

# **Active Homework**

## **Junior Infants- Second Class**



### Through the Gate

#### *Equipment Needed*

A ball, two cones to outline your gate, (alternatively you could use two cans, bottles or jumpers).

#### *How to play*

Set up a gate using the equipment that you have available. Stand with your ball two metres away from your gate. Try to kick your ball through the gate.

To make the game more challenging, stand further away from the gate or decrease the width of the gate.

If you have a partner at home you could try kicking the ball to each other through the gate.





## What Time is it Mr. Wolf?

### *Equipment Needed*

No equipment needed.

### *How to play*

Invite someone at home to be Mr Wolf. They stand with their back to you, at a distance away. You ask the question 'What time is it Mr. Wolf?' If Mr. Wolf says 6 o'clock, take 6 steps towards them. If Mr. Wolf says, 'Dinner time', the wolf turns and chases you.



# **Active Homework**

## **Third – Sixth Class**



## Reaction Drop

### *Equipment Needed*

Two tennis balls or two rolled up pairs of socks.

### *How to play*

Invite someone at home to stand opposite you. One person holds two tennis balls at eye level and drops them. The other person tries to catch the balls.

- Allow a bounce or no bounce before you catch
- Catch one or both together
- Dropper calls 'left' or 'right' hand to catch
- Dropper stands up on a couch or chair, behind the catcher, and drops the balls in front of the catcher's view



## Games

### Level 3 Activities



## Healthy Mind, Healthy Body

### *Equipment Needed*

A small ball.

### *How to play*

Using a small ball, create a throwing, catching, bouncing and striking sequence against a wall or with a partner.

For example:

- Throw - clap - catch
- Bounce - clap - catch
- Handpass - clap - catch

Challenge yourself to create a more difficult sequence. Challenge a partner.

