



Active Home Week Challenge



At this time every year, we celebrate Active Schools Week by learning and engaging with lots of different sports and activities. However, this year things will be a little different. Next week, April 27th to May 3rd is **Active HOME Week**. As an Active School, we are encouraging ALL our girls to be ACTIVE for at least 60 minutes a day.

To reach 60 minutes of exercise a day, we are challenging you to find **four** different ways to be active during your day. There are lots of fun ideas in the blue “word cloud” below such as toilet roll keepy uppies, line dancing, juggling and limbo!

On our school website, we have a chart you can use to track your daily activities, you can print the chart and fill it in or why not try to draw your own chart?

Ms. Sheridan is further challenging all girls to invent some of their OWN creative activities and to share these with her via email esheridansmntardee@gmail.com using pictures and videos if you would like.

There will be prizes for the top entries.

If you are exercising outdoors please keep within 2km from home, keeping 2km distance from others.

Remember Scoil Mhuire na Trócaire’s Active School Slogan ‘*Be Wise, Exercise*’.

#GolfAtHome
 Kerbs Plank Soccer
 Balloon Volleyball
Toilet Roll Keepy Uppies
 Balloon Burst Challenge Sock Boule
 Waddle Races Freestyle Hurling Wall Ball Fitness Monopoly
Limbo
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 **PDST Beyond the Classroom PE Videos**
 Wood Spoon Balloon Relay
 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
 Cho Cho Plank Challenge Local Sports Partnerships Online Classes
 Mini Golf Family Cilli 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 Saoimse Rangas 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 Spare 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 Monopoly Fitness**
 Family Hide & Seek Juggling
 French Skipping with Elastics Family Musical Chairs Build a Hut #GAA Solo Challenges
Alphabet Scavenger Hunt Dancing #ThisGirlCan Disney Dance Alongs

#ActiveHomeWeek IDEAS

Active HOME Week
 27 April – 3 May

60 Minutes
 Make it FUN!

Children and young people need at least 60 minutes of physical activity every day
 World Health Organization

Please remember, at all times, to follow the government COVID-19 advice. If exercising outdoors, keep within 2km from home, keeping 2m distance from others.

Date	Activity 1	Activity 2	Activity 3	Activity 4	Total Time
Monday 27 April					
Tuesday 28 April					
Wednesday 29 April					
Thursday 30 April					
Friday 1 May					
Saturday 2 May					
Sunday 3 May					

I DID IT! I was active for 60 MINUTES every day

Pupil name _____ Class/Teacher _____

Active School Flag is a Department of Education and Skills initiative supported by Healthy Ireland.