

- Our Sports Day was due to be held on Tuesday 9th June but unfortunately it can't go ahead this year.
- We are hoping you will join in from home and have a fun filled family day.
- You can choose to celebrate sports day on any day during the week 8th– 12th June or you can do a range of activities each day.
- Don't forget to send your photo's in to Gaye our HSCL teacher.
- Whatsapp 0877443779
- Email: hscl@shkillinarden.ie



Sports Day @ Home 2020

Hi boys and girls,

We hope you are all well and enjoying the beautiful sunny days. This week would have been our Sports Day in school and we are very sad to be missing it. BUT, we are hoping that you will join in from home and have your very own Sports Day with your family!

We hope that you will try some of the activities that we had planned for your Sports Day and maybe even come up with some more of your own. Don't forget to send some photos to Ms. Healy of your Home Sports Day, your teachers and friends would love to see all of your fun activities.

Remember: it is so important to warm-up before any of the sports activities.

We hope you have lots of fun,
The Junior Infant Teachers





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



https://www.youtube.com/watch?v=d_GNRD17E

Warm - up activities



<https://www.youtube.com/watch?v=zl5QodAFuVk&list=PLOYeiQRp5LIHS6mQZ6sp9SXRHJ21ctC7p&index=6>



<https://www.youtube.com/watch?v=d3LPrhI0v-w>



Alphabet warm up- spell out SPORTS DAY



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

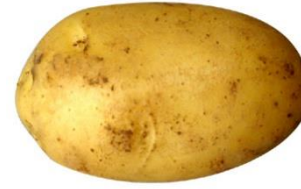
Y 10 Leg raises

Z 5 squat jacks



Potato and spoon race

You will need:



- Using a scarf, skipping rope, some string or chairs to mark out a finish line in your garden or area that you are racing in.
- Place the potato on the spoon.
- Try and get to the finish line without dropping potato but if it falls just pick it up and keep going!



Flat race- running race

You will need: starting point and finish line.

- Using a scarf, skipping rope, some string or chairs to mark out a finish line in your garden or area that you are racing in.

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ready.set.
go! 

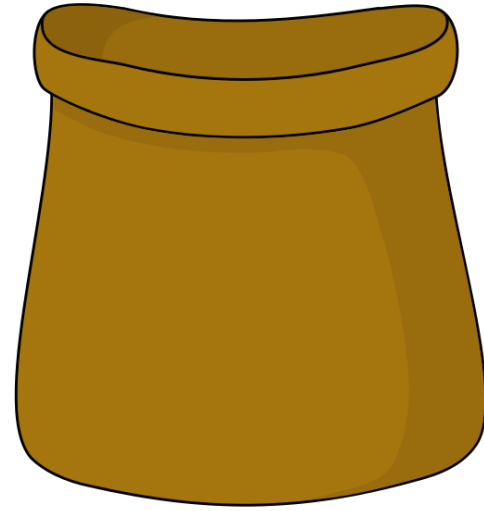


- Run as fast as you can to the finish line! First person over the finish line is the winner.

