

Get Active!

Until we get back to school, we all need to make sure that we get outside and exercise every day, especially now that the weather is getting better 😊

Here are some ideas of what you could do to stay active and have fun!

Pulse Raisers

1. Jogging



6. High Kicks



2. Ankle Twirls



7. Arm Circles



3. High Knee Skipping



8. Heel Flicks on the spot



4. Lunges on the spot



9. Hopping



5. Star jumps



10. Hip Circles



Ball Skills

We need to make sure everyone is ready to impress Emma when we get back... here's what she would like to see you doing.

(It doesn't matter what kind of ball you use; anything will do!)

- Solo
- Bounce
- Hand Pass
- Pick up
- Body Catch
- High Catch
- Punt Kick



➤ Practice all of these with both hands & both feet!!!

Additional information, video tutorials & hurling skills to be found here: <https://learning.gaa.ie/coachingresources> ☆

Our GAA Coach Emma and her sister Louise do some amazing work. They have recently uploaded over 100 activities and challenges for young GAA players to do at home, you can find them here: <https://www.gaa.ie/news/byrne-twins-video-over-100-activities-and-fun-challenges-for-young-gaa-players/>

If you want to really challenge yourself, *Ciaren Kilkenny* will be posting daily football challenges on his Twitter/Instagram each day for the next while - ideal for any aspiring Dubs!

GoNoodle

Parents can put GoNoodle on their phone, tablet, TV or computer. It is an excellent resource, especially on wet days or for a break during work e.g. In between 2 subjects. Once on it there is loads of dances, workouts etc. to choose from - try to pick a new one each time!



Animal Walks

<p>Bunny Hop Squat down. Reach hands forward, then bring feet towards hands.</p>		<p>Frog Jump Place hands and feet on floor. Jump forward with legs. Take small jumps - it's tiring!</p>	
	<p>Donkey Kicks Place hands and feet on floor. Lean forward, putting all your weight through straight arms. Kick up both legs together.</p>	<p>Crab Walk Place hands and feet on floor, tummy up. Keep tummy flat. Walk forwards and backwards. Try moving head side to side. Raise and lower tummy, keeping arms still.</p>	
<p>Turtle Crawl Move slowly on hands and knees. Keep back flat. Try placing something on your back as a shell (i.e. beanbag, place mat).</p>		<p>Bear Walk Place hands and feet on floor. Keep arms and legs straight. Move right arm and leg forward, the left.</p>	
	<p>Seal Walk Lie on stomach, propped up on straight arms. Pull yourself across the floor using arms only.</p>		

The Body Coach



Lastly, Joe Wick will be doing 30-minute P.E. lessons Monday-Friday live on his YouTube channel at 9.00am every morning for the next few weeks - a great way to start each day.

Other Online Resources

- <https://pssi.pdst.ie/>
- <https://learning.gaa.ie/PECeim>
- <https://www.twinkl.ie/resources/home-key-stage-1-subjects/pe-and-sports>
- <https://www.bbc.co.uk/bitesize/subjects/z2hs34j>



These are only a few ideas, it goes without saying that the main thing is to exercise in some way, shape or form. It is vital that we all look after ourselves during this difficult time. Have fun everyone and hopefully we will see you all soon!