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| ***ST CANICE’S NS SPORTSWEEK 2020 TIMETABLE*** | | | | | |
| \*\*\*\*\*\*\*\*\*\* RUN TO ROME AND HOME! Whole school challenge ! \*\*\*\*\*\*\*\*\*\*  Walk/Run 1km each day (Teachers too!!)  By Friday we should have 3500km covered at least!  Log your daily total on the padlet! | | | | | |
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| Our SPORTSWEEK Padlet is on the school website.  Please post at least one photo/record of your action this week.  The teachers will be doing so as well! Enjoy and stay active! | | | | | |
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|  | ***Monday***  ***June 8th*** | ***Tuesday***  ***June 9th*** | ***Wednesday***  ***June 10th***  ***(School Sports Day)*** | ***Thursday***  ***June 11th*** | ***Friday***  ***June 12th*** |
| **JUNIOR Classes** | Play a game of ‘Donkey’ with someone at home. | Jump as high as you can 20 times. | Do a 50m sprint. Race against another family member. | Scavenger Hunt. These are on the ‘Sports Day Padlet’ on our school website. | Do 5 push ups/5 sit ups/5 star jumps. |
|  | Walk like a crab on all fours. | Do some skipping. | Put a soft toy on your head. Race around without it falling off. | Go for a family walk by the river or in the countryside. | Have a game of ‘Hide and Seek’ in the garden or in your house. |
|  | Draw/Sketch/Paint your favourite sport. | Move around like an animal snake/elephant/frog  /kangaroo/bird...etc. | Set up a novelty race.....wheelbarrow, 3 legged race, egg and spoon, sack race. | Ask your parents to show you an ‘old’ game coin toss, marbles...etc | Play 10 pin bowling with empty bottles and a ball. |
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| **MIDDLE Classes** | Build a den using cushions/pillows. Tidy up afterwards! | Draw out and play hopscotch. | Run/Walk 3km. | Scavenger Hunt. These are on the Sports Day padlet on our school website. | Do 15 push ups/15 sit ups/15 squat jumps. |
|  | Count how many ‘giant’ steps from your front door to your back door. Now do it in ‘baby’ steps. | Play indoor ‘Volleyball’ with a balloon and a string between two chairs. | Organise a ‘sack’ race at home. Use a pillow case or bin bag. Race a sibling or parent! | Play a game of ‘holf’ (golf with a hurley and sliotar!) | Do an individual or family dance. Record it and post. |
|  | Pretend to be a commentator on a match. Record it. Make it exciting!! | Play basketball hoops using a bucket and a tennis ball. | Play a game of ‘pot shot’. Use 5 potatoes/balls, short sprint, throw them into a bin/bucket. | Go for a family cycle. | Make a triangle/pentagon/nonagon using hurleys only. |
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| **SENIOR Classes** | Draw/Sketch/Paint your favourite sport’s person. | Do a Joe Wicks/TJ Reid/Donna Dunne class. | Run/Walk 5km. Time yourself. | Search for the 10 at 10 on RTE.ie. Do the workout. | Do 20 push ups/20 sit ups/20 squat jumps |
|  | Watch your favourite match ever on You Tube. | Do a scavenger hunt to find three household objects starting with each letter of the alphabet. | Have an egg and spoon /sack/skipping/3 legged race. Even just against yourself! | Look at freestyle hurling on You Tube. Try it! | Make a football like in the olden times using old socks, plastic bag...etc. Have a kick around outside. |
|  | Do some skipping....even if you can’t do it properly! (use a rope or some ties joined together) | Wash the car or vacuum the house! | Set up an Obstacle race for your family. You could even do this inside. | Sit balanced on your bottom on the floor. Turn 360 degrees without hands or feet. Now the other way! | Play ‘charades’ from the guide on the Sports Day padlet. |