

# Canal Way ETNS

## Active Home Week

### June 8th to 12th 2020



#### List of Activities/Challenges

1. Canal Way Walk, Run or Cycle to Madagascar  
PLEASE CLICK ON EXPLANATORY VIDEO HERE:  
<https://vimeo.com/425540929>



Starting Friday 5th June, record your total kilometres walked, ran or cycled in this Google Form:  
<https://forms.gle/WHbgdUWQRxsG8GFKA>

This is a very ambitious distance so we're asking everybody to get involved including parents/guardians/grandparents. At the end of each day the kilometres will be totalled up automatically and we will record our progress on the virtual map below and post it on our school website gallery <https://canalwayetns.org/gallery/>

#### 2. Free Enchanted Yoga class, Thursday 11th June at 10.45am

Fiona has kindly organised a live streamed yoga class exclusively for Canal Way ETNS with Elaine of Enchanted Yoga. Her website is [HERE](#).

You will be able to see details and book through this link:

<http://www.bookwhen.com/enchantedyoga>

Link for the class is here:

<https://enchantedyoga.ie/schedule/canal-way-etns-online-yoga-class/>



Enchanted Yoga

#### 3. Army March

Have a bag on your back each time you leave the house during Active Home Week. Each day ADD a small amount of weight to the bag using any item (e.g. a book you like, a bottle of water, a bag of sugar) and keep the items from the previous day. At the end of the week share a pic of your bag and items with your class on Google Classroom



## 4. Treasure/Scavenger Hunt

Try having a treasure hunt or scavenger hunt. Get someone to set clues for a treasure hunt or call out items for a scavenger hunt and get searching. Make sure the items are things that can be found around the house/garden. The following link will bring you to a ready-made treasure hunt and a scavenger hunt. Careful clicking on the treasure hunt as it contains the answers!

[TREASURE HUNT WITH ANSWERS!!](#)

[SCAVENGER HUNT](#)

[DAILY SCAVENGER HUNT IDEAS](#)



## 5. Beat your Personal Best

At the start of Active Home Week, try to do something physical that is measurable (e.g. see how fast you can run 50 metres, how high you can jump or how many sit ups you can do). Record your results every day and try to beat your “Personal Best” record each day.



## 6. Do a Joe Wicks workout every day for Active Home Week

<https://www.youtube.com/user/thebodycoach1>

Join Joe Wicks live every morning at 9am On his YouTube channel for a 30 min family friendly workout. Complete five days in a row and feel like a keep fit superstar. You might like to send a picture to your Google Classroom of your family exercising!



## 7. RTÉ 10@10

<https://rtejr.rte.ie/10at10/>

A daily challenge of 10 minutes of exercise at 10am. It would be great if you could try doing the 10@10 in Irish!



## 8. Take a break from Activities and **GET INSPIRED!!**

Have a look at these inspirational videos that might give you some great ideas and dreams:

[MOUNTAIN BIKING](#)



[ROCK CLIMBING](#)

[MOUNTAIN BIKING AND ART](#)

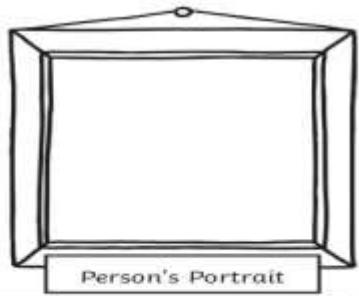
## 9. Have a traditional Sports Day:

- Egg/spud and spoon race - Run 15 steps with your spoon and then pass it to your team mate
- 3 legged race - use a tie/tight to tie two legs together with a partner. How far can you run without falling over?
- Races: Wheelbarrow/Obstacle/Sack
- Open Air Twister - You can use a twister mat or use chalk/paint to draw different colour circles on the ground.



## 10. Write a Bio

Research and write a Sports Bio for any Sports Star.  
[Here's an example of one for Irish boxer Katie Taylor](#)

<p>Researcher: _____</p> <p>Person's Name: _____</p> <p>Lived from: _____ to _____ year year</p> <p>Most Known for: _____</p> <p><b>Five Facts</b></p> <p>1 _____</p> <p>2 _____</p> <p>3 _____</p> <p>4 _____</p> <p>5 _____</p>	 <p>Person's Portrait</p>  
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## 11. Design a Mascot

Design a Mascot for a Sports Team or Event. It could be a Canal Way school Mascot. Share your picture with your class.



## 12. FAI Football Dance Challenge

See demonstration at:

<http://www.youtube.com/watch?v=X4F5ryvaTm0>

Take some time to watch this video showing you the steps to doing the football dance and feel free to share a photo/video with your Google Classroom.

There are loads more challenges on the [FAI Grassroots Youtube Channel](#)



**HOMESKILLS**

**EPISODE 12: FOOTBALL DANCE**

## 13. Teabag Games

Try these ideas using a fresh dry teabag.

1. Throwing and Catching teabag to Yourself – throw and catch a teabag, see how many times you can do it without dropping it. See if you can clap between each throw. See how many they can get in a row or how high they can throw it up and still maintain enough control to catch it again. Also put the teabag on your foot , kick it up and see if you can catch it. It is great for them to set goals and try and break their own personal record
2. Teabag Basketball – This is a toss game where they take turns trying to get the tea bag into a bucket. You can vary the position starting point based on the child's age to make it fair.
3. Teabag Balance – This is a test to see who can balance a teabag on a body part the longest (chest, head, arm, foot, cheek, back of hand or face).
4. Teabag keepy uppies - is it possible?? How many can you do?

