

Active Home Week- 27th April- 1st May

Good afternoon parents/guardians/children,

I hope you are all well and enjoying the nice weather. I am writing to you about our National '**Active SCHOOL Week**' which usual takes place every April and is a really enjoyable part of our school year for many of our Carrigeen children.

This year, because of COVID-19, it is not possible for this to go ahead so as a school we are asking you to encourage your child to participate in the '**Active HOME Week**' challenge instead.

Please note this is not **COMPULSORY** and below are some suggestions for the week ahead. We are trying to cater for both the Junior and Senior classes in our school.

Monday: *GAA skills and Soccer skills challenge-* Try beat the teachers/GAA players. Please watch out for your teachers and there may be a few GAA players making an appearance on our twitter account that will demonstrate some GAA skills and soccer skills and will set a challenge for the children to work on over the week.

Tuesday- *Skipping challenge-* Skipping is a great exercise to get the heart pumping and is a great full body workout. Possible suggestions are that the whole family, siblings, etc get involve and use a skipping rope, a long piece rope and get as many people skipping at the one time. You could also count how many skips you can do in a minute, you could pick a country you would like to skip to and try and complete it over the week. **** Please note you do not need an actual skipping rope for this activity****

Wednesday- *Create a dance-* Dance is a great way of expressing yourself and is great for our well-being. We would love to see you the children and maybe the adults getting involved and creating a dance with whatever music you would like or you could reenact a Tik Tok scene for us. We will leave it up to you to decide.

Thursday- *Create an obstacle course-* We are looking for you to create an obstacle course either inside or outside the house or both using a variety of objects in the home, chairs, boxes, skippings ropes, any equipment that is suitable for the obstacle course. Use your imagination, the creative the better!!!

Friday- *Creative skills-* Here we are giving the children the opportunity to show off some of their Creative skills whether it be GAA skills- Freestyle hurling, Soccer skills- Keep yuppies, Gymnastics moves, dance moves, etc. We the teachers would love to see them.

If this is a success and is something the children enjoy we can of course have another 'Active Home week'. So your feedback will be greatly appreciated over the week.

Please send any videos or pictures of the above activities to the following email addresses msdowling20@gmail.com or mrduggan20@gmail.com and we will post them to our school twitter account and will be on our website at a later stage.

Enjoy the week and have fun 😊

