



Scoil Naomh Bríd







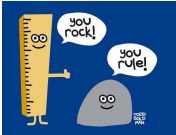

Wellbeing and Sports Week 2020

Monday 15th –Wednesday 24th June (8 school days).



Our well being and sports week 2020 will involve 3 initiatives. Wellbeing (page 1), sports (page 2) and virtual tours (page 3).

This page has 16 wellbeing activities. You could attempt 2 of these per day. Please email photos/videos to your class teacher or add to your Seesaw Journal (as applicable).

<p>Colour in a mindful picture – See email <i>Sit outside, relax quietly and enjoy the sounds</i> Cloud Gazing: Choose a day when you will be relaxed lying on the ground looking up at the sky. Find a comfortable spot in the garden or in the park and look at the clouds in the sky. Can you see a face? Can you see a unicorn? Can you see a fairy-tale castle? Can you see a whale or a dolphin? What do the clouds make you think of? Can you make up stories to link the different things you can see amongst the clouds?</p>	<p>Watch RTE Hub at 11am</p>  <p>Make a smoothie or healthy lunch today.</p>	<p>Free audible books online https://stories.audible.com/discovery Choose one and enjoy!</p> 	<p>Zoom 11@11am with Miss Kelly</p> <p>This 11 minute exercise routine on Tuesday 23rd June will be facilitated through Zoom</p> <ul style="list-style-type: none"> • Time 11am. All welcome. • Meeting ID: 8607162886 • Password: seniors
 <p>Farm Safety Website: Go to interactive game and dress the farmer so he safely drives the tractor: http://www.agrikids.ie/gamezone/off-to-work/OTW_Tractor/offtowork_tractor.html</p>	<p>https://youtu.be/FckvYl-GaAA</p>  <p>Get cooking.</p>	<p>Reading with Harper Collins ebooks: http://connect.collins.co.uk/school/Portals.aspx CLICK ON :Teacher login Username: parents@harpercollins.co.uk Password: Parents20!</p>	<p>Get your body moving at Go Noodle https://youtu.be/fpD9kRyBn8o https://www.gonoodle.com/ Check out Go Noodle website</p>
<p>Create your Gratitude Journal. Write about a... 1. Person: I am grateful for... 2. Experience: I am grateful for.... 3. Place or thing: I am grateful for....</p>	<p>Find leaves near your home.</p>  <p>https://www.woodlandtrust.org.uk/media/48345/leaf-id-sheet.pdf</p>	<p>Eat a rainbow of fruit. Make a nice fresh fruit salad today with as many colours in it as possible.</p> <ul style="list-style-type: none"> • How many different colours of fruit and vegetables can you eat in one day? 	<p>https://www.youtube.com/watch?v=ZBnPlqQFPKs</p> <p>Cosmic Yoga Peace Out Guided Relaxation for Kids</p> 
<p>Sit down with a parent and ask them to play their favourite song or album to you and ask them to tell you why they love it so much</p> 	<p>Mindful Meditation helping us to focus on the present moment - https://www.otb.ie/weaving-well-being-mindfulness-script-guided-meditations</p>	<p>Colourful mindfulness activity using Skittles/colourful sweets.</p> <p>https://www.pinterest.ie/pin/106538347411393881/?nic_v1=1d14%2BZwB8UJbl0a02REsiEINsP6CjsceZegGeP3hnO%2B2NfOostwsLcuzWabRrqRAU%2F</p>	<p>https://imoves.com/home-learning/1272 Wellness Warrior – Health and Exercise This fun activity is all about why exercise is good for me. Follow along to the moves.</p> 

Virtual Sports Week Bingo Card. It is our suggestion that you attempt **any** 3 activities per day and colour it in once you have done it. Once you have completed your whole chart send a picture of it to your teacher. Send on any photos/videos of you doing activities as the week progresses.

Times/Measures will not be shared with anyone. It is just for fun.

