



FUN HOME ACTIVITY PLAN

Monday 25th of May to Friday 29th of May 2020

- Have fun and get active with your family
- Enjoy doing new things in the fresh air
- Take photos of the activities and send us an email to robertstownns@gmail.com
- They will be uploaded to our school website with your permission. You can see what entertainment other students get up too?

MONDAY- OBSTACLE COURSE

Juniors: 10 minutes of activity

Seniors: 20 minutes of activity

Event: Make your own obstacle course, great way to get active and have a laugh!

1. Lay a ladder on the ground, run through it lifting knees up without the rungs or hop through each space on one foot. (If you don't have a ladder put some sticks in a row for children to hop over.)
2. Hula Hoop –lay hoops on the ground in a row, kids must hop, step, jump from one to the next. Or roll the hoop from one place to another. If you don't have hoops use old tyres
3. Walk the Plank- if you have a plank of wood, place it on the grass for younger kids and get them to walk the plank. For older children get them to walk the plank blindfolded/ backwards or hopping on one foot.
4. Have a water relay move water from one bucket to the next using plastic bottles with holes in it or a sponge. All water must be gone from the starting bucket before you can move onto the next game.
5. Have a crawling race across the garden

TUESDAY- MINI SPORTS DAY

Juniors: 10 minutes of activity

Seniors: 20 minutes of activity

- Event:**
1. Wheelbarrow race-get someone to hold your feet as you walk along the grass on your hands
 2. Balance a potato on a spoon and have a race with your siblings or parents
 3. Three legged race, using a big sock to tie your left leg to someone's right leg and race up and down the garden
 4. Sack race using a black bag and have loads of fun!
 5. Use sticks as batons and have a relay race around the perimeter of the garden



WEDNESDAY- THE DAILY MILE AT HOME

(Once within the permitted 5km from home)

Juniors: 10 minutes of activity

Seniors: 20 minutes of activity

- Event:**
1. Ensure you are sufficiently warmed up before you start walking/jogging/running.
 2. Gently loosen out the lower and upper body by walking on the spot, shaking out the arms.
 3. Continue to warm up by lifting the knees and touching off the palm of your hands
 4. Kick the heels up behind and punch your arms out in front.
 5. Make sure you are sufficiently hydrated with sips of water.
 6. Once you feel warmed up start off jogging, the jog then walk approach is good way to start building up your fitness.
 7. When completed your distance it is important to stretch out the muscles of the lower body-calves (lower back leg), hamstrings (upper back leg), quadriceps (upper front leg)

THURSDAY - BALL BLITZ

Juniors: 10 minutes of activity

Seniors: 20 minutes of activity

- Event:**
1. Soccer Shoot Out- how can score/save the most goals
 2. Basketball-how many shots can you take
 3. Rugby-have a game with some members of your family
 4. Tennis-hit the ball over and back, you can play singles or doubles
 5. Play Catch with ball or water balloons on a hot day

FRIDAY – SPRINT SEQUENCES

Juniors: 10 minutes of activity (Choose from 1 to 3 below)

Seniors: 20 minutes of activity (Choose from 1 to 5 below)

Event: Running around the edge of the garden everyone in the same direction ask an adult to call out the following instructions (these should be all explained beforehand!)

1. Left hand touches off the ground
2. Right hand touches off the ground
3. Both hands touch off the ground at the same time!
4. Clap hands overhead as you jump in the air
5. Change the direction you are running