

# Fit Friday!!

Hi everyone,

This is the last day of our "Fun Week" and we hope you have enjoyed all the different activities so far and are having lots of fun! Today, you need to get your tracksuit and runners on and be ready for an action-filled day! Below you will find lots of suggestions to try on your own or with a small group of people. Go through the list below with your parents, discuss what you would like to do and what would suit your family and where you live. Just remember the main aim is to have lots of fun. Send us some photos of what you get up to!



## Warm-up Games (Junior Infants - Second)



### 1. Remote Control Game

Find an open space and jog around in a circle. An adult or older sibling can call out different instructions for you to respond to:

Play: Walk

Freeze: Freeze on the spot and hold a balance

Rewind: Walk backwards

Fast Forward: Jog

Record: Make a funny face

### 2. Road Trip

Walk around holding an imaginary steering wheel. Listen out for the following commands:

Red: Stop

Green: Go

Speed Bump: Jump in the air

Orange: Slow down

Wipers: Wave your arms back and forwards

Window: Pretend to roll one down and wave

Horn: Beep, beep!

### 3. Musical Statues

Choose some of your favourite music and dance around with your best moves. When the music stops, FREEZE and don't let anyone make you laugh or move!

#### **4. Copy Me**

One person makes a movement and the other must copy it exactly, for example, jump up and down, make a silly face, hop like a kangaroo, sit down on the ground...the possibilities are endless!

### **Warm-up Games (Third - Sixth)**

#### **1. Clothes Peg Tag**

Each person takes 2 clothes pegs and attaches them to the bottom of their t-shirt. The aim of the game is to remove another person's pegs without touching them and at the same time try to keep your own. The person who has pegs left at the end wins!

#### **2. Go Grab It!**

Place balls/beanbags/assortment of household or sports objects in the middle of a wide, open space. Two people (or more) stand at each end or in different corners. When you hear "Go!", you run into the circle, grab an item and bring it back. The person to bring back the most items wins.

#### **3. Walk the Line**

Draw a straight line on concrete or tar with chalk. Practice putting one foot in front of the other and walk to the end without losing your balance. Then close your eyes and try it again! You can also do this with a curved or zig-zag line to make it extra challenging.

#### **4. Musical Pose/Balance**

Put on some of your favourite music and when it stops, strike a pose or balance that you have to hold until the music starts again. Move or lose your balance and you are out!

## Novelty Races



Novelty races are all about having fun and the sillier the better. Here a few ideas but feel free to come up with some ideas of your own and send some pictures!

### 1. Egg and spoon

We usually use a potato at school but why not try an egg at home and see can you keep it on the spoon all the way to the end!!

### 2. Sack race

### 3. Bunny hop race

Hop like a bunny all the way to the finish line!

### 4. Bear Crawl

Get down on your hands, raise the bottom half of your body into the air and growl to the finish line.

### 5. Target Throw

Use a hoola hoop or draw a circle with chalk. Draw another line a set distance away from the circle and try to throw an object such as a beanbag, frisbee or stone into the circle. Place it further away as you get better.

### 6. Dress-up Dash

This is a fun one and better if you have two people or teams against each other. Arrange an assortment of clothes for each team a set distance away from the start line. When the whistle blows, the first person from each team runs, puts on an item of clothing and runs back to let the next person go. The first team to have all their clothes on wins and remember clothes don't have to be out on in their usual places! 😊

## 7. Shoe box Slide

Divide into two teams and give each team two shoeboxes with no lids. When the race starts, the first player on each team steps into the boxes and has to slide to a turnaround point and back. Then the next teammate takes their turn. First team back wins.

## 8. Balloon Pop

Have a balloon for each player. Place the balloon on a chair and each person has to sit on their balloon until they pop it...even more fun if they are filled with water!!

## Challenge Time!

Now it's over to you! All of the teachers in Réalt na Mara know how creative you are and what great imaginations you have. After you have warmed up and played some of the novelty games with your parents, give them a break and set up a home obstacle course of your own! These are a great way to exercise and have fun as you can use anything you have at home to set one up. Some ideas are:

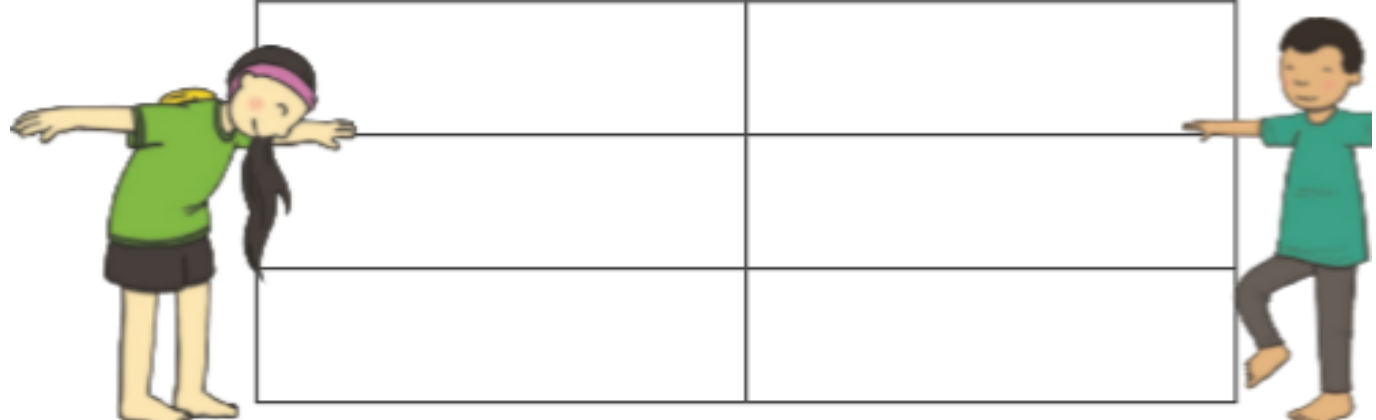
- Use chalk to draw lines to balance across, circles to hop/jump/spin around in, a track to cycle your bike along a certain distance, dinosaur footprints to roar across...use your imagination.
- Two small chairs and a long brush to make a mini hurdle.
- Balls to kick into a net or throw into a hoop.
- A slide to go down.
- Skipping ropes to skip a certain number of times.
- Balance a sliotar on a hurl.
- Use your Flicker or scooter to travel a set distance
- Draw a hopscotch with chalk to jump across.

Please find an "Obstacle Course Time Challenge Sheet" below that you can use to record your time to complete the obstacle course and see if you can improve each time. Send us some videos and surprise us with your creations, we know you will come up with much better ideas than we could!

# Obstacle Course Time Challenge

Create an obstacle course for you and your friends to complete. Use a timer to measure how long it takes for each person to complete the course. Write their name and time on this sheet. Who can complete the course the quickest?

Name	Time



## Family Dance Challenge! 😊

Lastly, here is one to round off the day for all the family to get involved in and practice. I have sent two different versions to have a look at! Give it a go and send us a video of your great efforts, we would LOVE to see them! 😊

<https://www.youtube.com/watch?v=TuaGC2Ozuw4>

[https://www.youtube.com/watch?v=Ijr4If3\\_qIE](https://www.youtube.com/watch?v=Ijr4If3_qIE)

This is another option for the children to try on their own:

<https://www.youtube.com/watch?v=MHhYIV1yAfA>

It would be impossible to complete all the above activities in one day but the idea is that you choose what suits you and your family and what will make your "Fit Friday" a fun one. You can also refer back to these activities over the summer holidays and pick something new to do each week! Enjoy!



I won

because I

had fun!