

6th Class- Sports/Activity Week

Monday 22nd June- Friday 26th June 2020

****6th Class online Graduation Ceremony on Thursday 25th June at 7pm****

Monday-	Tuesday-	Well-being Wednesday	Thursday- Graduation	Friday
<p><u>TODAY's CHALLENGE:</u></p> <p>How many keepy uppy's can you do? https://www.youtube.com/watch?v=GcCv9MeGqS0</p>	<p><u>TODAY's CHALLENGE:</u></p> <p>Bounce a sliotar or tennis ball on a hurl or tennis racket. How many can you do without dropping the ball?</p>	<p><u>TODAY's CHALLENGE:</u></p> <p>How long can you hold a plank?</p>	<p><u>TODAY's CHALLENGE:</u></p> <p>How many juggles can you do without dropping a ball?</p>	<p><u>TODAY's CHALLENGE:</u></p> <p>How fast can you run 500metres?</p>
<p><u>Activity 1:</u> Kicking - Rebound Ball</p> <p>How many can you get between the cones in 1 minute? https://www.youtube.com/watch?v=KHoYnuwCo0c</p> <p>Kick the target https://www.youtube.com/watch?v=XCGol4Y2Txk</p>	<p><u>Google Meet at 11am</u></p> <p>Link will be emailed that morning.</p> <p>Final practice for our Graduation on Thursday so everyone try and join the call.</p>	<p><u>Activity 1:</u> Balancing- Wheelbarrow race</p> <p>https://www.youtube.com/watch?v=I9X8PowdAU</p>	<p><u>6th Class online Graduation this evening at 7pm.</u></p> <p>Link to join the Google Meet will be emailed at 6.45pm</p> <p>Make sure you have your candle and a lighter.</p> <p>Practice your prayers/readings and make sure your microphone and speaker are working before the call.</p>	<p><u>Activity 1:</u> Three-legged race</p> <p>https://www.youtube.com/watch?v=46n3-W-Awx0</p>

<p>Activity 2: Running- Make the Face</p> <p>https://www.youtube.com/watch?v=wukOb2owkWY</p>	<p>Activity 1: Throwing- Bowling</p> <p>https://www.youtube.com/watch?v=cg9gURRP63c</p>	<p>Activity 2: Make a backyard obstacle course .</p> <p>Send pictures ☺</p> <p>https://www.youtube.com/watch?v=sXjDO9G2JQY</p>	<p>Activity 1: Egg and Spoon race</p> <p>https://www.youtube.com/watch?v=sXjDO9G2JQY</p>	<p>Activity 2: Tug o' war</p>
	<p>Activity 2: Tennis Ball Challenge</p> <p>https://www.youtube.com/watch?v=KxD8V6xvsLk</p>		<p>Activity 2: Sack race</p> <p>https://www.youtube.com/watch?v=A7XYZ_HL6Q</p>	

Other activities:

- **Hula-Hoop Ring Toss:** Set up cones (Crayons would work) around your garden. Try to throw the hoola hoop onto the cones.
 - **Water Balloon Toss-** For the toss, partners stand about a foot apart and toss the balloon back and forth. After each successful toss, one partner takes a step back. Let the pairs continue to toss until their balloon bursts.
- ❖ Make sure to upload/ send pictures or videos of some of your activities ☺
- ❖ Send to aisling.feeney@sbclara.ie or sbclaraphotos@gmail.com