

Active Week June 8th-12th 2020

Hi 5th Class!! Thank you for all the super work you have continued to send us. You are fantastic for keeping yourselves motivated and putting your best effort into your work. We are delighted with all of you.

This week is **Active Week**. This means that we are focusing on staying healthy, fit and strong as much as we can while having some fun. We have organised the week into lots of different activities based around different P.E. skills and have added in some sport-inspired art and music tasks too. We would like to give you the opportunity to engage in exercise, singing and art every day this week. There are no assigned email tasks but if you would like to send us your art activities or photos of yourselves mid-sports activity we would love to see them.

Please e-mail your specific teacher-

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Remember, the best thing to do is to get up early, have a nice healthy breakfast and take in some fresh air. Keep looking after each other in the house and we will hopefully see you all soon.

Dear Parents, as mentioned above, this week is Active Week so work for our classes is set out a little differently this week. As usual, please make the work fit your own routine. There is no pressure to complete everything.

Looking forward to seeing you all soon,

The 5th class teachers.

Monday

a. **Exercise: Running**

Visit the Sligo education Centre's Virtual Sports Day website,

<https://sites.google.com/holyangelsns.ie/virtualsportsday/the-activities/running>

There are 3 running activities here to try with your siblings or parents.

Activity 3 is a great one.

Visit the Healthy Kidz Virtual Sports Day,

<https://healthy-kidz.com/week-one/> Concentrate on the Sprint activity here. There are instructions on what you need, how to prepare and how to record your time. There is a video of Usain Bolt to inspire you.

b. Music: Listen to and sing along with the inspirational *Eye of the Tiger* by Survivor, <https://m.youtube.com/watch?v=QEjgPh4SEmU>

c. Art:



Trace around yourself in an active position of your choice. Copy this position onto a selection of coloured or painted paper and cut them out.

Tuesday.

a. Exercise: **Throwing**

Visit the Sligo education Centre's Virtual Sports Day website <https://sites.google.com/holyangelsns.ie/virtualsportsday/the-activities/throwing> There are 3 fun activities here that can be done alone or with siblings/parents

Visit the Healthy Kidz Virtual Sports Day, <https://healthy-kidz.com/week-3-wellyboot-toss-strongman/>

This includes a great wellyboot throwing activity with full explanation, instructions and how to record your distance.

Music: Continue to learn and sing *Eye of the Tiger*, <https://m.youtube.com/watch?v=QEjgPh4SEmU>

b. Art: Continue with your silhouette art by creating a black or dark coloured background and sticking your different coloured

silhouettes onto it. The different silhouettes should slightly overlap one another.

Wednesday

a. Exercise: Kicking

Visit the Sligo education Centre's Virtual Sports Day website

<https://sites.google.com/holyangelsns.ie/virtualsportsday/the-activities/kicking>

g_There are 3 fun activities here that can be done alone or with siblings/parents

b. Music: Listen to and sing along with *We are the Champions* by Queen

<https://m.youtube.com/watch?v=O71fetlkCZo>

c. Art:

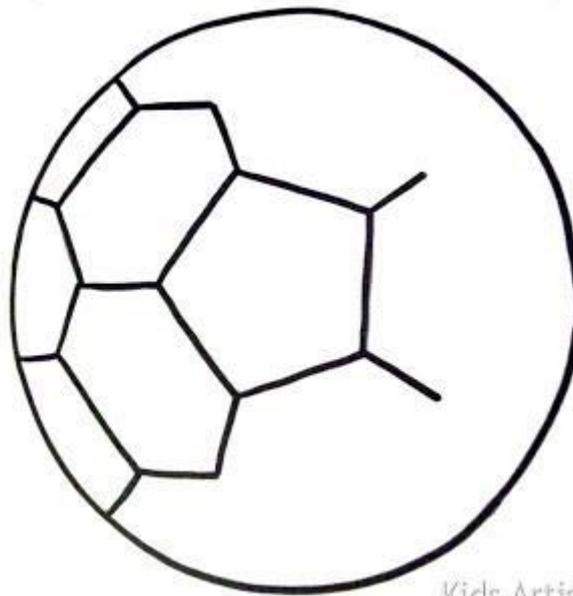
The most beautiful soccer ball!



You need:

1. pattern soccer ball (download)
2. black pencil or black markers
3. ruler
4. scissors
5. glue
6. coloured paper for background

Most modern footballs are stitched from 32 panels of waterproofed leather or plastic: 12 regular pentagons and 20 regular hexagons. The pentagons are mostly black, the hexagons white.



Students draw the outline of the soccer ball using pencil and ruler. Then all surfaces have to be filled with patterns. You can draw dark patterns for the pentagons and lighter patterns for the hexagons. Alternatively you can ask to colour the pentagon in the middle of the ball black, and draw patterns in the other hexagons and pentagons. Cut the ball and paste it on colour paper.

Thursday:

a. Exercise: Balancing

Visit the Sligo education Centre's Virtual Sports Day website

<https://sites.google.com/holyangelsns.ie/virtualsportsday/the-activities/balancing> There are 3 more activities here including wheelbarrow races to do with your siblings and creating your own obstacle course

Visit the Healthy Kidz Virtual Sports Day

<https://healthy-kidz.com/week-4-marathon-challenge-create-your-own-obstacle-course/> There is more information and guidance on creating and completing your own obstacle course here.

b. Music: continue to learn lyrics and sing *We are the Champions*

c. Art: Design a Jersey

Think about and draw up a new design for the Lusk GAA, Lusk Utd. or Dublin GAA jersey. Think about what you like about the current jersey and what you think you could add to enhance it!

Friday:

a. Exercise: Sports Day!

Visit the Sligo education Centre's Virtual Sports Day website

<https://sites.google.com/holyangelsns.ie/virtualsportsday/the-activities/traditional-school-sports>

There are great activities here such as the sack race, egg and spoon race and open air twister. Try to get the whole family involved if possible.

Visit the Healthy Kidz Virtual Sports Day

<https://healthy-kidz.com/week-two-high-jump-egg-spoon/> The week 2 activity here includes the egg and spoon race.

- b. Music: Choose one of the two songs you have learned this week to sing aloud as you take the podium at the end of your Sports day!!
- c. Art: Using the cardboard from a cereal box, cut out the shape of a jersey and draw and colour your new design onto it ready for display

Extra Activities:

- <https://www.youtube.com/watch?v=vAtMzIacbMQ> Ireland's Call song and lyrics
- <https://www.cosmickids.com> Cosmic kids yoga
- <https://www.gonoodle.com>
- <https://www.youtube.com/user/thebodycoach1> Joe Wicks body coach
- Keep an eye on the Lusk Athletic Club facebook page to follow the Fastest Miller in the village competition

We encourage you to get some fresh air, spend time in the garden or within the recommended distance. It's always nice to feel the sun on your face.

Practice your sports skills and enjoy your Active Week

