**Active Schools-Home Week**

Information for parents:



**Challenge Recording Chart**

A screenshot of a cell phone

Description automatically generated

**Some fun, active and challenging ideas!**

A screenshot of a cell phone

Description automatically generated

Keeping Active:

The activities below can count for activity one on the challenge recording task.

You can select the other 3 activities from the challenge ideas word cloud.

The 4 active challenges should last up to one hour.

Record the activities on the chart provided. There will be a certificate awarded to those who complete the chart and email to me.

**Monday**- Running Activity/Challenge- see video

English: <https://vimeo.com/404404521>

Gaeilge: <https://vimeo.com/404411732>

**Tuesday**- Balancing Activity- see video

English: <https://vimeo.com/409588960>

Gaeilge: <https://vimeo.com/409588436>

**Wednesday**- Throwing Activity

English: <https://vimeo.com/402212771>

Gaeilge: <https://vimeo.com/402213090>

**Thursday-** Running Activity

English: <https://vimeo.com/404409956>

Gaeilge: <https://vimeo.com/404410116>

**Friday**- Balancing Activity

English: <https://vimeo.com/409589413>

Gaeilge: <https://vimeo.com/409589217>

**Here are some more ideas:**

A screenshot of a cell phone

Description automatically generated