

Active Homework

Junior Infants- Second Class

Level 1 Activities



THROWING

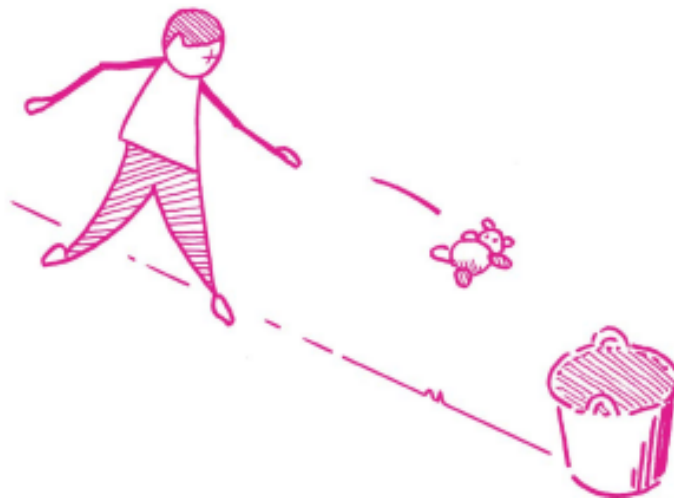
Flying Teddies

Equipment Needed

A teddy or a soft toy, a target for example a bin or a basket or a bucket or a hoop.

How to play

Place your target one metre away from you. Stand facing your target. Practise throwing your teddy into the target. How many different ways can you throw? (underarm, overarm, chest-pass, throw from each hand etc). Each time your teddy lands in the target, move the target one step further away from you. Switch the rules around, for example, if you lose you become the chaser.



Athletics

Level 2 Activities

RUNNING



Super Shuttle Runs

Equipment Needed

Three jumpers or three t-shirts.

How to play

Place three jumpers on the ground five metres apart. Start at the first jumper, sprint out to the second and back to the first.

Next sprint out to the third jumper and back to the first.

Invite someone at home to time you. Try it again to beat your time!

Imagine that you are your favourite sports person!



Active Homework

Third- Sixth Class

Level 2 Activities



Dazzling Dish

Equipment Needed

A soft surface such as a carpet, mat or grassy area.

How to play

Can you roll to make a shape like a dish?

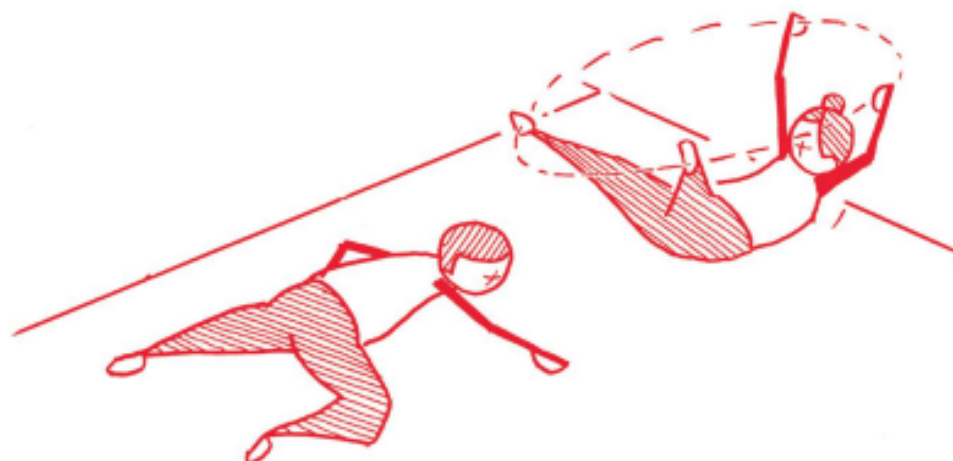
Remember the following points:

Lie on your back with your lower back pressed into the floor. Lift your shoulders, arms and legs to make a dish or bowl shape. Keep them as straight as possible.

Turn your head and look under your arm to roll onto your tummy into a 'Superman' position.

Keep your arms close to your ears with your head lifted and palms facing outwards. Squeeze your legs together.

Roll again onto your back into a dish or bowl position.



Body Part Balances

Equipment Needed

A soft surface such as a carpet, mat or grassy area.

How to play

Try some of the following individual balances. Hold them for five seconds without wobbling. Practice them in front of someone at home or in front of a mirror.

- Balance on smaller body parts for example two hands and one foot, one hand and one foot, two knees and one hand.
- Balance on one, two, three, four or five body parts.
- Arm balance- Sit on the ground with your legs stretched out in front of you and your back straight. Point your toes. Place your hands down by the side of your body. Press the palms of your hands down onto the ground and lift your bottom off the floor. Take the weight on your heels and hands.

