

Dear boys and girls,

We hope you are enjoying Phase 2 of the lifting of restrictions - you can now travel a little further and meet up with more friends, as well as visit some people in their homes while socially distancing. Please remember to keep washing your hands and to cough into your elbow or a tissue so that we can all do our bit to try to contain the virus.

It was lovely to see photos of you completing some of the STEM activities we assigned last week. You really did great. This week is all about sports and activities - Scoil Mochua's First Ever Virtual Sports and Activity Week!

We have listed lots of different activities which you can pick and choose from. It is up to you to decide which sports and exercise you would like to do. You will see a power point on our class web page which suggests, and explains, lots of different activities you can do during the week. You can do warm-ups with Joe Wicks, yoga, circuits, any sport or exercise you wish or an obstacle course. There is also an art activity, if you would like to design your own sports medal.

As always, we ask that you do your best to participate. You can do as many of the activities as you wish. We love to see your work and give you feedback on the great job you are doing at home. This week we have set up a Padlet page where your parents can post a written description or photo of your activity. You will then be able to see the sports and activities that the other children in First Class have done during the week. Of course, your parents can continue to send photos of your activities to your class teacher if they prefer.

Please keep up your reading during this time. Anybody who would like to continue with their Mental Maths can do so. We have also included a video clip and a story about road safety, as well as activity sheets on safety while cycling, because we know many of you are, and will be, jogging, walking and cycling, especially during Sports Week and the summer break from school.

We hope you all have lots of fun this week and we look forward to seeing lots of pictures of the wonderful sports and activities happening at home.

Take care,

Ms Bolton, Ms Corscadden and Ms Ryan

Dear Parents,

We completely understand that it has been tough to motivate the children to continue working up until now and we thank you all very much for your hard work, cooperation and support.

We are trying to help you with motivation by introducing 'Padlet' this week. Padlet is an online site, like a virtual noticeboard, which allows users to gather and share ideas. We have created a Padlet for First Class. The link to view and post on the First Class Padlet page is <https://padlet.com/abolton18/461p06opnnyswsc> . We are inviting everyone to share any sports or activities the children try this week.

To upload Padlet, follow the link above. You can add a post to the Padlet by clicking on the pink '+' at the bottom right of the screen. You do not need to set up an account. We suggest putting your child's first name and class name as the title and writing a brief explanation of what they did e.g. 'Liam from Room 7'. If you like, you can also add a picture of the activity or artwork. **Please adhere to our acceptable usage policy, with particular emphasis on not including children's faces in any post.** Please do not upload photos of the children as they may be published on the school website. You could for example, upload a photo of the obstacle course your child (and siblings or friends) set up, a map of a cycle completed by your child or a picture of a place where your child exercised, like Castletown. By posting your ideas, you will be helping to motivate and encourage others to do the same, as well as providing some ideas for other parents and children.

If you have any queries, please do not hesitate to contact us by email.

Kind regards,

Aoibhinn Bolton, Jenna Corscadden and Ger Ryan



Scoil Mochua

Sports Week

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'.

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

Please note: The power point, templates and various links for the following activities can all be found on our class web page.

Sport's Day 2020

Please see Sports Day 2020 Power Point for lots of more ideas.

5 Minute Workout

Link to Joe Wicks, 5 Minute Move Workout.

Obstacle Course	Obstacle Course Time Challenge link.
Circuits	Please see link to Activity Cards.
Scavenger Hunt	Try to complete a scavenger hunt - around the house and around the garden. Please see the link for scavenger hunt.
Yoga	Please see the Yoga Power Point.
Art	Design a Sports Day medal. Please see template.
Sports Day Activity Log	Please see the template - you can fill in all the activities you do on each day this week.