

Time-Table for Ballyadams' Active Week at Home.

Monday	Tuesday	Wednesday	Thursday	Friday
Each day will be based on a fundamental movement skill from the P.E curriculum. The skills are listed below.				
Kicking	Running	Throwing	Traditional Sport's Day Activities.	Balancing
Below are three activities to improve the daily chosen skill. Each one is gradually more difficult.				
Through the gate	Traffic lights	Knock em down pinball	Egg and spoon Race	Walk the line
Kick to score	Rock, paper, scissors tag	Tennis ball challenge	Twister	Wheel barrow race
Rebound ball	Make the face	Bowling	Queenie-i-o	Obstacle Course
Other Suggested Activities:				
Record Daily Activities.				