
























Activities	Monday
<p data-bbox="107 197 293 248">Games</p> 	<p data-bbox="427 193 1989 296">Movement in the Classroom: Heads, Shoulders, Knees and Toes: See end of document for instructions: https://www.youtube.com/watch?v=Xr0dmSCnNHw</p> <p data-bbox="477 336 1021 405">Head, Shoulders, Knees and Toes Pupils can do this standing up or sitting down. Everyone sings the song 'head, shoulders, knees and toes' and performs the actions.</p> <p data-bbox="477 432 943 552">Place both hands on parts of body as they are mentioned: <i>Head, shoulders, knees and toes, knees and toes.</i> <i>Head, shoulders, knees and toes, knees and toes.</i> <i>And eyes, and ears, and mouth, and nose.</i> <i>Head, shoulders, knees and toes, knees and toes.</i></p> 
<p data-bbox="107 655 277 707">Dance</p> 	<p data-bbox="427 647 1794 699">The Hokey Pokey: https://www.youtube.com/watch?v= BXvrX1GxQY</p>
<p data-bbox="107 927 327 978">Exercise</p> 	<p data-bbox="427 919 1776 970">10@10 Session 1 : https://learning.fingal.ie/course/view.php?id=173</p>
<p data-bbox="107 1214 215 1265">Run</p> 	<p data-bbox="427 1206 857 1257">Shuttle Runs (Outdoors)</p> <p data-bbox="427 1262 2063 1453">Place the cones the desired distance apart (usually 10 or 20 meters). Start at the first cone. Get into sprinter position. Sprint as fast as you can to the second cone and back to start cone. Then from starter cone to third cone and back to start. And finally to the fourth cone and back to start to tag next team member who starts the next shuttle run.</p>

Activities	Tuesday																				
<p data-bbox="107 316 293 363">Games</p> 	<p data-bbox="427 312 1205 352">The Bean Game: See instructions below</p> <ul data-bbox="427 363 875 419" style="list-style-type: none"> Children stand in a space large enough to allow them to extend their arms and legs. The teacher calls out different types of beans and all children do the corresponding action as follows: <table border="0" data-bbox="450 427 806 595"> <thead> <tr> <th data-bbox="450 427 555 443">Bean Type</th> <th data-bbox="568 427 629 443">Action</th> </tr> </thead> <tbody> <tr> <td data-bbox="450 445 524 461"><i>Runner bean</i></td> <td data-bbox="568 445 658 461">Run on the spot</td> </tr> <tr> <td data-bbox="450 462 517 478"><i>Jelly bean</i></td> <td data-bbox="568 462 730 478">Shake and wobble your body</td> </tr> <tr> <td data-bbox="450 480 510 496"><i>Hot bean</i></td> <td data-bbox="568 480 730 496">Hop from one foot to the other</td> </tr> <tr> <td data-bbox="450 497 533 513"><i>Jumping bean</i></td> <td data-bbox="568 497 674 513">Jump up and down</td> </tr> <tr> <td data-bbox="450 515 524 531"><i>Broad bean</i></td> <td data-bbox="568 515 804 531">Stretch out arms & legs as wide as possible</td> </tr> <tr> <td data-bbox="450 533 539 549"><i>Beans on toast</i></td> <td data-bbox="568 533 730 549">Curl up in a ball near the floor</td> </tr> <tr> <td data-bbox="450 550 533 566"><i>Frozen bean</i></td> <td data-bbox="568 550 674 566">Freeze on the spot</td> </tr> <tr> <td data-bbox="450 568 533 584"><i>Human being!</i></td> <td data-bbox="568 568 674 584">March on the spot</td> </tr> <tr> <td data-bbox="450 585 517 601"><i>Long bean</i></td> <td data-bbox="568 585 752 601">Stretch up tall with arms overhead</td> </tr> </tbody> </table> <p data-bbox="427 603 510 619">Adaptations:</p> <ul data-bbox="427 627 701 643" style="list-style-type: none"> Allow players to develop new beans and actions. 	Bean Type	Action	<i>Runner bean</i>	Run on the spot	<i>Jelly bean</i>	Shake and wobble your body	<i>Hot bean</i>	Hop from one foot to the other	<i>Jumping bean</i>	Jump up and down	<i>Broad bean</i>	Stretch out arms & legs as wide as possible	<i>Beans on toast</i>	Curl up in a ball near the floor	<i>Frozen bean</i>	Freeze on the spot	<i>Human being!</i>	March on the spot	<i>Long bean</i>	Stretch up tall with arms overhead
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<p data-bbox="107 667 275 715">Dance</p> 	<p data-bbox="427 659 1749 707">The Chase: https://www.youtube.com/c/CoachCoreyMartin/videos</p>																				
<p data-bbox="107 938 327 986">Exercise</p> 	<p data-bbox="427 930 1776 978">10@10 Session 2 : https://learning.fingal.ie/course/view.php?id=173</p>																				
<p data-bbox="107 1225 215 1273">Run</p> 	<p data-bbox="427 1217 857 1257">Shuttle Runs (Outdoors)</p> <p data-bbox="427 1273 2063 1465">Place the cones the desired distance apart (usually 10 or 20 meters). Start at the first cone. Get into sprinter position. Sprint as fast as you can to the second cone and back to start cone. Then from starter cone to third cone and back to start. And finally to the fourth cone and back to start to tag next team member who starts the next shuttle run.</p>																				

