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**Monday June 8<sup>th</sup> – Friday June 12<sup>th</sup>**

Good morning all!

As this week is Active Schools week (or Active Home week!), this week is dedicated to *physical activities*. Because everyone has different strengths and interests, I will supply a list of suggested activities and ask the boys to devise their own timetable to smash the recommended **60 minutes of physical activity each day!**

Please keep a record is kept of the different activities and exercises and this can be emailed to me by the end of the week (an example of activity log provided below but you can just keep track in your copy either!)

I'm only asking one thing..... **try something new.** Give something that you didn't think you'd enjoy a try. Yes, please continue the fantastic activities you are already doing, but use this as an opportunity to try out one of Joe Wicks' workouts, or the yoga, or the dancing on Go Noodle if you haven't already done so!

Looking forward to seeing and hearing about all of the fantastic ideas and activities this week to keep your body and mind healthy!

Don't forget about the usual social distancing measures!

Good luck!

Ms. Gerrard

## LIST OF RESOURCES:

There are some lovely ideas to choose from here produced by the Irish Heart Foundation.

<https://irishheart.ie/publications/lets-get-active-week-4/> - looks at different sports around the world and mixes in a little geography, language and cooking as well! As the focus is on PHYSICAL activity this week, there is no obligation to take part in these as well, they are optional!

<https://irishheart.ie/publications/lets-get-active-week-3/> looks at using recycling items to mix in some physical activity.

<https://irishheart.ie/publications/lets-get-active-week-5/> explores different ways to keep active at home (I really like this one!)

<https://family.gonoodle.com/> - lots of different activities and a popular one for use in the classroom

<https://activeschoolflag.ie/wp-content/uploads/2020/05/Active-Home-Week-Chart-No-Dates-Fillable.pdf>  
(chart that is editable online or just print it and fill in)

### **Joe Wicks:**

- <https://www.youtube.com/user/thebodycoach1/featured> Joe Wicks - numerous workouts at home! (He does a live one every morning and they are really good!)
- <http://www.nketns.ie/wp-content/uploads/2020/04/Joe-Wicks-5-Minute-Move-Workout-1-Cards.pdf> (challenge cards to print or join him with the youtube video that is linked)
- <http://www.nketns.ie/wp-content/uploads/2020/04/Joe-Wicks-5-Minute-Move-Workout-2-Cards.pdf>
- <http://www.nketns.ie/wp-content/uploads/2020/04/Joe-Wicks-5-Minute-Move-Workout-3-Cards.pdf>
- <http://www.nketns.ie/wp-content/uploads/2020/04/Joe-Wicks-5-Minute-Move-Workout-4-Cards.pdf>
- <http://www.nketns.ie/wp-content/uploads/2020/04/Joe-Wicks-5-Minute-Move-Workout-5-Cards.pdf>

<https://www.cosmickids.com/> - yoga

<https://activeforlife.com/activities/>

<https://www.scoilnet.ie/pdst/physlit/> - really good suggestions

<https://www.scoilnet.ie/pdst/physlit/beyond/>

[https://www.instagram.com/p/B-7Tsq6H\\_H4/](https://www.instagram.com/p/B-7Tsq6H_H4/) boxing workout with Katie Taylor

<https://www.supertroopers.ie/games-activities/>


<https://standupkids.org/movement-break/>

<https://www.youtube.com/watch?v=JWTyO8npkOQ> easy hip hop choreography – get your brothers and sisters involved!

<https://www.youtube.com/watch?v=sNog54ovi8Q> Best Day of my Life – dance

<https://www.gaahandball.ie/news/rapid-reflexes-challenge> rapid reflexes or

[https://msgerrardsclass.weebly.com/uploads/4/0/7/0/40701365/handball\\_home\\_skills\\_challenge.pdf](https://msgerrardsclass.weebly.com/uploads/4/0/7/0/40701365/handball_home_skills_challenge.pdf) for those missing handball!

**Activity Log: Week 1**   **17**

Goal for the week:

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Activity							
I felt...							
I would change...							

# Warming up

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Warm up by doing whole body movements such as walking briskly or skipping for 5-10 minutes followed by stretches at the beginning of every activity.

## Warm up stretches (hold all stretches for 8-10 seconds)

**Full body stretch**  
Stand with your feet apart. Stretch arms overhead and hold. Then spread arms out to a V shape. Raise heels off the ground and hold.



