Sacred Heart JNS
Active HOME Week
5th- 8th May

Hi everybody! Hope everyone is safe and well!

It's finally our FAVOURITE week in the year- Active School Week but this year it's EXTRA special as it's Active HOME Week which means EVERYONE in your house can take part!

There are 3 activities to do every day and a Daily Challenge. Do as much as you can but make sure to have lots of FUN! At the end there is also links to even more Active Activities!

Don't forget to send your pictures to Gaye on WhatsApp 0877443779 or email hscl@shjkillinarden.ie

Can't wait to see all them all,

Ms Heavey, Ms Duff and Ms Boland!

Talented Tuesday

Tuesday

Lets get active and start our day with 10@10

Click on the picture or link below to begin!

https://rtejr.rte.ie/wp-content/blogs.dir/22/files/2018/01/10at10-Episode-1-English.mp4

Alphabet Warm-Up

Do the activities spelling your NAME

A 10 jumping jacks

B 5 push-ups

C 1 burpee

D 20 high knees

E 5 crunches

F 10 mountain climbers

G 5 squats

H 10 front lunges

I 10 side lunges

J 10 second wall sit

K 5 calf raises

L 5 second plank

M 3 squat jumps

N 10 second jump rope

O 10 russian twists

P 5 plie squats

Q 10 arm circles

R 10 skaters

S 10 second jog in place

T 10 butt kickers

U 5 inchworms

V 5 tricep dips

W 3 star jumps

X 5 bird dogs

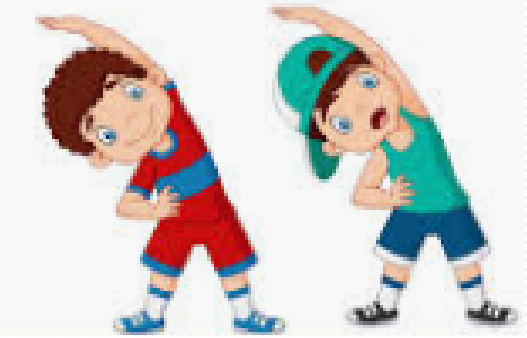
Y 10 leg raises

Z 5 squat jacks

Go Noodle- Fresh Start

Click on the picture or the link for this quick work out to get your get your blood pumping!!

https://family.gonoodle.com/activities/electricity



Yoga Tuesday

Play some relaxing music and see how many poses you can do. Remember to hold them!

I am a jellyfish.
STANDING FORWARD BEND

I am a shark.
LOCUST POSE

I am a dolphin.
DOLPHIN POSE

I am a crab.
TABLE TOP POSE

I am a turtle.
TORTOISE POSE

I am strong.
WARRIOR 2 POSE

I am kind.
TREE POSE

I am brave.
CHAIR POSE

I am friendly.
DOWNWARD-FACING DOG POSE

I am wise.
HERO POSE

More Yoga!

I am the sun.
EXTENDED MOUNTAIN POSE

I am a tree.
TREE POSE

I am a flying bird.
WARRIOR 3 POSE

I am the falling rain.
STANDING FORWARD BEND

I am planting seeds.
SQUAT POSE

Pretend to be a tree
Tree Pose: Stand on one leg. Bend the other knee and place the sole of your foot on your inner thigh. Sway like a tree in the breeze. Now the other side.

Pretend to be a frog
Squat Pose: Come down to a squat with your knees apart and arms resting between your knees. Touch your hands to the ground. Jump like a frog.

Pretend to be a seed
Child's Pose: Sit back on your heels and bring your forehead down to rest on the floor. Pretend to be a seed in the garden.

Pretend to be a butterfly
Cobbler's Pose: Sit on your buttocks with a tall spine. Bend your legs with the soles of your feet together Flap your legs like the wings of a butterfly.

Pretend to be a flower
Flower Pose: Lift your bent legs, balancing on your sitting bones. Weave your arms under your legs, palms up. Pretend to be a flower in bloom.

Daily Challenge

Use your pillow case to have a sack race against others in your family!

Wonderful Wednesday

Wednesday

Hope we're all rested and ready!

