

**Choose from the Activities and challenges below, try as many as you like.**

**You could also try some of the activities from ‘Sports Day At Home’.**

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| **5 km Run/Walk Challenge**   * **Set a target on Monday and try to reach your target distance by Friday.** * **Your target could be 2km or even 10km! Whatever you think you can achieve.** * **Try to run or walk a bit each day, you could get your siblings, parents or even your dog involved!** |

**Activity circuit -** Using the ‘Activity Circuit’ cards, try to do each activity, one after another. Repeat the circuit as many times as you like.

**Long Puck ––** You’ll need a hurl and a ball and in a safe, open, outdoor location. See how far you can hit the ball or find a partner and hit the ball to each other.

**Welly Toss –** In a safe, open, outdoor location, put on one welly and fling it, from your foot, as far as you can. See who can fling it the furthest!

**Balance challenge –** Standing on foot, time yourself and see how long you can balance.

**Target challenge –** In safe area, and with permission, choose a target (a hula hoop, a skipping rope/chalk circle), place down a marker a short distance from the target and see how many objects (bean bags, pegs, etc) you can get into the circle, in a minute.

**Kids Yoga –** Try a series of yoga poses using the ‘Yoga’ Power point.

**Scavenger Hunt –** Complete a scavenger hunt using the ‘Scavenger Hunt’ activity card.

**Sports:**

**Football Basketball Gymnastics Hockey**

**Hurling/Camogie Gaelic Football Rugby Swimming**

**Dance Handball Tennis/Badminton Judo/Karate**