

# Active Week Information

It's Active School (Home) Week! I've attached a document below giving information about the 60 minutes a day challenge. To complete the challenge young people have to find four different ways of being active *every day*, making sure that this adds up to **60 minutes**, or more, of physical activity. They can then record their activities on the 'Challenge chart' provided. The children can choose whatever activities they wish. I have provided some online resources below as well as some documents under the heading for Monday (Yoga poses, Sports Ireland games 1-15, Sports Ireland games 16-28). In addition to these, please check out the resources provided for Active week on our school website under School initiatives > Active Schools > Active School Week.

PDST Beyond the Classroom activities ( <https://www.scoilnet.ie/pdst/physlit/beyond/> )

Throwing activity A <https://vimeo.com/402212771>

Throwing activity B <https://vimeo.com/402220846>

Throwing activity C <https://vimeo.com/403344557>

Running activity A <https://vimeo.com/404404521>

Running activity B <https://vimeo.com/404409956>

Running activity C <https://vimeo.com/404412589>

Balancing activity A <https://vimeo.com/409588960>

Balancing activity B <https://vimeo.com/409589413>

Balancing activity C <https://vimeo.com/409589781>

10 at 10

<https://rtejr.rte.ie/10at10/>

Joe Wicks

<https://www.youtube.com/playlist?list=PLyCLOpd4VxBvQafyve889qVcPxYEdSTI>



⌚ 60 Minutes  
😊 Make it FUN!

**PARENTS, GUARDIANS and CARERS** – **Active School Flag** would like to say WELL DONE for everything that you are doing to support children and young people with their education and with their wellbeing.

Normally, **Active SCHOOL Week** takes place during April. This year that's not possible so we are reaching out to you to ask for your help with the **Active HOME Week** challenge, starting on **27 April**.

Children and young people need at least 60 minutes of physical activity every day  
World Health Organization

## About the Challenge

### *Some of our children are bored!*

The aim of this initiative is to motivate young people to keep active at home by trying out **NEW** activities, taking on **CHALLENGES** and having **FUN** with family activities. To complete the challenge young people, have to find four different ways of being active every day, making sure that this adds up to **60 minutes**, or more, of physical activity. All members of the family are encouraged, **#Together**, to take on the challenge.

### *Some of us need ideas to keep our children active!*

To help with this we have created an **IDEAS word cloud** made up of some of the excellent ideas, resources and challenges currently being shared by local and national agencies. Many of these ideas can be viewed in action and in one place by visiting **@activeflag**. There's something to suit all ages, abilities and interests, including indoor and outdoor options, with **NEW** ideas added daily. Remember if exercising outdoors, keep within 2km from home, keeping 2m distance from others.

If you would like to support the work that is happening in PE lessons we recommend that you look up the Professional Development Service for Teachers (PDST) **Beyond the Classroom/Lasmuigh den Seomra Ranga** series of PE home activity videos: **@PDSTpe**.

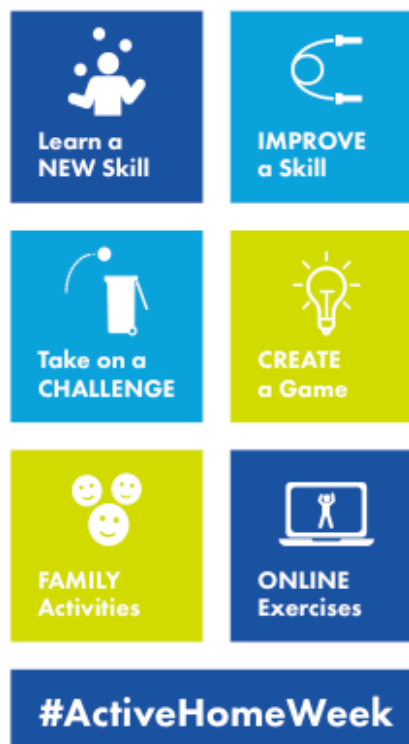
We'd love to see some completed challenge charts to find out about the activities and challenges that children and young people enjoyed the most.

