**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
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| **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: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_