



# WELLBEING WEEK 2020 Virtual Sports Week

Dear Parents and Children,

We hope you are all safe and well. Well done to everyone on all your hard work and positivity during these unusual times. All of the teachers and staff in Carnaross NS are extremely proud of you.

Normally in June we get to enjoy our fun-filled sports day activities, but this year is a little different. This year, you get to use your imagination at home and with the help of our suggestions, create your own **'Virtual Sports Week'**.

To do this we have planned daily activities for all, involving: a sport's skill; dance and; a relaxation exercise.

There is no expectation that everyone will do it all, but we encourage you all to try a sport's activity and relaxation exercise in your own time every day.

Each activity has a video link attached to show you an example of the suggested activity.

Activity 1 is most suited to junior infants -1st class.

Activity 2 for 2nd/3rd and

Activity 3 for 4th-6th, however, you can do as many as you wish.

Underneath the grid each activity is explained in further detail. Under the heading 'Movement & Dance' the first link is a 'GoNoodle' dance for younger children and the 2nd link is JustDance for older children. Feel free to try both!

There is an extra 'A to Z Challenge' page for 5th/6th towards the end and a list of 'extra activities' for all, should you wish to try some new activities.

The focus for this week is on Wellbeing. We would like everyone to: have fun; exercise; enjoy the fresh air; pay attention to all the positive things in your lives; be grateful & kind and enjoy being with your families. We have added a music playlist so make sure to get everybody moving!!

We hope the sun shines and you enjoy your week. We would love to see photos of your Virtual Sports Week so please forward your photos to your class teacher for our school website.

Enjoy and take care  
Dervilla Finnegan



Click to open your music playlist: <https://open.spotify.com/playlist/3CbPQTuhsYdG05JpCrTwHk>

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Skill</b>	<b>Running</b>	<b>Throwing</b>	<b>Kicking</b>	<b>Balancing</b>	<b>Traditional Games</b>
<b>Resources Needed</b>	<b>Traffic Lights:</b> red , green & amber signals.(coloured paper/cardboard cut-outs) <b>Make the face:</b> household items	Skittles/empty plastic bottles/empty cereal boxes, tennis ball.	Ball, markers/ cones (use household objects as substitutes), number targets.	Tape ,chairs , markers ,skipping rope , hoops , ball ,containers.	Egg/potato & spoon Sack/bag
<b>Activity 1</b>	<b>Traffic Lights</b> <a href="https://youtu.be/Uj9_pdx_vEA">https://youtu.be/Uj9_pdx_vEA</a>	<b>Knock 'em down pinball</b> <a href="https://youtu.be/_BwUf9mXm4Y">https://youtu.be/_BwUf9mXm4Y</a>	<b>Through the gate</b> <a href="https://youtu.be/0wcn_Ygvy8I">https://youtu.be/0wcn_Ygvy8I</a>	<b>Walk the Line</b> <a href="https://youtu.be/y_v3a56R1DE">https://youtu.be/y_v3a56R1DE</a>	<b>Egg and Spoon race</b> <a href="https://youtu.be/4yMS0IuPZD0">https://youtu.be/4yMS0IuPZD0</a>
<b>Activity 2</b>	<b>Rock Paper Scissors Tag</b> <a href="https://youtu.be/oYCPKHFvveM">https://youtu.be/oYCPKHFvveM</a>	<b>Tennis Ball Challenge</b> <a href="https://youtu.be/KxD8V6xvsLk">https://youtu.be/KxD8V6xvsLk</a>	<b>Kick to Score</b> <a href="https://youtu.be/XCGol4Y2Txk">https://youtu.be/XCGol4Y2Txk</a>	<b>Wheelbarrow Race</b> <a href="https://youtu.be/l9X8PowdAU">https://youtu.be/l9X8PowdAU</a>	<b>Sack Race</b> <a href="https://youtu.be/A7XYZ_HL6Q">https://youtu.be/A7XYZ_HL6Q</a>
<b>Activity 3</b>	<b>Make the face</b> <a href="https://youtu.be/wukOb2owkWY">https://youtu.be/wukOb2owkWY</a>	<b>Bowling</b> <a href="https://youtu.be/cg9gURRP63c">https://youtu.be/cg9gURRP63c</a>	<b>Rebound Ball</b> <a href="https://youtu.be/KHoYnuwCo0c">https://youtu.be/KHoYnuwCo0c</a>	<b>Create your own Obstacle Course</b> <a href="https://youtu.be/sXjDO9G2JQY">https://youtu.be/sXjDO9G2JQY</a>	<b>Twister</b> <a href="https://youtu.be/A7XYZ_HL6Q">https://youtu.be/A7XYZ_HL6Q</a>
<b>Movement &amp; Dance</b>	<b>GoNoodle – You Got This</b> <a href="https://youtu.be/R9bMw6xpB50">https://youtu.be/R9bMw6xpB50</a>	<b>GoNoodle – Run the Red Carpet</b> <a href="https://youtu.be/gCzgc_RelBA-">https://youtu.be/gCzgc_RelBA-</a>	<b>GoNoodle – Run the Red Carpet</b> <a href="https://youtu.be/kX7yzBH79DI-">https://youtu.be/kX7yzBH79DI-</a>	<b>GoNoodle – What, When, Where</b> <a href="https://youtu.be/dovTbPkyQQ4--">https://youtu.be/dovTbPkyQQ4--</a>	<b>GoNoodle – I’m still standing</b> <a href="https://youtu.be/xQ79cheWg5g">https://youtu.be/xQ79cheWg5g</a>
<b>Visualisation &amp; Relaxation</b>	The Sleepy Train(12 mins) <a href="https://soundcloud.com/user-547419318/the-sleepy-train-visualisation-for-children-guided-by-ciara">https://soundcloud.com/user-547419318/the-sleepy-train-visualisation-for-children-guided-by-ciara</a>	Seaside Relaxation(time-6:30) <a href="https://soundcloud.com/user-547419318/seaside-relaxation-visualisation-for-children-guided-by-nuala">https://soundcloud.com/user-547419318/seaside-relaxation-visualisation-for-children-guided-by-nuala</a>	Random Acts of Kindness(8:52) <a href="https://soundcloud.com/user-547419318/random-acts-of-kindness-visualisation-guided-by-margaret">https://soundcloud.com/user-547419318/random-acts-of-kindness-visualisation-guided-by-margaret</a>	The Sounds of the Countryside(Time-8:52) <a href="https://soundcloud.com/user-547419318/the-sound-of-the-countryside-visualisation-for-children-guided-by-gerard">https://soundcloud.com/user-547419318/the-sound-of-the-countryside-visualisation-for-children-guided-by-gerard</a>	Being Happy(4:13) <a href="https://soundcloud.com/user-547419318/being-happy-walk-tall-si-p66-ciara">https://soundcloud.com/user-547419318/being-happy-walk-tall-si-p66-ciara</a>



