

Dear Parents/Guardians,

We hope everyone is keeping healthy. Well done everyone on all your hard work last week. We love seeing all your lovely work posted on our Seesaw app. We are so proud of each and every one of you.

It is St. Ronans school '**Active Week**' next week. We have included activities associated with sport and being active into our timetable for Wednesday, Thursday and Friday. There will be no written work! Due to the bank holiday there is no work planned for the Monday and Tuesday. There will also be lots of fun-filled active activities posted on our Seesaw app to keep you all moving!!

If you have any queries please feel free to contact your child's teacher.

Ms cunniffe/Ms Broe - [Seniorinfants@stronans.ie](mailto:Seniorinfants@stronans.ie)

Mr Woodhouse - [ewoodhouse@stronans.ie](mailto:ewoodhouse@stronans.ie)

Kind regards,

*Ms Broe, Ms Cunniffe, Mr Woodhouse*

Weekly Timetable- 3rd-5 <sup>th</sup> June	
Wednesday	<p style="text-align: center;"><b>St. Ronan's Sports Day</b></p> <p>Listen to the following story: <b>Peppa Pig- 'Sports Day'</b> <a href="https://www.youtube.com/watch?v=K226eJb7Rz80">https://www.youtube.com/watch?v=K226eJb7Rz80</a></p> <p><b>Oral Language:</b> What special day was it at Peppa's school? Who won the running race? Why was George not happy when he took part in the long jump? What does Daddy pig say? It's not the winning that's important it is the _____ that counts. Why was Peppa not happy after the relay race? Who won the tug of war?</p> <p><b>Activities to play with your family:</b> <b>Bucket Throw</b> Bucket Throw: Play with a family member.</p>

Use a bucket/basin as your target and take turns to throw a ball into the bucket from a set distance. Score a point each time you get the ball in the bucket.

Who can be the first to score 20 points?

Try to move further away as you get more accurate.

### **My Obstacle Course**

An obstacle course is a fun way to get active and inventive. It should include a variety of movements such as crawling, hopping, balancing, running, jumping, skipping and rolling.

Use a few pieces of equipment from your house or garden to create an obstacle course where you have to travel over, under and around obstacles.

For example, travel under a sheet, over a chair and around a sofa.

Challenge a family member to try the course too.

Time yourselves. Who can complete it the quickest?

### **Egg and Spoon Race**

Choose where your race will start and finish. Balance an egg on a spoon.

Try not to drop the egg!!!

### **Sack Race**

Choose where your race will start and finish. Use a pillow case or an old potato sack. Hop along to the finish line!

### **Long Jump**

Stand with your legs together and jump.

Who can jump the furthest?

### **Welly Toss**

See who can throw a welly the furthest!

Mark your spot with a cone/shoe/other item of choice.

### **Run, Run, Run**

Ask a family member to time you as you run a certain distance.

Try this a few times.

Can you get faster each time?

### **Balance the beanbag**

If you don't have a beanbag put some rice in zip lock freezer bags.

Balance the beanbag on your head and walk from one end of the garden to the other end. Race against some family members.

**Dance: Zumba Kids: Electronic Song-Minions**

Watch the following and join in. Have fun:-)

<https://www.youtube.com/watch?v=FPOwgVhUC9w>

**Thursday**

**English:**

Listen to the following story 'Maisy's Sports Day'

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

**Oral Language:**

What was the first race of the day?

Why was Eddie the elephant sad after the egg and spoon race?

Can you remember any of the races and activities the animals took part in?

What did ostrich give everyone to eat and drink?

Why did everyone fall down laughing at the end of the story?

**P.E. -Balance Challenges**

Play with a family member.

Try to balance a non-breakable object (e.g. a ball, teddy bear, etc) on an agreed part of your body for as long as you can. Who can balance the item the longest?

Try different objects and different body parts.

To make the challenge more difficult try walking round in a circle while balancing the object.

**Football Shapes**

Practice moving a football with your foot to create different patterns and shapes on the ground.

E.g. you can move in a zig-zag pattern, a circular pattern or spell out your name.

**Fill the bucket**

Place a bucket a distance away (e.g. 1 metre). See how many clothes pegs you can toss into the bucket in 1 minute!

**SESE:**

Look at the following worksheet (S.E.S.E) Page 52

<https://my.cjfallon.ie/preview/student/16881/58>

Discuss the following items on the page: finishing line, medals, plaque, supporters, clothes worn etc.

