

**Senior Infant  
work plan  
for 2 weeks  
4<sup>th</sup> to 12<sup>th</sup> June**

**SPHE, Art, Music,  
P.E., & Religion**



If you would like any of your child's work displayed on the  
school website please send it to Gaye our HSCL teacher

on

WhatsApp 0877443779 or by email [hscl@shjkillinarden.ie](mailto:hscl@shjkillinarden.ie)

SPHE





# Our amazing bodies .

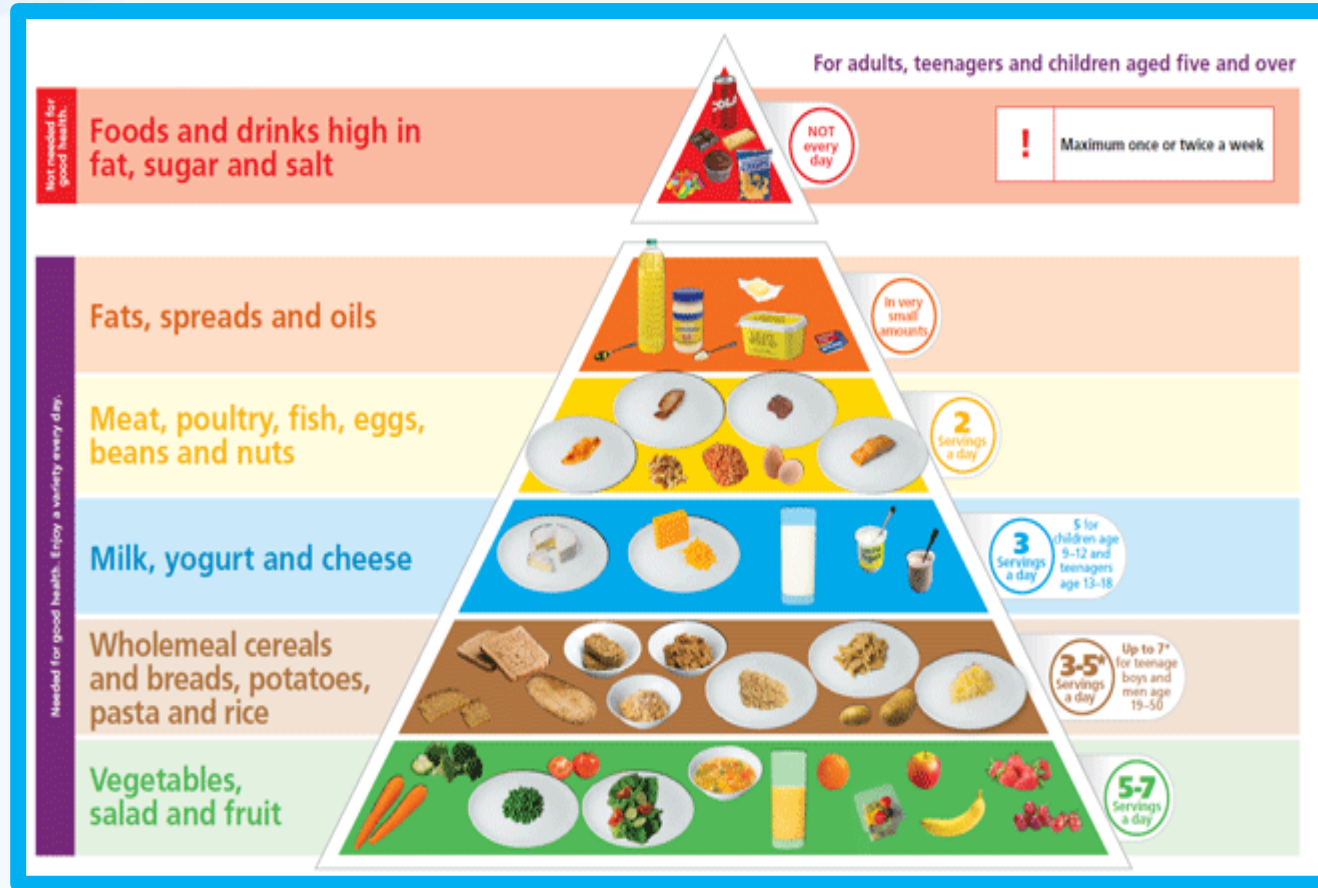
Aim: Understand the importance of taking care of our body in order to keep it healthy and well.



This week I want us to think about how to take care of our bodies and how to stay **fit** and **healthy**.

- Can you think of some things that you do to keep your body **fit and healthy**?
- Think about things like:
  - ✓ Food
  - ✓ Sleep
  - ✓ Exercise

# The Food Pyramid.



- To stay **fit** and **healthy** – We should eat lots of healthy foods from the bottom of the pyramid and only have the food from the top as special treats.

Click below to learn more 😊

[https://www.safefood.eu/  
Education/Primary-  
\(ROI\)/Taste-Buds/Food-  
for-Life.aspx](https://www.safefood.eu/Education/Primary-(ROI)/Taste-Buds/Food-for-Life.aspx)

# Activity time...



Have a think about what healthy foods and drinks that you like so much that you can have them as treats?

(I love strawberries and bananas for my treat....yum yum. 😊)

What's your healthy treat?



# Do you go to bed on time?



- Remember it's very important to go to bed on time and have a good sleep.

This helps to keep us  
**fit and healthy** 😊

What time do you go to bed  
at?

