

Active Homework

Junior Infants- Second Class

DONKEY

Equipment Needed

A ball or item to be passed such as a rolled up pair of socks.

How to play

Invite someone from your home to play the game DONKEY with you. Throw the ball over and back to the other people in the game. If you drop it you get the letter D and so on. The person who has the least amount of letters when the first person spells out the full word is the winner.



Chinese Knee Boxing

Equipment Needed

No equipment needed.

How to play

Invite someone from home to stand opposite you. On a signal, try to tip the outside of the other person's knees with your hand. Each time you do, you win a point. Practise shuffling and dodging so that they can't tip your knees!



Active Homework

Third- Sixth Class

JUMPING

Triple Jump

Equipment Needed

A line of rope or string, an object to mark your distance for example a teddy or a jumper.

How to play

To learn how to do the triple jump, practise the following steps:

1: Jog, take off on one foot, land on the same foot (this is called a hop).

Practise this several times.

2: Jog, take off on one foot and land on the other foot (this is called a step).

Practise several times.

3: From a standing position, do the hop, then the step and then a jump as far as you can. Try to link the 3 moves together without any pauses.

4: From a jogging start, do the hop, then the step and then the jump as far as you can.

5: Using a start line of rope or string, jog up to the line then begin the hop, step and jump. Mark your distance from the start line with your teddy or jumper and try to beat your score!



JUMPING

Hurdle Jump

Equipment Needed

Two chairs and a sweeping brush or mop.

How to play

Set up your hurdle by placing two chairs facing each other about one metre apart in the playing area.

Place the brush resting across the two chairs to make a bar to jump over. It should be at about knee height.

Practise jogging up to the bar and jumping over it. Take off from one foot and land on the other.

How many hurdle jumps can you do without knocking the bar?

