





Activities	Monday
<p><b>Games</b></p> 	<p><b>Bizzy Breaks:</b>  <b>Poster:</b> <a href="https://www.youtube.com/watch?v=zCHLDgCgfog">https://www.youtube.com/watch?v=zCHLDgCgfog</a>  (introduces many of the exercise in following games)</p>
<p><b>Dance</b></p> 	<p><b>Cha Cha Slide:</b> <a href="https://www.youtube.com/watch?v=l1gMUbEAUFw">https://www.youtube.com/watch?v=l1gMUbEAUFw</a></p>
<p><b>Exercise</b></p> 	<p><b>10@10 Session 1 :</b> <a href="https://learning.fingal.ie/course/view.php?id=173">https://learning.fingal.ie/course/view.php?id=173</a></p>
<p><b>Run</b></p> 	<p><b>Red Light, Green Light (Indoors or Outdoors)</b>  This classic running game is great for interval training as well as building physical endurance and listening skills. Once the teacher calls out “green light,” everyone starts running as fast as they can on the spot. When the teacher calls out “red light,” all the runners must freeze in place. The students can start running when the teacher calls out “green light” again. If the teacher calls out “yellow light,” the students must slow their pace until it’s time to freeze or run fast again.</p>

# Tuesday

## Activities

### Games



**Bizzy Breaks: Mystery Mover:** See end of document for instructions

**Mystery Mover**

- Pupils stand in a circle around the edge of the room. Ensure physical distancing is maintained by making the circle as large as possible. This activity can also be done outside.
- One pupil is selected as the 'Detective' and either stands outside the door or faces the wall (closing eyes and covering ears).
- Teacher points at one pupil who will be the 'Mystery Mover'.
- The Mystery Mover starts a movement (e.g. clapping hands, waving arms, punching forward, running on the spot) and everyone follows this movement.
- The Detective returns to the room and the Mystery Mover changes the movement every so often. Everyone in the circle must try to follow the movements without the Detective seeing who the Mystery Mover is.
- Pupils will need to try and make it challenging for the Detective, by quickly following the Mystery Mover's actions and not looking straight at the Mystery Mover.
- The Detective can move around the middle of the circle while trying to guess who the Mystery Mover is.
- When the Detective has figured out who the Mystery Mover is (or has made three incorrect guesses) a new Detective and Mystery Mover are chosen and the activity is repeated.

### Dance



**Waka Waka:** <https://www.youtube.com/watch?v=QyHp-N6-3DY>

### Exercise




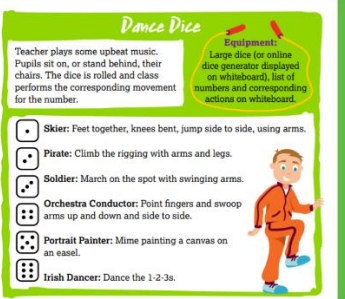



**10@10 Session 2 :** <https://learning.fingal.ie/course/view.php?id=173>






### Run



#### Red Light, Green Light (Indoors or Outdoors)

This classic running game is great for interval training as well as building physical endurance and listening skills. Once the teacher calls out “green light,” everyone starts running as fast as they can on the spot. When the teacher calls out “red light,” all the runners must freeze in place. The students can start running when the teacher calls out “green light” again. If the teacher calls out “yellow light,” the students must slow their pace until it’s time to freeze or run fast again.

Activities	Wednesday
<p data-bbox="107 193 293 240"><b>Games</b></p> 	<p data-bbox="427 188 1675 236"><b>Blizzy Breaks:</b>Dance Dice: See end of document for instructions .</p> 
<p data-bbox="107 555 277 603"><b>Dance</b></p> 	<p data-bbox="427 550 1675 598"><b>Macarena:</b> <a href="https://www.youtube.com/watch?v=rVBHH5DwYFA">https://www.youtube.com/watch?v=rVBHH5DwYFA</a></p>
<p data-bbox="107 826 327 874"><b>Exercise</b></p> 	<p data-bbox="427 821 1776 869"><b>10@10 Session 3 :</b> <a href="https://learning.fingal.ie/course/view.php?id=173">https://learning.fingal.ie/course/view.php?id=173</a></p>
<p data-bbox="107 1114 215 1161"><b>Run</b></p> 	<p data-bbox="427 1109 1120 1149"><b>Red Light, Green Light (Indoors or Outdoors)</b></p> <p data-bbox="427 1157 2072 1372">This classic running game is great for interval training as well as building physical endurance and listening skills. Once the teacher calls out “green light,” everyone starts running as fast as they can on the spot. When the teacher calls out “red light,” all the runners must freeze in place. The students can start running when the teacher calls out “green light” again. If the teacher calls out “yellow light,” the students must slow their pace until it’s time to freeze or run fast again.</p>