	<p><b>Exercise is good for you!</b>  Discuss different types of sports with your child:  Sports that can be played inside/outdoors  Sports that need equipment  Sports that are played alone  Sports that are played in a team  Sports that have a referee  Sports that are played in the water  Sports that need special uniforms</p> <p>Have your child tell you what happened last year on sports day-race/activities they took part in.</p> <p><b>Dance:</b> 'Can't Stop That Feeling' (Trolls)  <a href="https://www.youtube.com/watch?v=KhfkYzUwYFK">https://www.youtube.com/watch?v=KhfkYzUwYFK</a>  Get that sunshine in your pocket and that good soul in your feet as you dance along with this energetic song.</p>
<p><b>Friday</b></p>	<p><b>English</b>  <u>S.E.S.E/P.E.</u> - My Five Senses Scavenger Hunt (see below)</p> <p><b>P.E.: Jumping Animals</b>  Practice your jumping skills with this fun activity. Ask a family member to call out an animal. You then have to jump around the space to represent the animal.  Kangaroo-Stretch up tall with your arms in the air as you jump with two feet to two feet.  Frog-Squat down and then jump from two feet and hands to two feet and hands.  Rabbit-Squat down and jump forward from two feet to land on two hands and then two feet.</p> <p><b>The bean game:</b>  One family member calls out different types of beans and the children perform the action:  String bean- Stand tall and thin  Broad bean- Stand in a star shape  Jumping bean- Jump up and down  Jelly bean-Wobble like jelly  French bean - say Ooo la la!  Old bean- Walk around like an old person</p>

Laughing bean -Walk around laughing

**Copy Cat:**

One family member is the leader and he/she leads the rest of the family members around the garden everyone copies the actions of the leader.

**Traffic lights:**

A family member calls out a colour red, yellow or green. The children respond to the colour called with the following actions.

Green - Run

Yellow - Jump

Red - Stop

**Music: Sports Song for Kids**

<https://www.youtube.com/watch?v=tgUSHk6JaTY>

**Art: How to draw a gold medal**

Watch the following video and follow the steps to draw your own gold medal:

[https://www.youtube.com/watch?v=X\\_kxH8ukVCM](https://www.youtube.com/watch?v=X_kxH8ukVCM)

## My Five Senses Scavenger Hunt

Go on a walk and tick each box as you find the items.

For example for something smooth you might see some smooth stones.

<b>Something smooth</b>	<b>Something rough</b>	<b>Something that makes a noise</b>
<b>Something round</b>	<b>Something yellow</b>	<b>Something that came from a plant</b>
<b>Something that has a smell</b>	<b>Something long</b>	<b>Something rectangle</b>
<b>Something soft</b>	<b>Something purple</b>	<b>Something red</b>

**Steps to download the 'Bua na Cainte' Irish programme.**

You can download it at [www.edco.ie/bua](http://www.edco.ie/bua)

1. Select file that supports your computer **Mac** or **PC**
2. Select Senior Infants, click to download.



First Class



Fourth Class



Junior Infants



Second Class



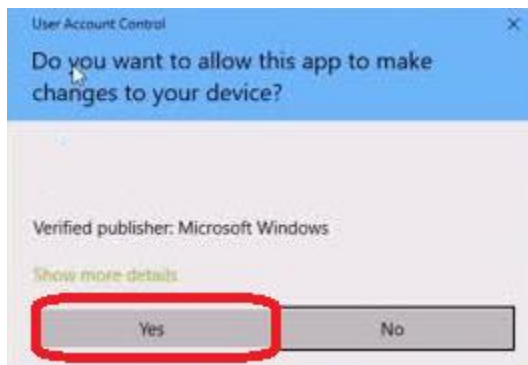
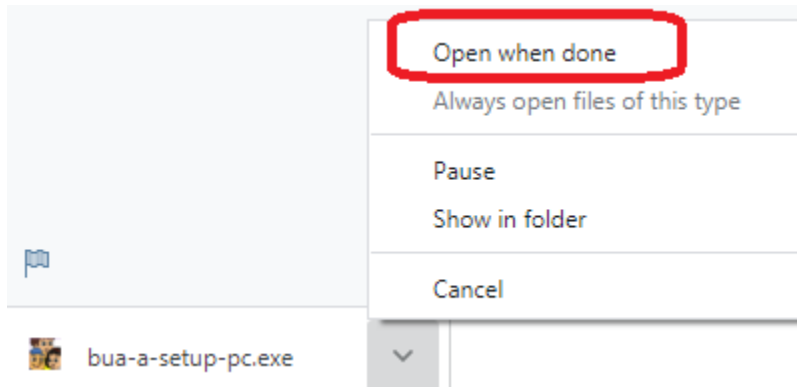
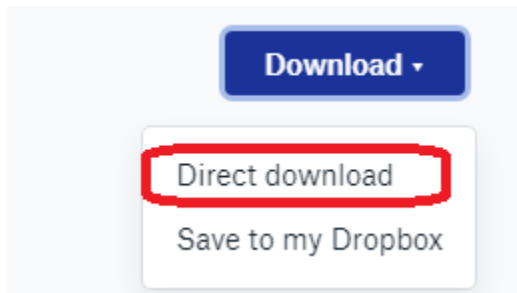
Senior Infants

Select bua-a-setup-pc.exe



bua-b-setup-pc.exe

3. Select **Direct download** to download the **Bua na Cainte** installer



4. A Bua na Cainte icon will appear on your desktop. Double click it!
5. Click this icon to bring you to a login page.

Login: Trial

Password: Trial