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| Wednesday: | Thursday | Friday |
| Joe Wicks Workout: | Kids Workout:https://www.youtube.com/watch?v=L\_A\_HjHZxfI | Yoga for Kids:https://www.youtube.com/watch?v=X655B4ISakgYoga Poses: https://www.twinkl.ie/resource/t2-t-863-ks2-yoga-poses-powerpoint- |
| Daily Mile:Walk/ Cycle/Jog | Daily Mile:Walk/Cycle/ Jog | Daily Mile:Walk/Cycle/ Jog |
| Family Fun Work out:https://www.youtube.com/watch?v=\_97QFX3w1E4&t=223s | GoNoodle Routine of your choice. | Kids Dance Fitness workout:https://www.youtube.com/watch?v=D80LZz2WkZs |
| Create a game/ dance or gymnastic routine of your choice: | Family Races:* Egg & Spoon
* Sack Race
* 3-legged race
* Sprints/ Relays
* Hurdles
 | Family Water Games:-Water Balloon Dodge Ball.-Water gun target challenge.-Water Balloon Toss (Toss a water balloon to your partner and see how many catches you can get without it bursting. Take a step back after each successful catch.-Water Relay.https://www.youtube.com/watch?v=p5y93Z1Vf2M |
| Variety:* Family Tug-o-war
* Crossbar challenge
* Bowling
* Welly Toss
* Skipping
* Long Jump
* Musical Chairs
 | Obstacle Course Challenge* Hopscotch-Hopping
* Running
* Jumping
* Crawling
* Rolling
* Climbing
* Balancing
* Moving Sideways

https://www.twinkl.ie/resource/t-t-29088-obstacle-course-time-challenge-record-sheet-activity-sheet | Scavenger Hunt Challenge:https://www.twinkl.ie/resource/au-t-3745-five-senses-scavenger-hunt-worksheethttps://www.twinkl.ie/resource/scavenger-hunt-challenge-cards-t-tp-2549602 |

*Ballydesmond National School Active Week 3rd – 5th June 2020:*

Certificate: https://www.twinkl.ie/resource/t-pe-53-active-week-certificate