Click on the picture or link below to start our 10 at 10

https://rtejr.rte.ie/wp-content/blogs.dir/22/files/2018/01/10at10-Episode-2-English.mp4

Alphabet Warm- Up

Do the activities spelling out the word ACTIVE

A 10 jumping jacks

B 5 push-ups

C 1 burpee

D 20 high knees

E 5 crunches

F 10 mountain climbers

G 5 squats

H 10 front lunges

I 10 side lunges

J 10 second wall sit

K 5 calf raises

L 5 second plank

M 3 squat jumps

N 10 second jump rope

O 10 russian twists

P 5 plie squats

Q 10 arm circles

R 10 skaters

S 10 second jog in place

T 10 butt kickers

U 5 inchworms

V 5 tricep dips

W 3 star jumps

X 5 bird dogs

Y 10 leg raises

Z 5 squat jacks

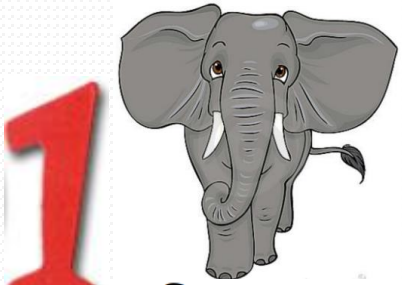
Go Noodle- Pop See Ko

Click on the picture or the link to get dancing!

https://www.youtube.com/watch?v=Pwn4bej1QE

Athletics- Animal Movements

Click on sound button and listen for the animal noises(or places they live) to know what movements to do! Or call out the numbers beside the animals!



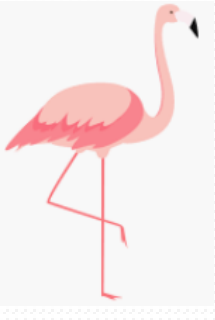
1 Stomp like an elephant

2 Jump like a frog

3 Star jump like a starfish

4 Hop like a bunny

5 Flap like a bird



6 Stand on one foot like a flamingo

7 Gallop like a horse

8 Side-step like a crab

Daily Challenge

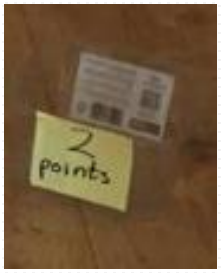
Target throwing

First use a sock and some rice to make a bean bag. If you do not have a bag of rice put a sock inside another sock.

Time to play

Now collect items you can throw the beanbag into- cereal/lunch boxes, egg cartons, pots.

Give each a certain amount of points to each object, depending how far away and see who gets the most!



Others Games you can play with the sock bean bag

- **Balance the beanbag**

- **Throw and Catch to yourself or someone else- clap/spin before catching it**

- **How far can you throw it?**

- **Try to walk/run/hop with beanbag on your head**

- **Use empty bottles and try bowling using the beanbag**

Terrific Thursday

Thursday

It's TERRIFIC Thursday and we can't wait to get Active!

Click on the picture or link below to start our 10 at 10

https://rtejr.rte.ie/wp-content/blogs.dir/22/files/2018/01/10at10-Episode-3-English-v2.mp4

Alphabet Warm-Up

Do the activities spelling HEALTHY

A 10 jumping jacks

B 5 push-ups

C 1 burpee

D 20 high knees

E 5 crunches

F 10 mountain climbers

G 5 squats

H 10 front lunges

I 10 side lunges

J 10 second wall sit

K 5 calf raises

L 5 second plank

M 3 squat jumps

N 10 second jump rope

O 10 russian twists

P 5 plie squats

Q 10 arm circles

R 10 skaters

S 10 second jog in place

T 10 butt kickers

U 5 inchworms

V 5 tricep dips

W 3 star jumps

X 5 bird dogs

Y 10 leg raises

Z 5 squat jacks

Go Noodle- Relax to the Max

During this time it is important to take time to relax. Think on the link below to start to relax.

https://family.gonoodle.com/activities/chillax-to-the-max

Dance

Time to learn some new Dances! Click on the links/pictures below to get started!

https://www.youtube.com/watch?v=RoYxGoavSfY

ZUMBA

https://www.youtube.com/watch?v=MHhYIV1yAfA

KIDZBOPKIDS

Daily Challenge

DISCO LIMBO

Using two chairs and a sweeping brush or stick create Limbo and see how low can you go? Press the sound button for some limbo music!

