

# Active Home Week- 27<sup>th</sup> April- 1<sup>st</sup> 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](mailto:msdowling20@gmail.com) or [mrduggan20@gmail.com](mailto: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 😊**

