

Active Homework

Junior Infants- Second Class

Get Creative

Equipment Needed

A cuddly toy, a teddy, or a small ball.

How to play

Using your favourite teddy, cuddly toy or small ball, can you make up a game for different ways of throwing (overarm, underarm) and catching (two hands, one hand) with someone in your house?



Use your Imagination

Equipment Needed

A cuddly toy, a teddy, or a small ball.

How to play

Using your teddy, cuddly toy or small ball, hit an object (for example, a plastic bottle or a cardboard box) with an underarm throw. Can you do it two times in a row? Move five steps back and try it again.



Active Homework

Third- Sixth Class

Tail-Tag

Equipment Needed

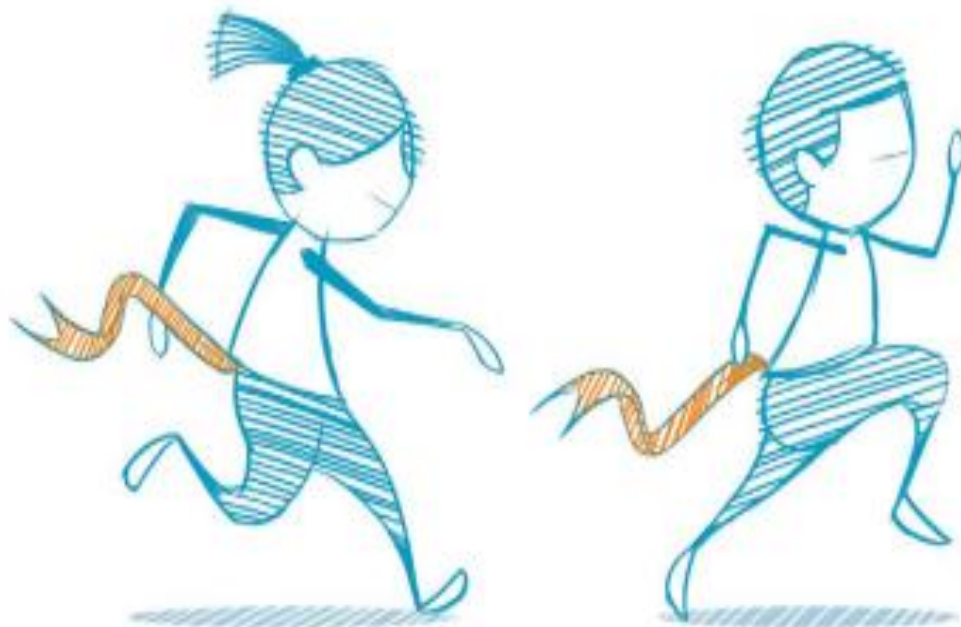
A t-shirt or a tea-towel to tuck into your waistband.

How to play

Invite one or more people in your house to join you.

Tuck a t-shirt into your waistband. Chase each other and try to grab the other person's tail. If your tail is grabbed, do 10 jumping jacks.

Start again!



Happy Head and Happy Heart

Equipment Needed

A large ball.

How to play

Using a large ball, create a game to practise different kicking skills.

- Kicking from the ground with the instep
 - Kicking from the hand against a wall
 - Kicking with someone from home
- Can you increase or decrease the distance?