Activities	Thursday
<p><b>Games</b></p> 	<p><b>Blizzy Breaks:</b> Step Sequence: See end of document for instructions.</p> 
<p><b>Dance</b></p> 	<p><b>Follow the Leader:</b> <a href="https://www.youtube.com/watch?v=riicsTE2TzQ">https://www.youtube.com/watch?v=riicsTE2TzQ</a></p>
<p><b>Exercise</b></p> 	<p><b>10@10 Session 4 :</b> <a href="https://learning.fingal.ie/course/view.php?id=173">https://learning.fingal.ie/course/view.php?id=173</a></p>
<p><b>Run</b></p> 	<p><b>Red Light, Green Light (Indoors or Outdoors)</b></p> <p>This classic running game is great for interval training as well as building physical endurance and listening skills. Once the teacher calls out “green light,” everyone starts running as fast as they can on the spot. When the teacher calls out “red light,” all the runners must freeze in place. The students can start running when the teacher calls out “green light” again. If the teacher calls out “yellow light,” the students must slow their pace until it’s time to freeze or run fast again.</p>

## Activities

## Friday

### Games



**Bizzy Breaks:** Opposite Game: See instructions below

*Opposites Game*

Pupils stand behind their chairs. Teacher calls out movements below and pupils do the opposite of this movement. Begin by calling out movements slowly, then gradually increase speed as pupils become familiar with the opposite movements.

Movement	Opposite
Squat down	Stand on tip-toes
Run fast on the spot	Run slowly on the spot
Right hand in the air	Left hand in the air
Raise left leg	Raise right leg
Crouch down low	Jump up high
Step to the right	Step to the left
Touch the floor	Stretch up tall
Hands in front	Hands behind back

### Dance



Choose your favourite dance from this week to repeat.

### Exercise



**10@10 Session 5** : <https://learning.fingal.ie/course/view.php?id=173>

### Run



#### **Red Light, Green Light (Indoors or Outdoors)**

This classic running game is great for interval training as well as building physical endurance and listening skills. Once the teacher calls out “green light,” everyone starts running as fast as they can on the spot. When the teacher calls out “red light,” all the runners must freeze in place. The students can start running when the teacher calls out “green light” again. If the teacher calls out “yellow light,” the students must slow their pace until it’s time to freeze or run fast again.



## Bizzy Breaks Games:

### Mystery Mover

- Pupils stand in a circle around the edge of the room. Ensure physical distancing is maintained by making the circle as large as possible. This activity can also be done outside.
- One pupil is selected as the 'Detective' and either stands outside the door or faces the wall (closing eyes and covering ears).
- Teacher points at one pupil who will be the 'Mystery Mover'
- The Mystery Mover starts a movement (e.g. clapping hands, waving arms, punching forward, running on the spot) and everyone follows this movement.
- The Detective returns to the room and the Mystery Mover changes the movement every so often. Everyone in the circle must try to follow the movements without the Detective seeing who the Mystery Mover is.
- Pupils will need to try and make it challenging for the Detective, by quickly following the Mystery Mover's actions and not looking straight at the Mystery Mover.
- The Detective can move around the middle of the circle while trying to guess who the Mystery Mover is.
- When the Detective has figured out who the Mystery Mover is (or has made three incorrect guesses) a new Detective and Mystery Mover are chosen and the activity is repeated.

### Dance Dice

Teacher plays some upbeat music. Pupils sit on, or stand behind, their chairs. The dice is rolled and class performs the corresponding movement for the number.

#### Equipment:

Large dice (or online dice generator displayed on whiteboard), list of numbers and corresponding actions on whiteboard.



**Skier:** Feet together, knees bent, jump side to side, using arms.



**Pirate:** Climb the rigging with arms and legs.



**Soldier:** March on the spot with swinging arms.



**Orchestra Conductor:** Point fingers and swoop arms up and down and side to side.



**Portrait Painter:** Mime painting a canvas on an easel.



**Irish Dancer:** Dance the 1-2-3s.



## Step Sequence

With music playing, teacher calls out different movements for pupils to perform. Count eight beats for each movement (whole class count out loud together). Change to the next action after eight beats, then repeat each of the previous movements in sequence.

**Marching** on the spot.

**Jumping Jacks** (jumping jacks → marching).

**Twisting** from the waist with hands on hips (twisting → jumping jacks → marching).

**Jogging on the spot** (jogging → twisting → jumping jacks → marching).

**Knee Lifts** with arms out in front (knee lifts → jogging → twisting → jumping jacks → marching).

**Split Bounce** one leg in front and one behind, jump and swap legs (split bounce → knee lifts → jogging → twisting → jumping jacks → marching).

**Side Stepping** (side stepping → split bounce → knee lifts → jogging → twisting → jumping jacks → marching).

**Marching**

**Jumping Jacks**

**Twisting**

**Jogging**

**Knee Lifts**

**Split Bounce**

**Side Stepping**

## Opposites Game

Pupils stand behind their chairs. Teacher calls out movements below and pupils do the opposite of this movement. Begin by calling out movements slowly, then gradually increase speed as pupils become familiar with the opposite movements.

Movement	Opposite
Squat down	Stand on tip-toes
Run fast on the spot	Run slowly on the spot
Right hand in the air	Left hand in the air
Raise left leg	Raise right leg
Crouch down low	Jump up high
Step to the right	Step to the left
Touch the floor	Stretch up tall
Hands in front	Hands behind back