Fitness Friday!

Friday

Last day so let's do our BEST

Click on the picture or link below to start out 10 at 10!

https://rtejr.rte.ie/wp-content/blogs.dir/22/files/2018/01/10at10-Episode-4-English.mp4

Alphabet Warm- Up

Do the activities spelling FITNESS

A 10 jumping jacks

B 5 push-ups

C 1 burpee

D 20 high knees

E 5 crunches

F 10 mountain climbers

G 5 squats

H 10 front lunges

I 10 side lunges

J 10 second wall sit

K 5 calf raises

L 5 second plank

M 3 squat jumps

N 10 second jump rope

O 10 russian twists

P 5 plie squats

Q 10 arm circles

R 10 skaters

S 10 second jog in place

T 10 butt kickers

U 5 inchworms

V 5 tricep dips

W 3 star jumps

X 5 bird dogs

Y 10 leg raises

Z 5 squat jacks

Go Noodle- Wake Up

Let's make sure everyone is awake with this fitness routine! Click on the picture or the link.

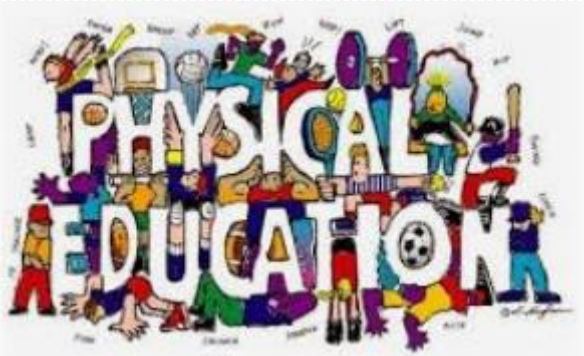
https://www.youtube.com/watch?v=ALrdpsWYoJs

PE With Joe Wicks

Click on the pictures/links below to start!

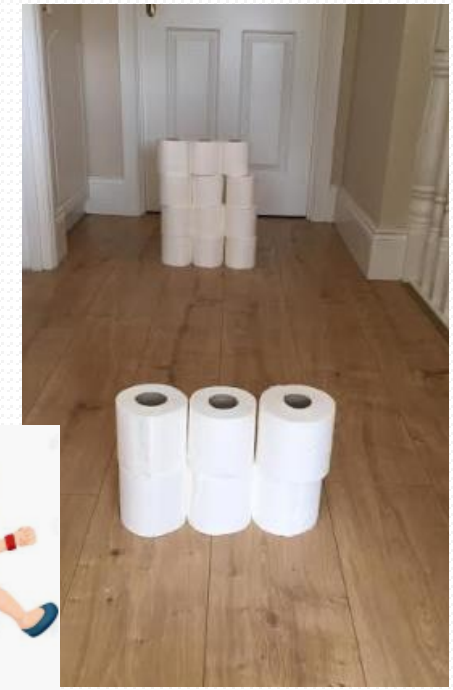
https://www.youtube.com/watch?v=oLxPLLr1oPk

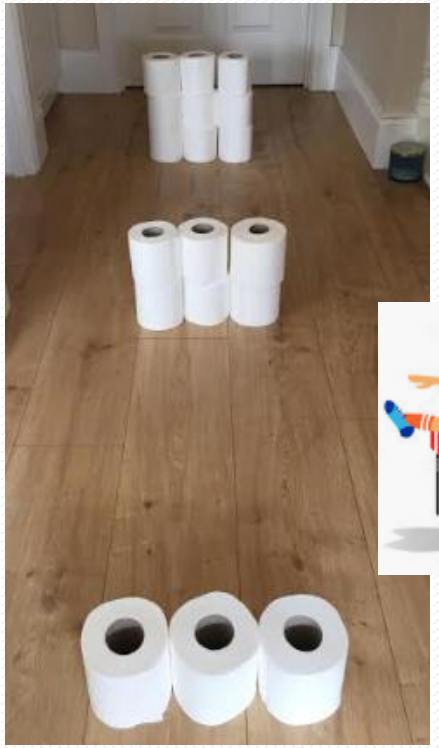
https://www.youtube.com/watch?v=4OTofeX8ld8

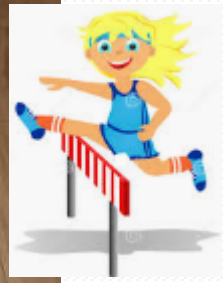


Daily Challenge

Hurdles- Use toilet rolls or anything you can jump over to create hurdles! Make them different heights to challenge yourself!







