

# **Active Homework**

## **Junior Infants- Second Class**

# Level 1 Activities



## Teddy on the Move

### Equipment Needed

A teddy, a soft toy or a beanbag (Make your own beanbag using a sock filled with some rice. Tie the sock with an elastic band.)

### How to play

Can you balance your teddy or beanbag on the following body parts?  
First, perform the balances while standing on the spot and then while walking around.

palm of your hand | head | foot | shoulder | back of your neck | tummy

You can now make things a bit more exciting for your teddy.  
Throw your teddy up in the air and catch it with two hands and then with one hand.  
Throw your teddy up in the air and count how many claps of your hands you can do before you catch it. Try to beat your score!



## Level 1 Activities

### Traffic Lights

#### *Equipment Needed*

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No equipment needed.

#### *How to play*

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Invite someone at home to join you.

One person calls out directions, while the other follows the actions:

Green: jog or run around the space

Yellow: jump or hop on the spot

Red: stand still like a statue



# **Active Homework**

## **Third- Sixth Class**



## Wall Tennis

### *Equipment Needed*

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A tennis ball, a racquet.

### *How to play*

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Using a tennis ball and working with a partner or against a wall, practise a one versus one rally.

You may use a racquet or the palm of your hand. Bounce and strike the ball to begin. Count your strikes. Continue for as long as you can without dropping the ball.

Try to improve your score each time.

To make this game more challenging alternate your left and right hands when striking.



## Level 3 Activities



### Target Practice

#### *Equipment Needed*

A ball or a rolled up pair of socks, items to mark targets on the wall, for example pieces of paper or cardboard.

#### *How to play*

Place your targets on the wall at various points or levels (high or low).

Allocate a number of points to each target based on its difficulty.

Using a kick from your hand or the ground, a chest pass, a strike with the hand or volley, strike one of the targets.

Try standing further back from or closer to the targets.

Try to beat your own score or challenge someone at home to beat your score.

