

After a super effort to keep up with your school work at home we have decided that this week everybody deserves a treat. We have missed out on our annual active week at school so this week we are promoting a "Family Active Week". The aim of the week is that each child is active for at least 60 minutes every day. The activities suggested are a guide to help you, but feel free to do as much or as little that suits you and your family at this time. Where possible we would love to see your whole household getting involved to make it more interactive and fun.

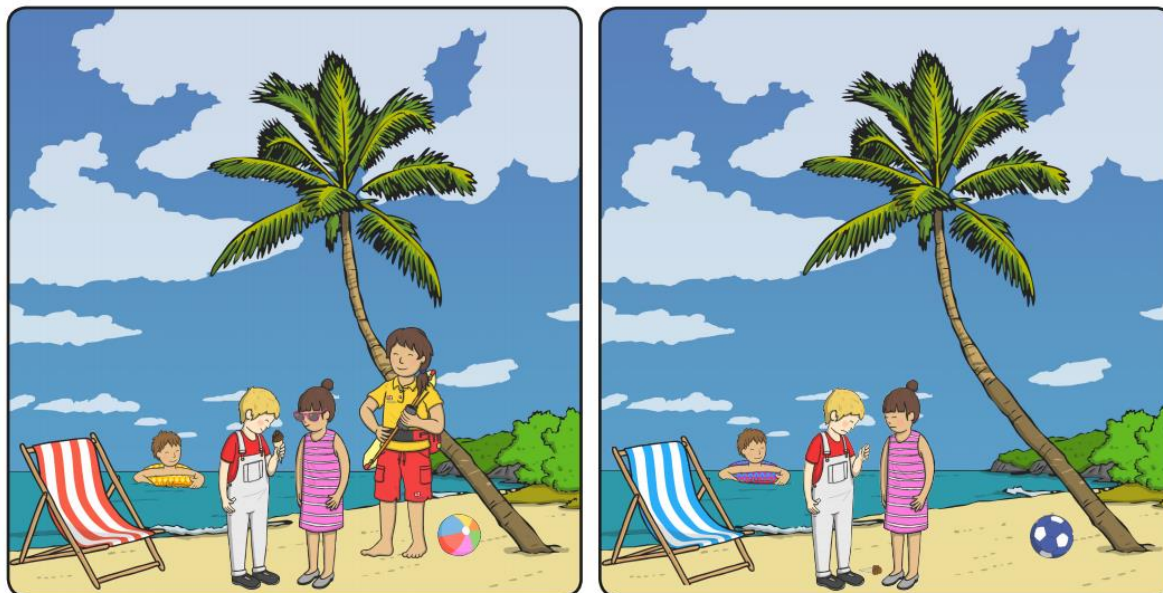
Family sports activities -

- Bucket/Pan Challenge. Time 1 minute - how many times can you throw a ball into the bucket or pan? Try again - beat your score!
- Balance Challenge. How long can you hold a balance? Balance on different parts of your body and hold the pose!
Can anyone hold your pose for longer than you?
- Family walk day
- Family dance day
- Family cycle day
- Family races (potato and spoon, crawling, sprints, walking, ball under your chin, walking)
- Make your own obstacle course
- Name Challenge (spell your name and get moving - click on link below!)
- Go on a nature scavenger hunt (click on link below!)
- Play football
- Family dance day - turn on the radio and just dance around the kitchen - who's got the best moves!
- More dancing
https://www.youtube.com/watch?v=NwT5oX_mqS0 shake your sillies out
<https://www.youtube.com/watch?v=TSdeIhmv6v0> heads shoulders knees and toes
<https://www.youtube.com/watch?v=KhfkYzUwYFk> I've got that feeling

spot the difference

Spot the Differences: The Beach

Look at the 2 pictures. Can you find 6 things that are different in the 2 pictures?



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Water Safety is always important but particularly over the summer we should brush up on our water safety skills. Follow the link below, click on "lesson book" first, then try and answer the quiz questions!

<http://paws.edco.ie/junior-and-senior-infants/>

GREAT NEWS!

The library is open again! Walkinstown and Dolphin's Barn are two of the libraries open again for a call and collect service. See below link for details!

