your knees slightly bent.
4. Step forward with your dominant foot as you begin to straighten your arms.
5. Push the ball away from your body at chest-height by powerfully extending the arms forwards and flicking the wrists.
6. Follow through with the arms, wrists, hands and fingers in the direction of the throw.

How many passes can you make in one minute?





### Dribbling Skills

Practise your ball-bouncing technique.

1. Contact the ball with your finger pads, not the palm of your hand. This will give you better control.
2. Bend and straighten from your wrist and elbow as you bounce the ball.
3. Push, don't slap the ball downwards at about hip-height.
4. Your hips and knees should be slightly flexed (bent).

5. Try not to look at the ball – keep your head up and be aware of what's going on around you.

Can you bounce the ball out in front of you and to the side? Practise moving in different directions while dribbling the ball. Practise dribbling with your dominant and non-dominant hand.



### Pivoting Skills

Pivoting involves keeping one foot on the floor, as an anchor, while the other foot moves in a circular pathway, allowing you to change direction.

1. Keep one foot anchored to the ground and rotate on it using the ball (front part) of the foot.
2. Move or step with the other foot as much as you like to change direction.

Practise pivoting with both your left and your right foot, moving forwards and backwards.

Yoga Cards

### Chair Pose - Utkatasana

**Benefits** Strengthens legs, stretches shoulders and chest.

- 1 Start in mountain pose.
- 2 Exhale, and bend your knees as if you were sitting in a chair.
- 3 Reach your arms towards the ceiling, with your palms facing each other.
- 4 Hold this pose and breathe.



Yoga Cards

### Tree Pose - Vrikshasana

**Benefits** Improves balance; strengthens thighs, calves, and ankles; stretches legs and chest; develops concentration.

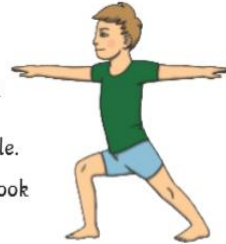
- 1 Begin in mountain pose.
- 2 Lift your right foot, turning your knee out; place your foot below your left knee.
- 3 Press your hands together.
- 4 Raise arms overhead, and look up to your hands if possible.
- 5 Return hands to your chest, and lower your right leg.
- 6 Repeat with left leg.



## Warrior II Pose - Virabhadrasana II

**Benefits** Strengthens and stretches legs and core; stretches chest and shoulders; relieves backaches.

- 1 Stand with your feet wide apart. Turn your left foot in and your right foot out 90°.
- 2 Inhale, and lift your arms parallel to floor.
- 3 Exhale and bend your right knee. Be careful not to extend your knee past the 90° point with your ankle.
- 4 Keep your torso tall, turn your head, and look out over your fingertips.
- 5 Inhale, straighten your legs and lower your arms. Repeat on opposite side.



## Downward-Facing Dog - Adho Mukha Svanasana

**Benefits** Calms the mind; relieves stress; energizes the body; strengthens arms and legs; stretches upper and lower body; relieves headaches; back pain and fatigue.

- 1 Begin on hands and knees with toes tucked under.
- 2 Exhale, straighten knees and lift hips, so you are in an upside-down V.
- 3 Hold this position for as long as you like. Let your head hang down and breathe.
- 4 To release, exhale and bring knees to the floor.

