

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



It's Active Week so let's get ACTIVE

### Time Record

It is recommended that we do 60 minutes of exercise every day. I want you to try your best to do that. Time yourself every day when you are doing any of the activities from Active Week. You can do all the activities together or throughout the day. Have fun!

Day	Monday	Tuesday	Wednesday	Thursday	Friday
Daily Time spent being Active					

Warm Up: Always warm up first. Try the warm up activities and stretches below. Do them every 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	12- minute walk	15-minute walk
15-star jumps	Bounce the ball against a wall 10 times	20-star jumps	Bounce the ball against a wall 20 times	25-star jumps
Pencil roll on the grass	Bunny hop 15 times	Bounce the ball against a wall 15 times	Bunny hop 20 times	Bounce the ball against a wall 30 times

# Main event

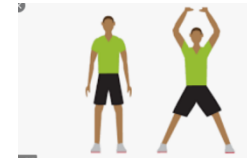
Monday	Tuesday	Wednesday	Thursday	Friday
<p><u>Challenge Monday:</u></p> <p>Can you complete these challenges? Why not time yourself and see if anyone in your family can beat you?</p> <ol style="list-style-type: none"> <li>1. Roll a dice and jump that number of times.</li> <li>2. Bounce a ball 10 times.</li> <li>3. Hop on one foot for 10 hops</li> <li>4. Set out some cones (or shoes) in a line. Run between them 5 times</li> </ol>	<p><u>Yoga Tuesday:</u></p> <p>Try the Yoga poses using the cards for help.</p> <p>Or you could choose an adventure from Cosmic Kids Yoga on You Tube</p> <p><a href="https://www.youtube.com/user/CosmicKidsYoga">https://www.youtube.com/user/CosmicKidsYoga</a></p>	<p><u>Obstacle Wednesday:</u></p> <p>An obstacle course is a fun way to get creative and inventive.</p> <p>Include movements such as</p> <ul style="list-style-type: none"> <li>• Crawling</li> <li>• Running</li> <li>• Balancing</li> <li>• Rolling</li> <li>• Hopping</li> <li>• Jumping</li> <li>• Skipping</li> <li>• Moving Sideways</li> </ul>	<p><u>Work out Thursday</u></p> <ul style="list-style-type: none"> <li>• 5 Squats</li> <li>• 5 jumping jacks</li> <li>• 5 lunges</li> <li>• 5 high knees</li> <li>• Run on the spot for 15 seconds.</li> </ul> <p>Repeat and try to do as many cycles as you can!</p> <p><b>Squat</b></p> 	<p><u>Family Fun Friday</u></p> <p>Try some sports day races:</p> <p>Set up a starting point and a finish point.</p> <p><u>Sprints</u></p> <p>Run as fast as you can to the finish</p> <p><u>Fill the bucket</u></p> <p>Put a bucket or basin 1metre from you. Throw in as many pegs (or anything else) as you can. One point for every object in the bucket.</p>

5. Long jump:  
Stand with  
your legs  
together and  
jump.

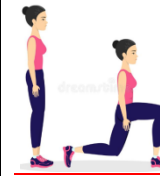
If you have a  
swing, slide or a  
skipping rope at  
home use these as  
part of your  
obstacle course.

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

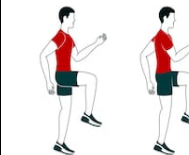
### Jumping Jack



### Lunge



### High Knees



### 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!!



Always remember to cool down: 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

### Water Safety

Take a look at the water safety story on Paws. You can also play some games after you have looked at it on the second link.

<https://static1.squarespace.com/static/593f9c096b8f5b6f0ab3cade/t/5e2ec6e79e79e43c6913f2f7/1580123919850/PAS+1+ENGLISH+WEB.pdf>

<http://paws.edco.ie/junior-and-senior-infants/>

I have also included a couple of worksheets you can do on water safety. There is a spot the difference, spot the dangers and design a water safety poster,

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 - Vriksasana

**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.



## Pool Safety

There are 8 differences in the pictures below. Can you find them? Circle them in red.



## Design a Water Safety Poster

Using everything you know about water safety, design a poster telling people how to keep safe in the water. Your poster could be about general water safety or specific to a certain type of water, such as swimming pools or the beach. Decide whether your poster should be aimed at younger children, older children or adults.



# Dangers near the Sea