Other Activities that you could do

- Irish Heart Foundation

https://irishheart.ie/publications/lets-get-active-week-5/

- Go Noodle https://family.gonoodle.com/
- Joe Wick's Channel

https://www.youtube.com/channel/UCAxW1XT0iEJo0TYlRfn6rYQ

- Kidz Bop Channel

https://www.youtube.com/channel/UCKE0Xnj818IDaHvIcRiq0Bg

- Skipping Skills

https://www.youtube.com/channel/UChvoGUoeifitHONdgg_bthQ

- 10 at 10 10@10https://rtejr.rte.ie/10at10/
- Trolls Can't Stop the Feeling https://www.youtube.com/watch?v=KhfkYzUwYFk
- Great resources here https://www.getset4pe.co.uk/ResourceBank/ResourceCategory/1002
- Meditation https://www.youtube.com/watch?v=HtYIQiXyrsE
- Wake up Shake up https://www.youtube.com/watch?v=1gUbdNbu6ak
- Active HOME Week

https://activeschoolflag.ie/index.php/active-home-week-2020/

#GolfAtHome
Kerbs Plank Soccer
Balloon Volleyball
Toilet Roll Keepy Uppies
Balloon Burst Challenge Sock Boule Limbo
Waddle Races Freestyle Hurling Wall Ball Fitness Monopoly
Fitness Alphabet Juggling TEACHER Challenges
Skateboarding Bottle Skittles
Swingball Roller Skates Toys in the Toy Box Races RTE Twigin Yoga
Foot Golf Teddy Bear's Picnic Waddle Races The Rocket Challenge Table Tennis
Circuit Training with Katie Taylor
Irish Heart Foundation Let's Get Active at Home Challenge Target Practise with Wall Markings
SFAI 12 Day #StayatHome Challenge Kick-Tac-Toe Fitness Alphabet Wobble Board GoNoodle Mini Golf
Dance Mats Frisbee
Wood Spoon Balloon Relay PDST Beyond the Classroom PE Videos
Chasing Games Spell it Out Dice Workout Just Dance for Kids Kerbs Line Dancing Basketball Hoops
Soccer Skills Gymnastics Skills Frisbee GAA Future Leaders Challenges FAI #HomeSkills
PE with Joe Gardening Tennis at Home Skill Awards Beat Your Own Score Challenges
Cha Cha Plank Challenge Local Sports Partnerships Online Classes
Mini Golf Family Céili Balance Board Toilet Roll Keepy Uppies 10@10 Frisbee Golf
Kite Flying Frisbee Family Musical Statues Foot Shake Dance Challenge
Trampoline Haka PDST Lasmuigh den Seomra Ranga Cara Centre Home Exercise Circuits
Gymnastics Ireland Takeover Fitness Workouts Sock Boule Limbo Cycling (within 2km)
Hopscotch #ChalkChallenge The Daily Mile at Home Backdoor Basketball
Basketball Ireland #StayHomeSkills Space Hopper
Plank Soccer Athletics Ireland Hop Series Athletic Ireland Core Circuits
Local Sports Partnerships Challenges Boxercise Badminton Rock Paper Scissors Tag
Active Xs and Os Create your own Dance Family Rounders Kite Flying King of the Cones
Family Walk (within 2km) Cosmic Yoga Sports Day Activities Fidget Spinner Fitness
Crossbar Challenge Handball
Family Hide & Seek Juggling Family Monolopy Fitness
French Skipping with Elastics Family Musical Chairs Build a Hut #GAA Solo Challenges
Alphabet Scavenger Hunt Dancing #ThisGirlCan Disney Dance Alongs

Well Done on Completing Active Home Week! We hope you had lots of FUN!