Activities	Wednesday
<p data-bbox="107 193 293 244">Games</p> 	<p data-bbox="427 188 1899 288">Movement in the Classroom: All Those Who! See instructions at the end of document</p> <p data-bbox="468 328 642 352">All Those Who!</p> <p data-bbox="468 360 1599 488">Invite pupils to move their chairs back from their desks. The teacher or a pupil from the class can be the "caller". The "caller" then calls "All those who..." e.g. have blue eyes, stand and run on the spot. Anyone, to whom this command applies, stands up and runs on the spot. After a few seconds the "caller" calls stop and everyone sits back down. The "caller" then selects another command.</p>
<p data-bbox="107 544 277 595">Dance</p> 	<p data-bbox="427 539 1630 584">Baby Shark: https://www.youtube.com/watch?v=j8z7UjET1Is</p>
<p data-bbox="107 815 327 866">Exercise</p> 	<p data-bbox="427 810 1776 855">10@10 Session 3 : https://learning.fingal.ie/course/view.php?id=173</p>
<p data-bbox="107 1102 215 1153">Run</p> 	<p data-bbox="427 1098 857 1142">Shuttle Runs (Outdoors)</p> <p data-bbox="427 1150 2063 1350">Place the cones the desired distance apart (usually 10 or 20 meters). Start at the first cone. Get into sprinter position. Sprint as fast as you can to the second cone and back to start cone. Then from starter cone to third cone and back to start. And finally to the fourth cone and back to start to tag next team member who starts the next shuttle run.</p>

Activities	Thursday
<p data-bbox="107 193 293 244">Games</p> 	<p data-bbox="427 188 1939 288">Movement in the Classroom: Jumping Jacks Maths: See end of document for instructions.</p> <p data-bbox="483 323 658 344">Jumping Jack Math</p> <p data-bbox="483 349 1189 421">Teacher calls out a numeracy problem. Pupils are invited to mentally work out the problem and then quickly do the corresponding number of jumping jacks or other movement variations:</p> <ul data-bbox="483 426 757 576" style="list-style-type: none"> ▪ bunny hops ▪ knee lifts ▪ squats ▪ march/jog in place ▪ leg curls ▪ bicep curls with maths book! 
<p data-bbox="107 624 275 675">Dance</p> 	<p data-bbox="427 619 1910 663">Shake your Sillies Out: https://www.youtube.com/watch?v=NwT5oX_mqS0</p>
<p data-bbox="107 895 327 946">Exercise</p> 	<p data-bbox="427 890 1771 935">10@10 Session 4 : https://learning.fingal.ie/course/view.php?id=173</p>
<p data-bbox="107 1182 215 1233">Run</p> 	<p data-bbox="427 1177 857 1222">Shuttle Runs (Outdoors)</p> <p data-bbox="427 1230 2063 1430">Place the cones the desired distance apart (usually 10 or 20 meters). Start at the first cone. Get into sprinter position. Sprint as fast as you can to the second cone and back to start cone. Then from starter cone to third cone and back to start. And finally to the fourth cone and back to start to tag next team member who starts the next shuttle run.</p>

