

Hello,

As this week is Active School's week, we have decided to dedicate the week to physical activities. As every boy is different, all 4th class teachers have agreed that every boy can choose their own physical activities per day. Each activity should be written down in the exercise diary template provided below and can be emailed to us at 4thdonacarney@gmail.com on/after Friday 12th June.

We have also provided suggested activities for the boys below. The boys can pick and choose which physical activities they would like to do per day. We would suggest no less than 30 minutes of physical exercise. Below is an example of what a typical day could be.

Enjoy Active School's week and make sure to let us know what you have done, be it through the template below or photos 😊

A typical day could be, for example:

Monday – 8th June:

10 Jumping Jacks

10 Press ups

10 crunches

Repeat 5 times

Yoga – 20 minutes

Practise soccer pass skills and roll backs – 15 minutes

Family walk – 30 minutes

Joe Wicks – 10 minutes

Total exercise time: 1 hour 25 minutes.

Exercise Diary



Name: _____



Monday

Tuesday

**What was your favourite
activity this week and why?**

Wednesday



Thursday



3

What was your least favourite activity this week and why?

6

Friday



Saturday



4

Sunday



5

Video Links

Basic soccer skills video link – Skip video to 1:04 to start the actual skill training

<https://www.youtube.com/watch?v=nt4ljHSzUfs>

Hurling Skills Video Link

<https://www.youtube.com/watch?v=rQf25oP70TU>

Gaelic Football Video Link – it is a 22 minute video so just pick what you would like to improve from it.

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

Yoga for kids video link

https://www.youtube.com/watch?v=sM5MGLMNN_E

Basic stretches and exercises:



squat

twinkl.co.uk



bend

twinkl.co.uk



jumping jacks

twinkl.co.uk



toe touches

twinkl.co.uk



wall push-up

twinkl.co.uk



plank

twinkl.co.uk



dance

twinkl.co.uk



arm circles

twinkl.co.uk



skip

twinkl.co.uk



run

twinkl.co.uk



jump

twinkl.co.uk



hop

twinkl.co.uk

Kilometre challenge:

Active Schools Week KM CHALLENGE

From Monday to Friday, we are trying to walk as many km as possible during active schools week. Here is how you can help...

STEP 1

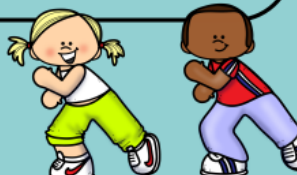
Walk or jog 5km this week. You can do it all at once or try 1km per day. Get your family involved if you can!

STEP 2

On Friday, add up how many km you have walked altogether.

STEP 3

Contact your teacher and let them know how many km you have walked!



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Active Schools Week MONDAY

20 SIT UPS

-REST-

20 more if you can

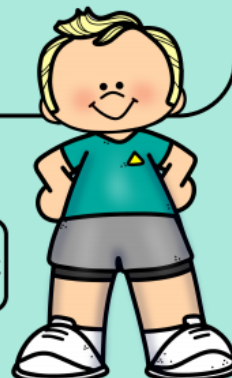
ACTIVE
HOUSEWORK

10 minutes
(hoovering, mopping,
gardening, tidying)

20 second plank

-REST-

20 seconds more if
you can



Walk or Jog 1 km today OR plan your 5km for the week

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Active Schools Week

TUESDAY

Create your own
obstacle course!

40 second high knees
running on the spot
-REST-
40 seconds more if
you can

Play Simon Says with
your family!



Walk or Jog 1 km today OR plan your 5km for the week

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Active Schools Week

WEDNESDAY

Run around your
garden / up and
down your road for
7 minutes

15 squats

-REST-

15 more if you can

Make up a dance to
your favourite song!



Walk or Jog 1 km today OR plan your 5km for the week

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Active Schools Week

THURSDAY

Skills Practice
20 mins
(practice kicking or
catching with a ball)

20 sit ups

-REST-

20 more if you can

Try a Go Noodle or
exercise video on
YouTube.



Walk or Jog 1 km today OR plan your 5km for the week

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Active Schools Week

FRIDAY

Make sure you have
completed your 5km
for the week!

30 seconds mountain
climbers

-REST-

30 seconds more if
you can

Try a YOGA video on
YouTube.
10/15 mins



Don't forget to contact your teacher to let them
know how many km you walked this week!

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Active Schools Week

KM CHALLENGE

How many km have you and your family walked this week? Message your total distance to your teacher!