## Hamstring stretch (back of upper leg)

Place right leg slightly in front of the left. Keep the right leg straight & bend the left leg. Place hands on thighs/hips for balance. Sit back towards rear leg. Should feel stretch along back of right thigh.



**Calf stretch (back of lower leg)**  
Place right leg forward & bend the knee. The left leg should be kept straight. Press the heel of the left foot into the ground. Keep lower back straight.



## Quadriceps stretch (front of upper leg)

Stand on right leg. Clasp left foot behind hip with left hand. Use wall/partner for balance if necessary. Pull foot slightly upwards. Should feel stretch on front of left thigh.



**Did you know? A gradual warm-up leads to better calorie burning and prevents injuries.**



# Cooling down

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Cool down with stretches at the end of every activity.

## Cool down stretches (hold all stretches for 15 seconds or longer)

**Calf stretch (sitting position)**  
Bend one knee to the side of the body. Gently lean towards the toes of the straight leg and hold position.



**Quadriceps stretch (lying on your side)**  
Bend leg on the floor forward. Pull top foot behind & towards buttocks.



**Hamstring stretch (lying position)**  
Bend both knees with feet flat on the floor. Bring one knee up towards chest. Place hands behind thigh to support leg. Then straighten leg up towards the ceiling. Bend knee to chest & return foot to floor.



**Full body stretch (lying position)**  
Lie on your back with your legs together. Stretch arms overhead and point toes away and hold.



**Did you know? Stretching regularly can help to improve your flexibility – hold for slightly longer for even better results!!**



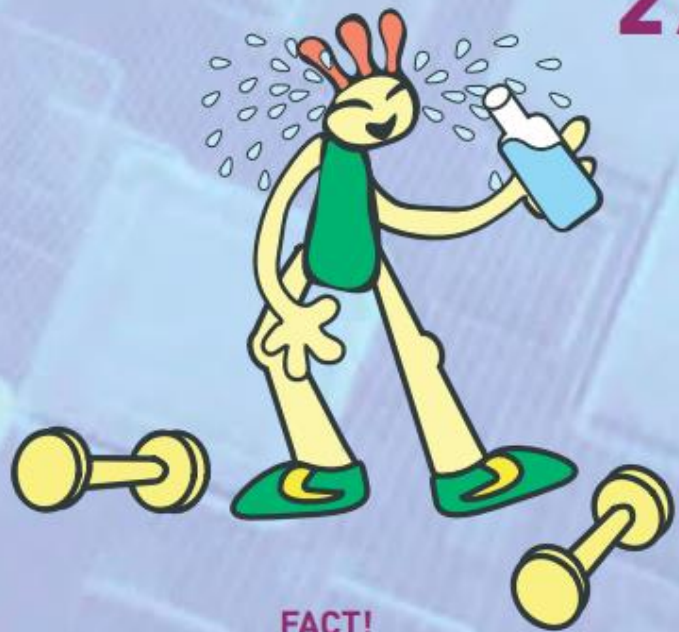


## Drinks

During physical activity the body produces heat.

To prevent your body from becoming overheated, you lose heat through sweating. You can lose a lot of fluid by sweating especially if you are doing vigorous physical activity and/or in hot conditions. You must replace this lost fluid to prevent dehydration.

- Thirst is not a good indicator of when you need to drink. By the time you are thirsty, you are already dehydrated.
- Fizzy drinks will fill you with gas and could make it very uncomfortable to perform physical activity.
- Water is an ideal fluid to keep you hydrated during physical activities.
- Drink before, during (every 15-20 mins) and especially after any physical activity.



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### FACT!

In 1 hour of exercise the body can lose more than 25% of water, depending on exercise intensity and air temperature.



## Sleep

### Ways to help you sleep better

1. Keep to a regular bedtime routine.
2. Avoid coffee & drinks that contain caffeine from late afternoon onwards.
3. Don't do intense physical activity just before bed.
4. Leave yourself some time to unwind.
5. Keep your bedroom at a comfortable temperature.
6. Try to avoid bright light in the evening as it signals the brain that it's time to wake up.

Sleep is one of the deepest forms of rest and your body needs it to function. After a good nights sleep, you feel refreshed, full of energy and are able to think and concentrate. When you don't sleep enough at night, you get up tired and are likely to be irritable, drowsy and unable to think or concentrate. School studies suffer - this is a loss that cannot easily be made up.



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### FACT!

Most people need between 7.5 and 8.5 hours sleep a night