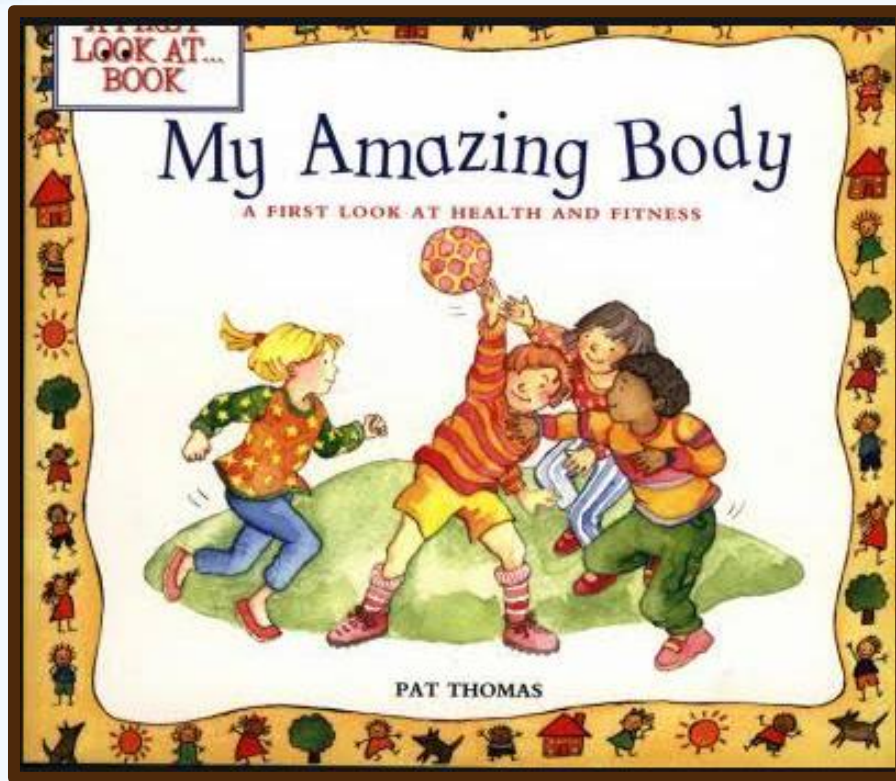
# Remember to exercise.



- It's very important that we exercise every day.
- What exercise do you do every day?
- Have a look at the Sports Day slides for extra fun ideas 😊

Tip: Remember less Screen Time.

# My Amazing Body



- Listen to this fab story all about staying *fit and healthy*.

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



# Activity time..

This week I want you to make a list of the things you are going to do to stay **fit** and **healthy**.

Here is my list.

What will you do to stay fit and healthy?

- Wake up in the morning.
- Eat a healthy breakfast.
- Help with chores
- Go for a cycle
- Read my book
- Eat a healthy lunch.
- Play Hopscotch
- Eat a healthy dinner – have a yummy treat after dinner
- Watch TV
- Go to bed.

Art



## Sports Day Medals

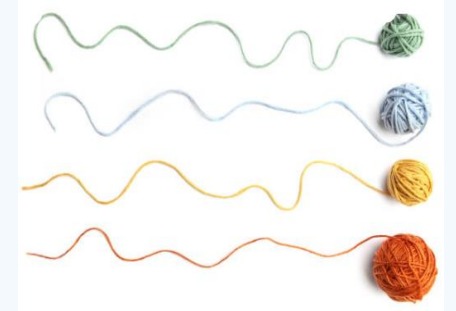
This week I want you to make a very cool Medal that you can use when you do your sports day activities 😊





# You will need:

- A plastic lid to trace a circle on
- Paper
- Pencils
- Scissors
- Markers
- Hole puncher
- Yarn or string cut in 28" lengths
- Glitter (optional)



# Instructions:

- Place the plastic lid on the paper and trace around it.
- Cut out the circle.
- Using the markers, write your name on the circle. Then decorate it. You can write or draw pictures of things you are good at on the medal.
- Add glitter if you wish.
- Punch a hole in the top.
- Thread the yarn through the hole and tie it off to make a necklace.



*Wear your medal proudly*



*(and don't forget that photo)*



# Music



# Music

*This week's song is all about  
Sports Day.*

*You can sing along while doing the  
activities in the song.*

*I know you will be great –*

[https://www.youtube.com/  
watch?v=JtkH5cy6vOk](https://www.youtube.com/watch?v=JtkH5cy6vOk)

## Sports Day Fun!



P.E.





# Ready for some exercise?



- PE with Joe Wicks

[https://www.youtube.com/playlist?list=PLyCLOPd4VxBtWi7RnRLz6qHgOqWiB\\_LrH](https://www.youtube.com/playlist?list=PLyCLOPd4VxBtWi7RnRLz6qHgOqWiB_LrH)

- Pop See Ko

<https://www.youtube.com/watch?v=Pwn4beja1QE>

- Run the Red Carpet

<https://www.youtube.com/watch?v=Shm8ByZswQ8>

# Time to relax



- Rainbow breathing

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

- Be the Pond

<https://www.youtube.com/watch?v=wf5K3pP2IUQ>

- Butterfly stretch

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



# Religion





# We grow in Love



# We can grow in Love

## Grow In Love

Our religious education programme Grow in Love is available for free online at <https://www.growinlove.ie/en/> .

You can login using the following;

- email: [trial@growinlove.ie](mailto:trial@growinlove.ie)
- password: growinlove.

Please look with the following lesson:

Theme 10 – Grow in Love

Lesson 1 - We can grow in Love



Listen to the story –  
'Jesus teaches us.'

The story teaches us to love  
God and others and to be fair  
to others and make good  
choices.

Which children in these pictures  
are making Good choices?

PLAY TIME		
WHEN YOU'RE BORED		
AT SCHOOL		
WITH OTHERS		
color the picture that shows the best choice		



Super work.  
You've done fantastic!

