

Active Week Challenges for Clonbulloque N.S.

CHALLENGE	POINTS
<p>Monday, April 27th: 1KM walk</p>	<p>1 point for completing challenge Bonus point for each family member that joins you on the walk</p>
<p>Tuesday April 28th: Alphabet Challenge Use the alphabet to spell your name and complete the challenge for each letter.</p> <p>A. 5 sit ups B. 5 jumping jacks C. 10 second plank D. spin around 5 times and then take 5 steps forward E. Hop 5 times on your right foot F. Hop 5 times on your left foot G. 10 high knees H. 10 bum kicks I. 10 solos J. Throw a ball (or teddy) in the air 10 times and catch K. Touch the ground and jump up 5 times L. Move from kneeling position to standing 5 times M. Bunny hop from one side of your garden to the other N. Crawl from one side of your garden to the other O. Run the length of your garden P. Hand pass/throw a ball against a wall 10 times Q. 10 jumping jacks R. 15 second plank S. 10 jumps on your left foot T. 5 jumps on your right foot U. 5 scissors jumps V. Jog on the spot for 20 seconds W. Run 10 metres X. 5 sit ups Y. spin around 6 times and then take 6 steps forward Z. Touch the ground and jump up 6 times</p>	<p>4 points if completed</p>
<p>Wednesday, April 29th: Toilet Roll Challenge <u>Choice 1:</u> Toilet roll keepy uppies – how many can you get in a row <u>Choice 2:</u> Two buckets are placed away from each other at the following distances: Infants – 5 metres apart 1st / 2nd – 7 m apart 3rd to 6th – 10 m apart</p> <p>The child starts at one bucket and moves to the other with a toilet roll between their legs. (You must not touch the toilet roll with your hands when moving) They then drop the toilet roll into the bucket. Continue moving the toilet roll between the buckets for 6 minutes.</p>	<p>Choice 1: 1 point for each keepy uppy (these must be continuous)</p> <p>Choice 2: 1 point for each time you get the toilet roll into the bucket.</p> <p>Bonus points if you get over 10 in either challenge.</p>

<p>Thursday, April 30th: <i>Circuit challenge</i> (Complete each twice)</p> <ul style="list-style-type: none"> - 20 jumping jacks - 15 sit ups - 15 second plank 	<p>1 point for each circuit activity you complete</p> <p>(Total points given – 6)</p>
<p>Friday, May 1st :</p> <p>Choice 1: Dance Create a dance and perform it for your family</p> <p>Choice 2: Football challenge Kick a ball against a wall and catch it without it hitting the ground. Complete challenge for 3 minutes.</p>	<p>Choice 1: 10 points if completed</p> <p>Choice 2: 1 point for each ball caught without hitting the ground.</p>

Please remember to send photos/videos (or a written statement saying you completed the challenge) to your class teacher, who will calculate the points for each class. The winning class will be rewarded with a 'fun day' rather than the usual list of work, one day next week.