🐦 [@activeflag](#) [@healthyireland](#) [@HsehealthW](#)



**Active School Flag** is a Department of Education and Skills initiative supported by Healthy Ireland. To find out more visit [www.activeschoolflag.ie](http://www.activeschoolflag.ie).

Visit [www.gov.ie/together](http://www.gov.ie/together) for advice, ideas and support for your physical and mental wellbeing.





27 April – 3 May

# Active HOME Week



60 Minutes



Make it FUN!

Children and young people  
need at least 60 minutes of  
physical activity every day  
World Health Organization

Please remember, at all times, to follow the government COVID-19 advice. If exercising outdoors, keep within 2 km from home, keeping 2 m distance from others.

Date	Activity 1	Activity 2	Activity 3	Activity 4	Total Time
<b>Monday</b> 27 April					
<b>Tuesday</b> 28 April					
<b>Wednesday</b> 29 April					
<b>Thursday</b> 30 April					
<b>Friday</b> 1 May					
<b>Saturday</b> 2 May					
<b>Sunday</b> 3 May					

I DID IT!

I was active for 60 MINUTES every day

Pupil name

Class/Teacher



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and Skills initiative supported by Healthy Ireland.



COVID-19  
Public Health  
Action



Healthy Ireland



⌚ 60 Minutes  
😊 Make it FUN!

#GolfAtHome

Kerbs Plank Soccer

Balloon Volleyball

**Toilet Roll Keepy Uppies**

Balloon Burst Challenge Sock Boule

**Limbo**

Waddle Races Freestyle Hurling Wall Ball Fitness Monopoly

**Fitness Alphabet** Juggling TEACHER Challenges

Skateboarding Bottle Skittles

Swingball Roller Skates Toys in the Toy Box Races RTE Twigin Yoga

Foot Golf Teddy Bear's Picnic Waddle Races The Rocket Challenge Table Tennis

**Circuit Training with Katie Taylor**

Irish Heart Foundation Let's Get Active at Home Challenge Target Practise with Wall Markings

SFAI 12 Day #StayatHome Challenge Kick-Tac-Toe Fitness Alphabet Wobble Board GoNoodle Mini Golf

Dance Mats Frisbee

Wood Spoon Balloon Relay

**PDST Beyond the Classroom PE Videos**

Chasing Games Spell it Out Dice Workout Just Dance for Kids Kerbs Line Dancing Basketball Hoops

Soccer Skills Gymnastics Skills Frisbee GAA Future Leaders Challenges FAI #HomeSkills

PE with Joe Gardening Tennis at Home Skill Awards Beat Your Own Score Challenges

Cha Cha Plank Challenge **Local Sports Partnerships Online Classes**

Mini Golf Family Céili Balance Board Toilet Roll Keepy Uppies 10@10 Frisbee Golf

Kite Flying Frisbee Family Musical Statues **Foot Shake Dance Challenge**

Trampoline Haka PDST Lasmuigh den Seomra Ranga Cara Centre Home Exercise Circuits

Gymnastics Ireland Takeover Fitness Workouts Sock Boule Limbo Cycling (within 2km)

**Hopscotch #ChalkChallenge** The Daily Mile at Home Backdoor Basketball

Basketball Ireland #StayHomeSkills Space Hopper

**Plank Soccer**

Athletics Ireland Hop Series Athletic Ireland Core Circuits

Local Sports Partnerships Challenges Boxercise Badminton Rock Paper Scissors Tag

Active Xs and Os Create your own Dance Family Rounders Kite Flying King of the Cones

Family Walk (within 2km) Cosmic Yoga Sports Day Activities Fidget Spinner Fitness

Crossbar Challenge Handball **Family Monopoly Fitness**

Family Hide & Seek Juggling

French Skipping with Elastics Family Musical Chairs Build a Hut #GAA Solo Challenges

**Alphabet Scavenger Hunt** Dancing #ThisGirlCan Disney Dance Along

## #ActiveHomeWeek IDEAS



Check out all the above ideas, and more, by visiting

@activeflag. NEW ideas added daily.



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COVID-19  
Public Health  
Authority



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