### Activity 1: Traffic Lights

Invite children to find a space in a large open playing area where they are not in contact with anyone else. On a signal, children move around the playing area in response to the following command.

- **Red:** stop • **Amber:** walk • **Green:** run

### Activity 2: Rock, Paper Scissors Tag

Arrange children in pairs, standing one metre apart and facing each other. All pairs line up along a centre line with a safety line positioned twenty metres behind both sets of pupils. Each pair begins by performing a rock-paper-scissors routine. A rock is a closed fist, paper is a flat hand, and scissors are the index and middle fingers in a cutting position. Paper always covers rock, rock breaks scissors, and scissors cut paper.

To determine a winner, pupils count to three and form a rock, paper, or scissors. The winning pupil then chases their partner toward their safety line, attempting to tag them before they are safe. Line up again and repeat the activity.

Funny Face 1



Key



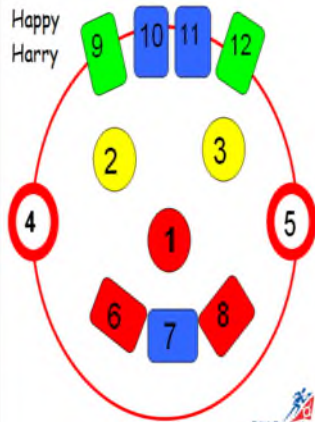
Bean bag



Cone



Quoit



### Activity 3: Make a Face

Use the equipment indicated or any similar household equipment and map key to create the Funny Face accurately using information on the map.

Organisation

Set up equipment as shown. Put out extra if available to allow for mistakes.

Explain to children the concept of the word 'symbol'.

Child is given a Funny Face map, runs to their pile of equipment, selects the right piece for No 1 on their map, then places it in appropriate place in their Funny Face hoop / rope..

Continue till Funny Face is complete. There is a full range of faces available free at the link below.

[https://www.britishorienteering.org.uk/images/uploaded/downloads/schools\\_tri\\_o\\_resources.pdf](https://www.britishorienteering.org.uk/images/uploaded/downloads/schools_tri_o_resources.pdf) )

## Tuesday

### Activity 1: Knock 'em Down Pinball

Arrange pupils in groups of four or pupils can play in pairs or singly. Pupils line up fifteen metres apart, either side of a line of skittle targets as shown. Pupils could also use cans of Beans or empty cereal boxes. Groups take turns to roll a ball, trying to knock over a target in the middle. If a pupil successfully knocks over a skittle, they can claim this skittle and bring it over to their side. Continue playing until all of the skittles have been claimed.

### Activity 2: Tennis ball Challenge

Pupils work in pairs, one throwing and the other counting. The aim is to throw the ball against the wall and catch it again as many times as possible in thirty seconds. For safety reasons ensure that groups are spaced at least three metres apart.

### Activity 3: Bowling

Use cones to set up a bowling lane approximately five metres in length for each group. At the end of the bowling lane place five skittles as targets. Each bowler has three balls to knock over as many skittles as possible. All bowlers take a turn and then replace the knocked skittles. Keep your score. The pupil who knocks over the most skittles is the winner.

Increase difficulty by increasing the distance between the thrower and the skittles or decreasing the width of the lanes.