Activity 1	Activity 2	Activity 3	Activity 4	Activity 5	Activity 6
400 metre run. (1 lap of athletics track in Belleek) Your time: _____	Solos - Alternate feet How many can you do in 30 seconds? _____	Skipping 1. How many continuous jumps can you do in 1min? _____	Spud & spoon race. Time how long it takes you to run 60m without dropping it? Can you beat your time? _____	Tricep dips on a chair. How many can you do in 1 minute? _____	Zig Zag race: Place 4 objects on ground close to one another. Side step in and out through the objects How many times can you do it in 30secs? _____
Activity 7	Activity 8	Activity 9	Activity 10	Activity 11	Activity 12
Burpees How many can you do in 1 minute? _____	Kidathalon Do 3 different activities for 10 minutes each with no break (30 minutes). Circle the activities you chose or write your own example. -Running/walking -Cycling -Trampoline -Skipping	100 Metre Sprint. (1 Straight side of athletics track in Belleek) Your time: _____	Gaelic punt pass (off the laces) Against a wall from 10 metres - Alternate feet How many can you do in 30 seconds? _____	Jumping Jacks How many can you do in 2 minutes? _____	Sack Race How long does it take you to complete 60m? _____ Or Race against someone in your family!
Activity 13	Activity 14	Activity 15	Activity 16	Activity 17	Activity 18
Skipping2 Can you skip using your right leg only for 30secs and then left leg for 30secs? _____	Welly throwing How many metres can you throw one of your wellies in your garden? Take lots of attempts. Distance: _____	Squat jumps How many can you do in 2 minutes? _____	Walking Go for a walk with your family observing social distancing. Tell us where you walked and how far?	Accuracy Can you kick a Gaelic or soccer ball out of your hands into your wheelie bin from 10 metres away? How many attempts did it take? _____	Tennis rally How many times can you hit a tennis ball against a wall without stopping? Only one bounce on the ground allowed each time. Count: _____
Activity 19	Activity 20	Activity 21	Activity 22	Activity 23	Activity 24
Sprinting Can you take on a parent/sibling in a footrace? The more people the better. Who won? _____	Can you juggle? If so for how many seconds? _____ Infants. <u>1 Ball. 1 hand</u> 1st & 2nd <u>1 Ball alt. hands</u> 3rd & 4th <u>2 Balls</u> 5th & 6th <u>3 Balls</u>	Obstacle Course Create your own . Example https://youtu.be/sXjDO9G2JQY How many seconds does it take to complete it? _____	Hula Hoop How long can you keep a hula hoop spinning around your waist? _____seconds.	How many push ups can you do in 1 minute? (Kneeling or full body weight) _____	Can you "body spell" your name? https://fi.pinterest.com/pin/460211655661878463/ If you can please do so in a series of photos.

The Third Initiative is a virtual School Tour. Follow any of these links to take a fun virtual tour. Let us know how you get on.

- Visit San Diego Zoo – Voted #1 Zoo in the world <https://kids.sandiegozoo.org/>
- Answer clues with your family to solve one of these mysteries
Pikachu's rescue - https://docs.google.com/forms/d/e/1FAIpQLScnT1OHSZasKXMPluquqFVoxtrD7M41Yq1tGENOQGNZQ_c87Q/viewform?fbclid=IwAR2ui73uf0rghQgeaM1E0XeivQ9m2WZfafxK9FhrHX9BZDAL-1x6bQYwaYI
- Escape from wonderland - https://docs.google.com/forms/d/e/1FAIpQLSc4-g_PdCdGnThONdtmbQZdfIG1tfy_L2PedFrN-uCnN5nDlG/viewform
- Pete the cat and the birthday party mystery - <https://docs.google.com/forms/d/e/1FAIpQLScLUD7mHmjTkC-W50u9hC3LGPfURjZSdMRiqnCc77ch3xzy1Q/viewform>
- Cinderella escapes - <https://docs.google.com/forms/d/e/1FAIpQLSfX4nFPt04K7ePZYESFABi6FJ9gs7TQIF0ubEKU3s5LglAXOA/viewform?fbzx=-7489729898191714477>
- Monterey Bay Aquarium: <https://www.montereybayaquarium.org/animals/live-cams>
- National Gallery of Ireland: <https://www.nationalgallery.ie/virtual-tour>
- Áras an Uachtaráin: <https://president.ie/en/explore-visit/interactive-tour>
- Harry Potter Tour: <https://youtu.be/9gxVWPvfyLE>
- Le Louvre: <https://www.louvre.fr/en/visites-en-ligne>
- Mickey and Minnie's Runaway railway https://www.youtube.com/watch?v=NQ0XHx_Q2hE&feature=emb_logo
- Watch the live cams of the sea creatures in Monterey Bay Aquarium <https://www.montereybayaquarium.org/animals/live-cams>
- Learn more about space travel with NASA TV <https://www.nasa.gov/multimedia/nasatv/index.html#public>
- Check out these fun bird watching activities from bird watching Ireland <https://birdwatchireland.ie/our-work/fun-learning/for-teachers/>
- A trip to Disneyland <https://www.simplykinder.com/disneyland-virtual-field-trip/>

All of the ideas on the 3 pages above have been provided by all of the staff at Culleens N.S. not only to facilitate a fun week of activities but also to give parents ideas to fill empty or rainy COVID days during the summer months. Children should be supervised during all activities as their safety and adherence to COVID guidelines is ultimately the responsibility of parents.