Activity 1: Do an online workout • Joe Wicks • Cosmic Yoga kids • Go-noodle

Or here are some videos of workouts the children may not have already engaged with:

Infants

 <https://www.youtube.com/watch?v=U9Q6FKF12Qs>

<https://www.youtube.com/watch?v=uy5pnX4xAuw>

<https://www.youtube.com/watch?v=T8jI4RnHHf0>

1st & 2nd class

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

<https://www.youtube.com/watch?v=U9Q6FKF12Qs>

3rd and 4th class

<https://www.youtube.com/watch?v=lc1Ag9m7XQo>

<https://www.youtube.com/watch?v=9WgkiB-GQMI>

5th and 6th

<https://www.youtube.com/watch?v=qzx-d1Z2bLY>

<https://www.youtube.com/watch?v=WmGjxU3Ggko>

Activity 2

• Go for a walk / run / cycle / scoot / swim / skate / do a dance / make a TikTok

Activity 3

* Go on a Scavenger Hunt. See <https://primaryplayground.net/scavenger-hunts/>

Activity 4

Ball handling skills

• This can be football / tennis / hurling / hockey / rugby / golf / basketball / juggling / rounders – anything with a ball

Activity 5: Obstacle Course

• Create an obstacle course in your back garden or alternatively use chalk to make an activity trail on a footpath



Activity 6: Challenge yourself

* How many sit-ups can you do in a minute?
* How many times can you bounce a ball in a minute?
	+ How many star jumps can you do in a minute?
* How many skips can you do in a minute?
	+ Can you run with an ‘egg on a spoon’ without dropping it for 1 minute?
	+ Can you juggle 3 balls or more at a time?
	+ How far can you run with a ball between your legs?
	+ How far can you roll a hula hoop?
	+ Can you balance a book on your head or walk / run with it on your head?
	+ Can you balance a carton of water on your head or walk with it on your head?
	+ Target throwing – can you throw the ball/socks in the bucket/hamper from 3m, 5m, 10m?
	+ Try a 3 legged race.
	+ Try a sack race.
	+ Can you do a long jump?
	+ How far can you throw a wellie?

Activity 7: Stretch

• This can be some yoga poses - <https://www.youtube.com/watch?v=X655B4ISakg>

Activity 8: Skipping: See <http://www.helpmykidlearn.ie/activities/8-9/detail/skipping-games>

* Scissor jumps: land with one foot forward, then on the next jump switch feet
* Cross jumps: land with feet crossed like an X, then apart, then crossed again
* Duckie: land with heels apart, toes and knees pointed in; then on next jump, put heels together and toes and knees pointed out
* Swing: land on one foot and swing the opposite leg out to the side, then switch on next jump
* Skip to rhymes e.g. Teddy Bear, Teddy Bear…

Activity 9

Have a penalty shootout against a sibling / parent

Activity 10

Play Twister, Queen I Oh, Hopscotch, Kerb ball, Blind Man’s Bluff…