



Creagh National School
Scoil Mhuire Gan Smál 1939
Ballinasloe Co. Galway



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ACTIVE HOME WEEK 2020

Complete a few activities every day. Try to get all your family involved! Tick them off as you do them and try to complete as much of the chart as you can. Be as creative as you like and remember to have FUN!!!

Lung across the kitchen	Make up a new dance	50 Jumping Jacks	Practice running races	Walk or Run 5 laps of your garden/house
15 Arm Punches	15 Push Ups	10 Burpees	Have a family running race	100 High Knees
Have a family egg and spoon race	Walk 2km with your family	Bear Crawl the length of your hallway	30 Bunny Hops	20 Squats
Set up an obstacle course in your garden	1 min Wall sit	10 Burpees	Skipping rope/ if you don't have a skipping rope do 100 skips	20 Sit Ups
Get 2 tins of food and lift one in each hand 10 times	Reach up as high as you can and touch your toes 10 times	1 min Plank	30 Windmills	50 Mountain climbers
Dance to your favourite song	20 Tuck jumps	50 Basketball hoops	Drink 4 glasses of water	Hop on one leg for one min each
Do the 'Cha Cha Slide'	1 min of roll lifts	Practice striking with your hurl off your left and right	Jog on the spot for 2 minutes	30 Toe Touches
Practice soloing the ball off your left and right 20 times	Throw and catch a ball against the wall 25 times	Play hopscotch	30 Bench step ups	See how far you can jump from standing.
Practice your jab lift	Go on a nature walk stay within 2km of your house	Do some stretches	Shake out your body	Practice kicking the ball of a wall.. make sure you don't break any windows!!