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| Wednesday: | Thursday | Friday |
| Joe Wicks Workout: | Kids Workout:  [https://www.youtube.com/watch?v=L\_A\_HjHZxfI](about:blank) | Yoga for Kids:  [https://www.youtube.com/watch?v=X655B4ISakg](about:blank)  Yoga Poses: [https://www.twinkl.ie/resource/t2-t-863-ks2-yoga-poses-powerpoint-](about:blank) |
| 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](about:blank) | GoNoodle Routine of your choice. | Kids Dance Fitness workout:  [https://www.youtube.com/watch?v=D80LZz2WkZs](about:blank) |
| 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](about:blank) |
| 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](about:blank) | Scavenger Hunt Challenge:  [https://www.twinkl.ie/resource/au-t-3745-five-senses-scavenger-hunt-worksheet](about:blank)  [https://www.twinkl.ie/resource/scavenger-hunt-challenge-cards-t-tp-2549602](about:blank) |

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

Certificate: [https://www.twinkl.ie/resource/t-pe-53-active-week-certificate](about:blank)