



Active Home Week

5 May 2020



Active Home Week

- Ms Kirrane, Ms Loughnane, Ms Mason & Ms Ryan would like to congratulate you on all your hard work so far.
- This week is Active Home Week so we would like you to be more active and to spend less time at your screen.
- Remember, YOU decide when and how you work and how much you do.
- We have some slides for literacy, numeracy and SPHE. We also have a superhero song.
- There are lots of fun activities for you to try out with your family.
- We hope you have lots of fun!



Before you begin.....

- Think about.....



- Where will I work?
- What can I use (pencil, paper, colours, table, sofa)?
- Who can help me?
- What about a timetable?



Possible timetable

Time	Tuesday	Wednesday	Thursday	Friday
9:00 – 9:30	Joe Wicks	Joe Wicks	Joe Wicks	Dress up with Joe Wicks
9:30 – 10:00	Literacy	Literacy	Literacy	Literacy
10:00 – 10:30	Break	Break	Break	Break
10:30 – 11:00	Numeracy	Numeracy	Numeracy	Numeracy
11:00 – 11:30	RTE Home School Hub	RTE Home School Hub	RTE Home School Hub	RTE Home School Hub
11:30 – 12:00	Wash the dishes	Clean the door handles	Tidy your room	Help make food with an adult



Give it a go.....

Active Home Week

Wash the window sill in
your living room....
Twice!

Get everybody in your
family to go outside for
half an hour.

Pick one person in your
family to play outside for
15 minutes.

In your family... who can
jump the highest?

Count how many times
you can kick a ball.

Wash the window sill in
your bedroom....
Three times!

Who is the fastest runner
in you family? Get them
all to run.

In your family... who has
the longest jump?

Wash your hands!
Wash your hands!
Wash your hands!



Enjoy Active Home Week!

See you all next week!