Activities	Friday
<p>Games</p> 	<p>Movement in the Classroom: True or False: See instructions at the end of the document</p> <p><small>True or False</small> The teacher calls out a series of statements that are either true or false. For true statements pupils run on the spot for 15 seconds, for false statements they can sit on their chairs or squat down.</p> <ul style="list-style-type: none"> • Exercise makes your heart stronger. (True) • White bread is better for you than whole grain bread. (False) • Drinking milk is good for your bones (True) • Playing outside with your friends is a fun way to exercise (True) • Spending a lot of time watching TV and playing computer games is good for you (False) • All pupils should do at least 60 minutes activity everyday (True) • You should never eat sweets or crisps (False) • You should eat at least 5 portions of fruit and vegetables every day (True) 
<p>Dance</p> 	<p>Choose your favourite dance from this week to repeat.</p>
<p>Exercise</p> 	<p>10@10 Session 5 : https://learning.fingal.ie/course/view.php?id=173</p>
<p>Run</p> 	<p>Shuttle Runs (Outdoors)</p> <p>Place the cones the desired distance apart (usually 10 or 20 meters). Start at the first cone. Get into sprinter position. Sprint as fast as you can to the second cone and back to start cone. Then from starter cone to third cone and back to start. And finally to the fourth cone and back to start to tag next team member who starts the next shuttle run.</p>

Games:

Head, Shoulders, Knees and Toes

Pupils can do this standing up or sitting down. Everyone sings the song 'head, shoulders, knees and toes' and performs the actions.

Place both hands on parts of body as they are mentioned:

Head, shoulders, knees and toes, knees and toes.

Head, shoulders, knees and toes, knees and toes.

And eyes, and ears, and mouth, and nose.

Head, shoulders, knees and toes, knees and toes.



The Bean Game

- Children stand in a space large enough to allow them to extend their arms and legs.
- The teacher calls out different types of beans and all children do the corresponding action as follows:

Bean Type

Action

Runner bean

Run on the spot

Jelly bean

Shake and wobble your body

Hot bean

Hop from one foot to the other

Jumping bean

Jump up and down

Broad bean

Stretch out arms & legs as wide as possible

Beans on toast

Curl up in a ball near the floor

Frozen bean

Freeze on the spot

Human being!

March on the spot

Long bean

Stretch up tall with arms overhead

Adaptations:

- Allow players to develop new beans and actions.

All Those Who!

Invite pupils to move their chairs back from their desks. The teacher or a pupil from the class can be the "caller". The "caller" then calls "All those who..." e.g. have blue eyes, stand and run on the spot. Anyone, to whom this command applies, stands up and runs on the spot. After a few seconds the "caller" calls stop and everyone sits back down. The "caller" then selects another command.

Jumping Jack Math

Teacher calls out a numeracy problem. Pupils are invited to mentally work out the problem and then quickly do the corresponding number of jumping jacks or other movement variations:

- bunny hops
- knee lifts
- squats
- march/jog in place
- leg curls
- bicep curls with maths book!



True or False

The teacher calls out a series of statements that are either true or false. For true statements pupils run on the spot for 15 seconds, for false statements they can sit on their chairs or squat down.

- Exercise makes your heart stronger. (True)
- White bread is better for you than whole grain bread. (False)
- Drinking milk is good for your bones (True)
- Playing outside with your friends is a fun way to exercise (True)
- Spending a lot of time watching TV and playing computer games is good for you (False)
- All pupils should do at least 60 minutes activity everyday (True)
- You should never eat sweets or crisps (False)
- You should eat at least 5 portions of fruit and vegetables every day (True)



***True or False can be used to revise other topics too that the children are learning about in other subject areas.