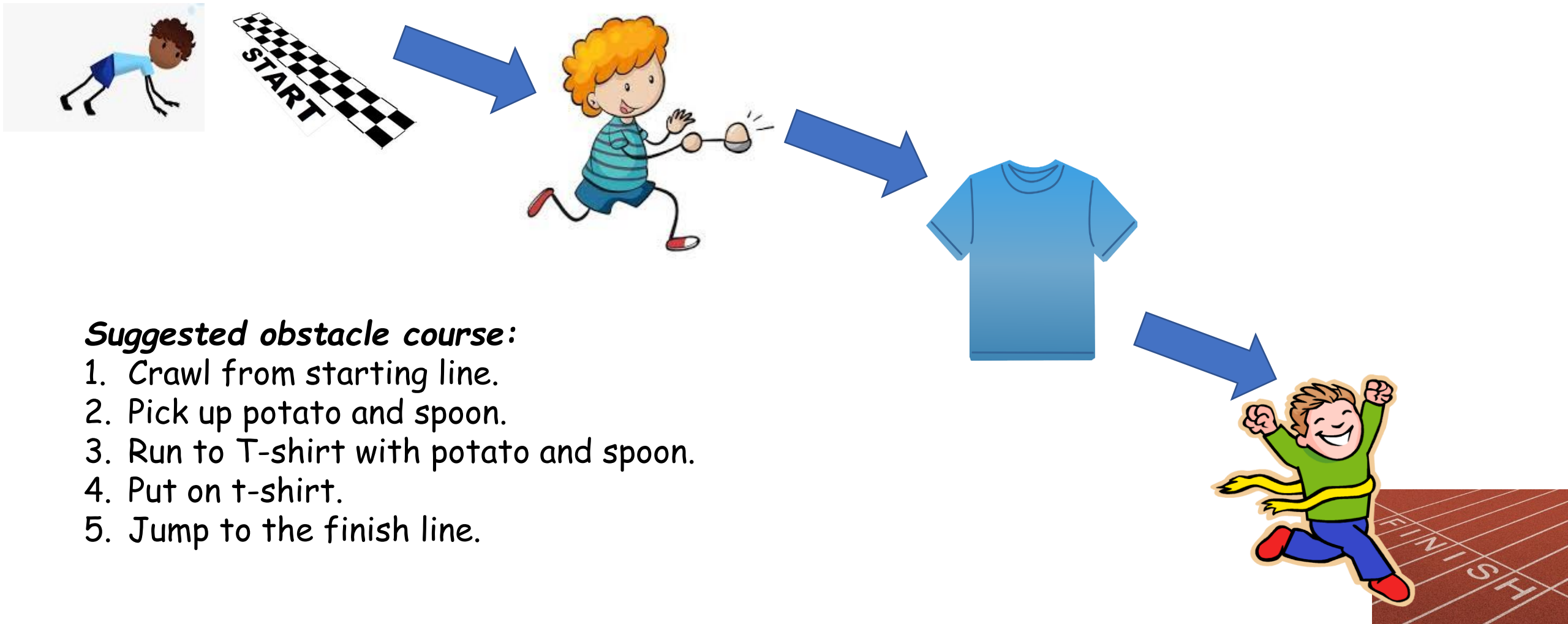
Sack Race

You will need: pillowcase or binbag.
Starting point and finishing line

- Put both legs into the pillowcase or binbag and hold on tight.
- Hop to the finish line,
- The first person to make it to the finish line first is the winner.



Obstacle race- you can try this one OR have a go making your own with things you have at home.



Suggested obstacle course:

1. Crawl from starting line.
2. Pick up potato and spoon.
3. Run to T-shirt with potato and spoon.
4. Put on t-shirt.
5. Jump to the finish line.

Wheelbarrow race



- Set up a finish line and find a partner.
- One of you will be the wheelbarrow. If you are the wheelbarrow you must put your two arms on the floor and let your partner hold your legs. (Like in the picture!)
- You have to try and walk to the finish line using your hands with your partner.
- This race is great fun!

Hurdle race

- Use toilet rolls or anything that you can jump over to create your own hurdles.
- To challenge yourself - make sure that they are all different levels.



Knock em down pinball

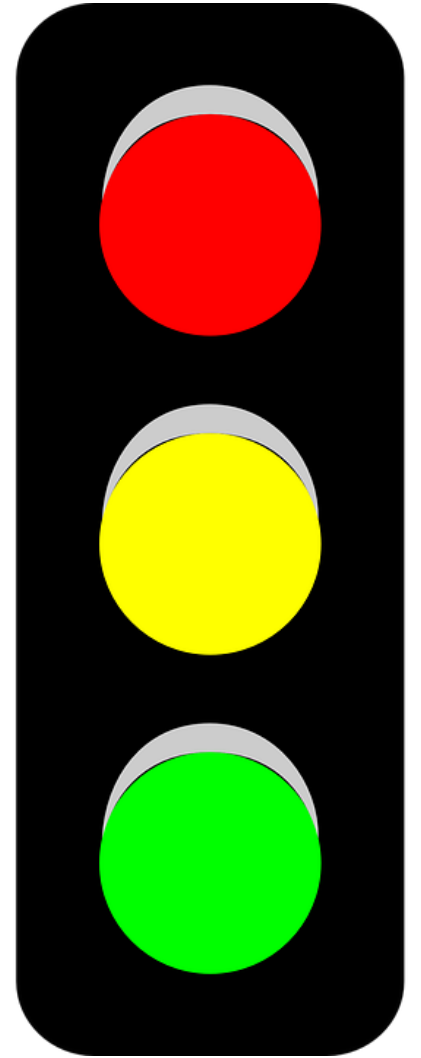
You will need: tennis balls and full or empty water bottles

- Gather some full or empty plastic water bottles and line them up together. They are now the target.
- Throw the tennis balls at the target and see how many you can knock down.
- Keep practicing to try and beat your own score!



Game: Traffic Lights

- Children need to find an open space to move around in.
- On the signal 'GO', the children start to walk around in any direction. When they hear any of the following signals they must do the correct action:
 - Red: Stop
 - Green: Run
 - Amber: Walk





<https://www.youtubekids.com/watch?v=xlg052EKMtk>

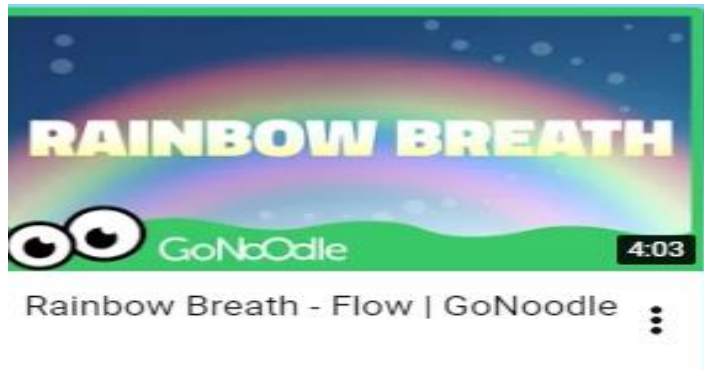


<https://www.youtubekids.com/watch?v=fTzXFPPh6CPI>



<https://www.youtubekids.com/watch?v=LhYtcadR9nw>

Cool down activities



<https://www.youtubekids.com/watch?v=O29e4rRMrV4>



<https://www.youtubekids.com/watch?v=EpdkqVIsNPY>



Well done
everyone!!