## Wednesday

### Activity 1: Through the Gate

Arrange pupils in pairs with one ball per pair. Each pupil stands on a spot facing their partner who is also standing on a spot ten metres away. Set up a gate between each pair using two cones. Pupil A attempts to kick the ball to pupil B through the gate. One point is awarded for each pupil that successfully kicks the ball through the gate. Single pupils could play the game off a wall. Increase the distance to increase difficulty.

### Activity 2: Kick to Score

Draw or stick target areas at various heights on a wall. Points should be placed in the centre of each target from one to five. Arrange pupils in groups of three or four. Pupils are given a score to achieve, e.g. ten. Groups must hit the targets on the wall to achieve that score. Pupils could try to score a penalty on Mom, Dad or a big brother or sister.

### Activity 3: Rebound Ball

Arrange pupils in groups of four with one cone/skittle and one football each. The first pupil places their cone three to five metres from the wall within their designated playing area. This pupil then places their ball next to the skittle and kicks it, aiming to hit the skittle on the rebound. If the cone is hit, the cone is then moved one metre further away from the wall. A goal line can be set ten metres from the rebound wall. A goal is scored when a pupil has successfully progressed the cone, metre by metre, back across the goal line. Vary the equipment

## Thursday

### Activity 1: Walk The Line

Pupils walk along a line on the floor (this could be a line painted on the floor, a strip of tape or a line of spot markers). Invite pupils to: • turn fully around in the middle without losing balance or toppling off the line • complete the task with their eyes closed (in pairs with one pupil acting as a guide) • hold a shape for a count of three as they balance on the line.

### Activity 2: Wheelbarrow Race

Arrange pupils in pairs. Set up two lines of cones, twenty metres apart and invite pupils to find some space along the line. One pupil adopts the high plank position and their partner lifts their legs below the knee. The pupil holding the high plank moves their hands to go forward, with their partner carrying their legs behind. Invite pupils to move themselves travelling from one cone to another.

### Activity 3: Obstacle Course

Invite pupils to set up and run their own obstacle course encouraging them to include different forms of movement (crawling , jumping , running , climbing ,rolling, throwing ,balancing. Use any equipment available - household or otherwise. Invite pupils to do the obstacle course, time themselves and try to beat their original time.

## Friday



(ref:beafunmum)

### Activity 1: Egg & Spoon race

### Activity 2: Sack Race

Activity 3: Twister (There are a number of phone and tablet applications to embellish the pupils' experience)

5<sup>th</sup> & 6<sup>th</sup>

A TO Z CHALLENGE

<p><b>A</b></p> <p>10 Arm Circles</p>	<p><b>B</b></p> <p>10 Burpees</p>	<p><b>C</b></p> <p>Crab Walk round the room</p>	<p><b>D</b></p> <p>5 Arm Dips</p>	<p><b>E</b></p> <p>10 Squats</p>	<p><b>F</b></p> <p>20 High Knees</p>
<p><b>G</b></p> <p>5 Sit Ups</p>	<p><b>H</b></p> <p>15 Hops on 1 leg</p>	<p><b>I</b></p> <p>Hold the Plank position for 20 seconds</p>	<p><b>J</b></p> <p>10 Jumping Jacks</p>	<p><b>K</b></p> <p>20 Alternate Leg Kicks</p>	<p><b>L</b></p> <p>20 Alternate Leg Kicks</p>
<p><b>M</b></p> <p>March on the Spot for 30 seconds</p>	<p><b>N</b></p> <p>Balance on 1 leg for a count of 20</p>	<p><b>O</b></p> <p>Crawl like a crab for the count of 20</p>	<p><b>P</b></p> <p>5 Press Ups</p>	<p><b>Q</b></p> <p>Bend down and touch your toes 10 times</p>	<p><b>R</b></p> <p>Run on the Spot for 30 seconds</p>
<p><b>S</b></p> <p>15 Star Jumps</p>	<p><b>T</b></p> <p>Tip Toe Walk for 1 minute</p>	<p><b>U</b></p> <p>20 Step Ups</p>	<p><b>V</b></p> <p>Side Step to the left 5 times</p>	<p><b>W</b></p> <p>Side Step to the right 5 times</p>	<p><b>X</b></p> <p>Sprint for 30 seconds</p>
<p><b>Y</b></p> <p>Wall sit for 30 seconds</p>	<p><b>Z</b></p> <p>Step ups on for 30 seconds</p>	<p><b>Challenge 1</b></p> <p>Spell your first name</p>	<p><b>Challenge 2</b></p> <p>Spell the month you were born in</p>	<p><b>Challenge 3</b></p> <p>Spell your surname</p>	<p><b>Challenge 4</b></p> <p>Spell your teacher's surname</p>

## Extra Activities

- <https://www.scoilnet.ie/pdst/physlit/beyond>
- <https://www.youtube.com/user/thebodycoach1>
- <https://www.pdst.ie/primary/healthwellbeing/relaxationandself-regulationtools>
- <https://healthy-kidz.com/week-one>
- <https://www.youtube.com/user/CosmicKidsYoga>
- <https://www.gonoodle.com/for-families/>