

*Scoil Náisiúnta  
Shóisearach Phóil Naofa*

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## Weekly Plan

### Senior Infants Class: Week of Monday 8th of June

***This week is 'Sports Week'. Why not try the KM challenge!***

***From Monday to Friday we are trying to walk as many km as possible during Sports Week.***

- *Step 1 - Walk or Jog 5km this week. You can do it all at once or try 1km per day. Get your family involved if you can!*
- *Step 2 - On Friday, add up how many KM you have walked altogether.*
- *Step 3 - Contact your teacher and let them know how many km you have walked during 'Sports Week!'*

<h1>Monday</h1>	<ul style="list-style-type: none"><li>• 20 Sit ups - REST - 20 more if you can.</li><li>• ACTIVE HOUSEWORK - 10 minutes (Hoovering, mopping, gardening, tidying)</li><li>• 20 second plank - REST - 20 seconds more if you can.</li><li>• Walk or Jog 1km or more today!</li><li>• Sports Day Activity - <b>Egg &amp; Spoon/Spud &amp; Spoon race.</b> Each pupil gets a spoon and an egg (hardboiled or plastic). Each person must carry their egg on their spoon from the starting line to a turnaround point and back again. If the egg is dropped, the pupil must stop and retrieve it.</li></ul>
<h1>Tuesday</h1>	<ul style="list-style-type: none"><li>• Create your own obstacle course.</li><li>• 40 second high knees running on the spot - REST - 40 seconds more if you can.</li><li>• Play Simon Says with your family.</li><li>• Walk or Jog 1km or more today!</li></ul>

	<ul style="list-style-type: none"> <li>• Sports Day Activity: <b>Tennis Ball Challenge</b> Pupils work in pairs, one throwing and the other counting. The aim is to throw the ball against the wall and catch it again as many times as possible in thirty seconds. For safety reasons ensure that groups are spaced at least three metres apart.</li> </ul>
<h2>Wednesday</h2>	<ul style="list-style-type: none"> <li>• Run around your garden/up and down your road for 7 minutes.</li> <li>• 15 squats - REST - 15 more if you can.</li> <li>• Make up a dance to your favourite song.</li> <li>• Walk or Jog 1km or more today.</li> <li>• Sports Day Activity - <b>Sack Race</b> Each pupil puts both legs into a sack and hops around a cone, or some marked point, and back, tagging the next person in line. Then, the next pupil in line gets into the sack and repeats the once-around the cone course. The Pupil or team to the finish line wins</li> </ul>
<h2>Thursday</h2>	<ul style="list-style-type: none"> <li>• Skills Practice - 20 minutes (Practising kicking or catching a ball).</li> <li>• 20 sit ups - REST - 20 more if you can.</li> <li>• Try a Go Noodle or exercise video from Imoves or YouTube.</li> <li>• Walk or Jog for 1km today or more!</li> <li>• Balancing Activity:</li> <li>• Sports Day Activity - <b>Walk the Line</b> Pupils walk along a line on the floor (this could be a line painted on the floor, a strip of tape or a line of spot markers). Invite pupils to: <ul style="list-style-type: none"> <li>• turn fully around in the middle without losing balance or toppling off the line</li> <li>• complete the task with their eyes closed (in pairs with one pupil acting as a guide)</li> <li>• hold a shape for a count of three as they balance on the line.</li> </ul> </li> <li>• Sports Day Activity: <b>Obstacle Course</b> Invite pupils to set up and run their own obstacle course with parameters as set out below. Use any equipment available - household or otherwise. Invite pupils to do the obstacle course, time themselves</li> </ul>

	and try to beat their original time.
<b>Friday</b>	<p><b>**Don't forget your class assembly today**</b>  <a href="#">Room 15 - Ms Travers: 11:00-11:30</a>  <a href="#">Room 16 - Ms Gilligan: 11:30-12:00</a></p> <ul style="list-style-type: none"> <li>• Make sure you have completed your 5km for the Week.</li> <li>• 30 seconds mountain climbers - REST - 30 seconds more if you can.</li> <li>• Try a YOGA video on Imoves or Youtube. 10-15 minutes.</li> <li>• Sports Day Activity: Traffic <b>Lights</b>        Invite pupils to find a space in a large open playing area where they are not in contact with anyone else. On a signal, pupils move around the playing area in response to the following commands. Turn it into a game of moving statues to develop.       <ul style="list-style-type: none"> <li>• <b>Red: stop</b></li> <li>• <b>Amber: walk</b></li> <li>• <b>Green: run</b></li> </ul> </li> </ul>

**KM challenge!**

How many km have you and your family walked this week? Email your teacher with the total distance!

***\*Note: Don't forget about the Class Zoom Assembly this Friday 12th of June for any child who can attend! This week the children are being asked to bring their favourite Teddies.***