**Active Home Week 2020**

Active Home Week takes place from **Monday 27th April – Sunday 3rd May 2020**

Choose 4 **activities** from the list below and **write them in the box** for that day.

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| ***Clonburris Active Home Week Suggestions*** | |
| * Cycle your bike or scooter for 10 minutes * Kick a ball with someone from your house for 10 minutes * Draw your own hopscotch with chalk and play * Go for a walk within 2km of your home * Throw a ball with someone from your house for 10 minutes * Dance for 10 minutes, try a TikTok * 10 minutes of Active Housework: e.g. sweeping, vacuuming etc. * Create your own obstacle course * Toilet roll keepy-uppies * RTE Twigín Yoga * Head, shoulders, knees and toes challenge | * Skip for 5 minutes * Play balloon tennis/volleyball * Run for 5 minutes * 10 Push-ups (on knees) * 20 High Knees * 20 Sit-ups/Crunches * 20 Heel Kicks * Hop on right leg 10 times (repeat) * Hop on left leg 10 times (repeat) * Run on the spot for 30 seconds * Play ‘Simon Says’ using exercises * Child’s choice of physical activity for 10 minutes * Daily Mile * Space hopper |
| **Monday 27th April**  **Activity: Time:**  **1.**  **2.**  **3.**  **4.** | **Tuesday 28th April**  **Activity: Time:**  **1.**  **2.**  **3.**  **4.** |
| **Wednesday 29th April**  **Activity: Time:**  **1.**  **2.**  **3.**  **4.** | **Thursday 30th April**  **Activity: Time:**  **1.**  **2.**  **3.**  **4.** |
| **Friday 1st May**  **Activity: Time:**  **1.**  **2.**  **3.**  **4.** | **Saturday 2nd May**  **Activity: Time:**  **1.**  **2.**  **3.**  **4.** |
| **Sunday 3rd May**  **Activity: Time:**  **1.**  **2.**  **3.**  **4.** |  |

Name : \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Class: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_