Monday.

Ballyadams' Active Week at Home.

Junior = Suitable for Junior Infants to Second Class.
Senior = Suitable for 3rd to 6th class.

Below is today's menu of suggested activities.
You can choose your own activities to do also. The main thing is that we are all active.

Warm-Up Ideas:

Junior
Jog around and listen for the call.

Warm-Up > Aerobic > Washing Machine

Move slowly around the space. Listen out for the names of different items of laundry! For each item, there is an instruction to follow:

Trousers: Stand up straight as tall as you can.

Dress: Stand still in a wide stance.

Socks: Curl up on the floor next to a partner.

Shirt: Crouch down with your arms outstretched.

Washing Machine: Turn around on the spot.

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Senior

Warm-Up > Aerobic > Making Shapes

Jog around the space at a steady speed.
Listen out for the names of different shapes.

For each shape, jog around the space in that shape.

So for a square, jog around an imaginary square-shaped path. For a hexagon, jog around an imaginary hexagonal-shaped path. Think about how big your shape will be!

Look out for other people. You can follow your own path, but take care not to bump into other people following their own paths.

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Today's Focus is on Kicking.

Kicking
Junior

How to play:
Stand facing a partner who is standing on a spot ten metres away. Set up a gate between you using two markers. Person A attempts to kick the ball to person B through the gate. One point is awarded for each person that successfully kicks the ball through the gate.

Through the Gate.

Sligo Education Centre
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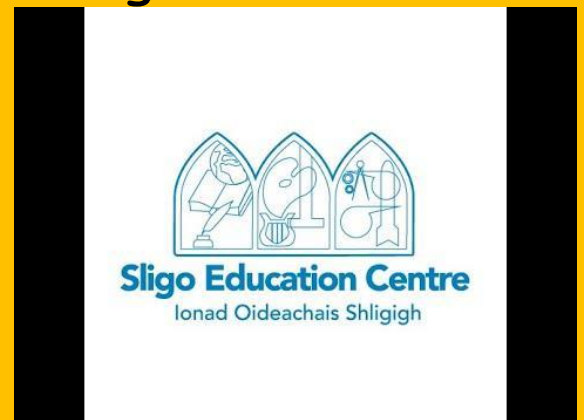
Kicking

Junior and Senior.

How to play:

Draw (with chalk) or stick target areas at different heights on a wall. Get five A4 sheets and number them from 1-5. Pick a score to achieve, e.g. ten. Can you hit the targets to achieve that score?

Kick to Score

Kicking

Senior

How to play:

Place a marker three to four metres from a wall. Place your ball beside the marker.

Place a plastic bottle or skittle half a metre away from your marker, in line with it.

Set up a goal approximately ten metres away using two markers.

All markers are in-line with one another.

The aim of the game is to score a goal.

Kick the ball aiming to knock the bottle.

Once you have successfully hit the bottle move it further away. Repeat,

Rebound Ball

Variations:

moving the bottle further and further away until your bottle ends up in the goal. Then try to score a goal, hitting the bottle in the goal.	Move the ball closer to the wall if you are continually missing. You can also move the goals closer.

Kicking Skills of the Day.

Junior Dribbling

Junior and Senior Kick and Catch

Junior and Senior Passing

Variation: If this is too difficult stay on one side of the cone using the same leg. Then with practice you can progress to both feet.

Senior Hook Kick

Other Activities:

Record:
Remember to record your activities using your chosen template.