

St Finian's Active Home Week 2020

8th-12th June



Get Out, Get Active, Have Fun!

Send your pics/videos to seesaw.

Monday	Tuesday	Wednesday	Thursday	Friday
Obstacle Course Fun Run Create your own fun obstacle course circuit outside: Have fun running it along with your family! Time yourself? Who can run it the fastest? Split up into teams and have fun competing! Walk/Run/Cycle: 2km.	Circuit Training: Create your own circuit of activities/exercises and do a workout! Spend a min at each activity! How many times can you do your circuit? Get the family involved! Activity Suggestions: Push ups, tricep dips, sprints, jumping jacks, sit-ups, jump squats, skipping, keepy uppies, basketball dribbles, soccer dribbles, Gaelic solo/camogie drill, forward rolls, cartwheels Green Schools Investigative Walk. https://greenschoolsireland.org/wp-content/uploads/2020/05/Green-Schools-Stay-Home-Hidden-Places-Heritage.pdf	Family Olympics Compete against your family at a range of events. Choose a few from the following or make up your own fun events! <ul style="list-style-type: none"> - Relay race- Long jump - Potato shot put - Football Golf - Garden hurdles - Bowls -Penalty kicks - Egg and spoon - 3legged race 	Family Cycle: Go on a long cycle with your family! Can you bling your bike up? Family Dance /TikTok: Create your own routine or copy a fun dance challenge! Scavanger Hunt: Get 10 items and hide them in the garden. Time family members finding the objects	My Sporting Hero: Do a mini project on your hero! You could do a video/green screen with them in it! Tell us about them and why you admire them! MY GAME: Create your own game in the garden. Take a video, explaining the rules and how to play it! Play with your family!
Daily Challenges: Jumping Jacks: How many can you do in 1 minute? Plank: How long can you hold the plank position?	Daily Challenges: Wheelie Bin Challenge: Can you kick a ball into a bin? Can you do it with both feet? J1-S1: 2 metres 1 st -2 nd : 3 metres 3 rd -4 th : 4 metres+. 5 th /6 th : 6 metres+.	Daily Challenges: Keepy Uppies: How many keepie uppies can you do? Solos: How many Gaelic solos can you do before the ball drops? How many in a min? Hurling/Camogie: How many taps can you do keeping the sliotar in the air.	Daily Challenges: The 100 Challenge: Can you perfect a skill throughout the day!? You Choose your skill! Some ideas: 100 successful penalty kicks 100 Gaelic points over the bar 100 basketball throws into a hoop.	Daily Challenges: Gardening Challenge: Can you help out and do something in the garden? Water the flowers, weed the flowerbed, Paint picnic bench?

#GolfAtHome
 Kerbs Plank Soccer
 Balloon Volleyball
Toilet Roll Keepy Uppies
 Balloon Burst Challenge Sock Boule **Limbo**
 Waddle Races Freestyle Hurling Wall Ball Fitness Monopoly
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
 Cha Cha Plank Challenge **Local Sports Partnerships Online Classes**
 Mini Golf Family Céilí 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 Seomra Ranga 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 Space 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