

Active Week Bingo

- See how many of the activities below you can complete this week!
- Please send any photos that you are happy to share on our school website and social media to activeweek@rathmichaelschool.com
- Our daily video challenge, links to online resources and details/pictures of the fundamental movement skills can be found here: <http://rathmichaelschool.com/active-week/>

Practice fundamental movement skills: Catching and throwing	Have a 'dance-off' with your family	Create an obstacle course from household items that requires you to skip, hop, run and jump.	SS Virtual Sports Day (18th June) Shuttle Race, Ladle Race, Egg & Spoon, Sack Race, High Jump, Long Jump. See Aaron's video.	Practice fundamental movement skills: landing and balancing
Go on a 'Senses Scavenger Hunt'. What can you hear, see, touch, smell?	Practice fundamental movement skills: kicking and striking	Take part in the PTA Marathon	Dice Workout (x10): 1=Starjumps, 2=lunges, 3=squats, 4=sit ups, 5=pushups, 6=burpees	Do the Limbo
Fitness Alphabet: Make each letter of the alphabet with your body	Go for a cycle	Practice fundamental movement skills: running and walking	Toilet Roll Keepy Uppies	Go hill-walking with your family.
Complete the 'daily challenge'. See videos on link for school website above.	Target practice with chalk markings	Collect shells/stones/seaweed and make 'Beach Art'. If you are feeling brave go for a swim!	Practice fundamental movement skills: hopping, jumping, skipping	Balance Beam: Stick masking tape in a straight line and at different angles/zig-zags. Walk heel to toe!

Optional Written Activities	Printable Resources
<ul style="list-style-type: none"> • Fill in the Active Week Planner (see Twinkl resource). • Write an 'Active Week' acrostic poem (see Twinkl resource). • Do the Active Week wordsearch (see Twinkl resource). • Complete a Sports Star Fact File' on your favourite sportsperson (see Twinkl resource) • Do a mini project on your favourite team/sport. • Draw a picture of your favourite player/team/crest. • Send a card to your sports coach thanking them for all the training they have done with you. Tell them why you enjoy that sport. • Keep an Active Week journal. • Art activity: Make your own medals for Sports Day. 	<ul style="list-style-type: none"> • Active week planner: https://activeschoolflag.ie/wp-content/uploads/2020/05/Active-Home-Week-Chart-No-Dates.pdf • Active Week Acrostic Poem: https://www.twinkl.ie/resource/roi-pe-002-active-week-acrostic-poem-activity-sheet • Active week word searches: https://www.twinkl.ie/resource/roi-pe-003-active-week-differentiated-word-search • Sports Star Fact File: https://www.twinkl.ie/resource/roi2-e-2675-sport-star-fact-file-writing-template • Senses Scavenger Hunt: https://www.twinkl.ie/resource/au-t-3745-five-senses-scavenger-hunt-worksheet • Active week participation certificate: https://www.twinkl.ie/resource/t-pe-53-active-week-certificate
<p><i>For Twinkl resources below use https://www.twinkl.ie/offer Enter code: IRLTWINKLHELPS</i></p>	

