

Active Week

Poland and Japan class

Week 8th-12th June	Monday	Tuesday	Wednesday	Thursday	Friday
10 @ 10	Each day at 10am we will post a 10 minute workout video created by one of the teachers at Lucan East. In these videos the teachers will demonstrate some skills that you can do at home. Keep an eye on the google classroom feed for the videos. We encourage you to take part every day!				
Joe Wicks	PE at home with Joe Wicks https://www.youtube.com/watch?v=zKhGfdSvG3s	PE at home with Joe Wicks https://www.youtube.com/watch?v=wpW2Mdyg-ml	PE at home with Joe Wicks https://www.youtube.com/watch?v=jhWmnEVA0y4	PE at home with Joe Wicks https://www.youtube.com/watch?v=1MBFhUtyyQM	PE at home with Joe Wicks https://www.youtube.com/watch?v=5ALV5ngx8WM
Yoga/Meditation	30minute yoga for beginners https://www.youtube.com/watch?v=9XBnftTBmAk	Meditation for Calm https://drive.google.com/file/d/1ZNyGikRO-KoJxGHEVNIvMpXT843c4TnM/view?usp=sharing	20 minute yoga for beginners https://www.youtube.com/watch?v=sM5MGLMNN_E	Meditation for Happiness https://drive.google.com/file/d/1Osg4n_8hd5QmGEmXCGU2UwT76elwy2ul/view?usp=sharing	20 minute yoga for stress relief https://www.youtube.com/watch?v=owZXTRESI68
Wellbeing Diary <i>*This can be done in your English copy*</i>	<p>This week we would like you to keep a wellbeing journal. Each day we would like you to write down a few things about your day. Keeping a journal helps you to make sense of your thoughts and feelings. It should be a daily activity at a time that suits you. There is no right or wrong way to do it</p> <p>Thing you may want to include:</p> <ul style="list-style-type: none"> - 3 things I am grateful for - Today I enjoyed... - Tomorrow I am looking forward to... - This week's highlights were.. - This week's challenges were.. <p>Try answer some of these questions at the end of each day or the end of the week</p> <ol style="list-style-type: none"> 1. Did you enjoy the tasks you did? 2. What did you learn about yourself? 3. Did you notice any patterns in your behaviour or feelings? 4. Did keeping a journal have an impact on you in any way? 				

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Challenges	<p>We would like you to record yourself doing one of the challenges below (video or photos). If you have seen other challenges that you would like to attempt we would love to see them!</p> <p><u>2km a day</u> We challenge you to walk/run/cycle 2km each day (approx.2,600 steps) Some of you may have fitness watches that record steps, most phones have a step counter built in or you can download free step counters from the app store. At the end of the week we will combine all our steps/km to see how far around the globe we have gone. It is important you make a note of your steps at the end of each day</p> <p><u>Toilet Roll Challenge</u> We challenge you to record yourself doing the toilet roll challenge. How many can you get? Can you beat Messi's score? https://www.youtube.com/watch?v=t87J9hITaFc</p> <p><u>Recreate your favourite sporting moment</u> We challenge you to recreate your favourite sporting moment in your kitchen. The video below explains the challenge in more detail https://www.youtube.com/watch?v=pfR6cOTMM-o&list=PLRWvNQVqAeWJrvx5NdEYwswJj0IABq5z0&index=29&t=0s</p> <p><u>Tik-tok</u> We know how much you all love Tik-tok so we challenge you to recreate a tik-tok dance. You can recreate it on your own or even better get your family involved, we would love to see everyone getting active and having fun. https://www.youtube.com/watch?v=FySQK4FOaVQ (tik-tok dance tutorials) https://www.youtube.com/watch?v=SsHzl9cK1ls (The Weeknd- mashup of videos)</p>
Healthy Food	<p>To have a healthy lifestyle it is important that we eat healthy. Lots of you have been baking and cooking over the last number of weeks. We would like to see you use these skills to make some healthy dishes. You could challenge yourself each day to cook something healthy or just make one healthy dish this week. I have included some recipes below for inspiration. Your recipes can be sweet or savoury, snacks or main meals. It is up to you what you make! Don't forget to take pictures of your food!</p> <p>Frozen Berry Yoghurt- https://www.bbcgoodfood.com/recipes/instant-frozen-berry-yogurt</p> <p>Energy Balls- https://www.bbcgoodfood.com/recipes/dried-fruit-energy-nuggets</p> <p>Turkey Lettuce wraps- https://www.bbcgoodfood.com/recipes/ginger-turkey-lettuce-wraps</p>