<http://www.dublincity.ie/story/call-and-collect>



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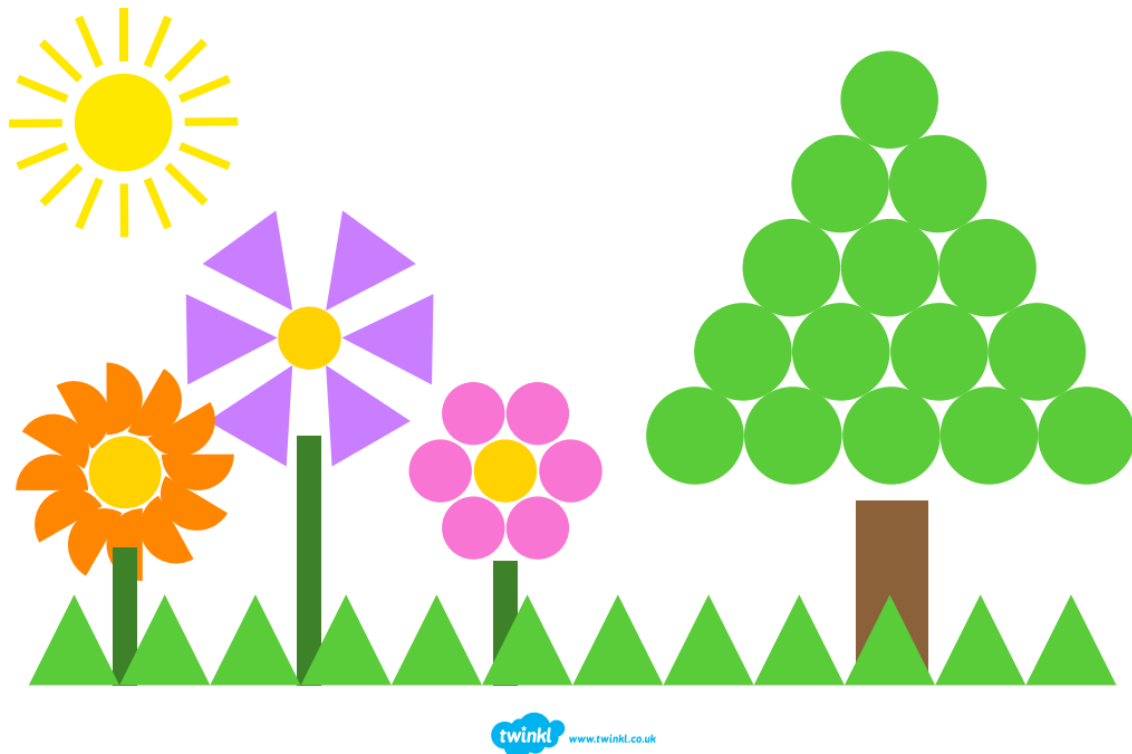
Summer

Look at the picture. Talk about what is going on in the picture.

1. What time of year is it? How do you know this? What clues can you find in the picture?
2. What do you notice about the colours found in nature in this picture? What do the colours tell you about what is going on?
3. Who is in the picture and what are they doing?
4. How is the man cooking and how is this different to normal cooking indoors?
5. What things would the man need to cook food on the barbecue?
6. What foods would cook well on the barbecue?
7. What food would you most like to eat if you were at a barbecue?
8. Where will the people eat their food once it is cooked?
9. Why do the children enjoy playing in the pool and water so much?
10. What activities do you enjoy doing most during the summer?
11. The people in this picture are enjoying being in the garden during summer. What other places do people like to visit during the summer?
12. Which season will come next after summer is over? What will this season be like?
13. Why do most children like summer?
14. Why do most adults like summer?
15. What special events happen in summer?



Shape Garden - How many shapes can you count?



Option 1..

Draw your own shape garden

Option2 .

Adult cuts lots of shapes out of coloured paper, child collages a shape garden.

More Messy Play! This is a second book with loads more ideas.

Messy play is a fantastic way to round off our unusual school year with fun. Remember to dress for mess. Old t-shirts, aprons and cover floors with newspapers or plastic sheets.

We cannot express how invaluable quality time spent playing with your child is.

We have added the link here for the Messy Play book ideas. As every home will have different resources available to them we ask you to look through the book and do all the ideas that appeal to you!

https://www.playscotland.org/resources/print/Messy-Play-Book-2-web.pdf?plsctl_id=12207

What am I?

I am tall and proud.
You can stand under me.
Animals live in my branches.
I am a _____.

You can splash and swim,
But be careful with your jotter,
You wouldn't be happy,
If you dropped it in the _____.

You might slip or squelch,
And go down with a thud.
I am very dirty,
I'm a pile of _____.

Rake me and pile me,
Roll up your sleeves.
I've fallen from branches,
I'm a pile of _____.

You'll come across lots of these,
When out on a walk.
They're like big stones,
What's under the _____?

Do these animals woof?
Can we tell if it quacks?
We might be able to tell,
By looking at its _____.

We need sunshine and rain,
We like the warmth
and the showers.
We make the place look pretty,
We are beautiful _____.

I might be big,
I might be small,
I might be made of bricks,
I am a _____.

A place to warm up in the cold,
Or a place to rest in the heat.
We can sit and relax,
In our own little _____.

You can walk on me,
Play football or pass.
I grow spiky and green,
I'm a patch of _____.

My Five Senses Scavenger Hunt

Something smooth



Something rough



Something that makes a noise



Something round



Something yellow



Something that came from a plant



Something that has a smell



Something long



Something man-made



Something soft



Something you can eat



Something red



On your family walk you might like to look for these things!

NATURE

SCAVENGER HUNT



Flower



Butterfly



Water



Grass



Tree



Green Leaf



Spiderweb



Brown Leaf



Bug



Ant



Rocks



Fern



Bird



Cloud



Tree Bark



Sand or Dirt

SPELL YOUR NAME

— AND GET MOVING! —

A: 10 BURPEES

B: 20 PUSH UPS

C: 35 JUMPING JACKS

D: 1 MINUTE PLANK

E: 20 SQUATS

F: 1 MINUTE WALL SIT

G: 20 BURPEES

H: 30 PUSH UPS

I: 20 ARM CIRCLES

J: 30 CRUNCHES

K: 25 SQUATS

L: 30 ARM CIRCLES

M: 45 SECOND PLANK

N: 15 PUSH UPS

O: 2 MINUTE WALL SIT

P: 25 JUMPING JACKS

Q: 15 BURPEES

R: 20 SQUATS

S: 30 CRUNCHES

T: 20 ARM CIRCLES

U: 1 MINUTE PLANK

V: 25 SQUATS

W: 20 PUSH UPS

X: 45 SECOND PLANK

Y: 30 JUMPING JACKS

Z: 20 ARM CIRCLES