

If you want to be cool, have an active school!

Dear Parents,

Physical activity is a core part of our school day in St Francis Xavier JNS. Normally we hold our Active School week around this time of the year. This year we hope you will support us by participating in Active **Home** week, from 1st to 5th June.

The aim is to complete four different activities daily (see end of doc), adding up to 60 minutes of exercise. These activities should be recorded on the Active Home Week challenge chart (see attached doc) or you can make your own chart.

At the end of the week, we ask that you please return **a photo of your completed challenge chart to your class teacher by email**, so that we continue to work towards renewing our Active Flag. This is an integral part in our Active Flag renewal process. If you would like to include some photos too, that would be great. If you wish to include a video, we suggest that you try using WeTransfer to send it by email to class teacher.

We have included lots of active ideas and websites for you to choose from below, and in the ideas cloud (attached doc). We particularly like the five daily challenges given by Maria who is a regular visitor to St. Francis Xavier JNS, <https://we.tl/b-0hZNSkoWZ0> We have also included a link to our new school dance which is a very popular part of our Active School Week: <https://www.youtube.com/watch?v=ymigWt5TOV8>

We would like to take this opportunity to thank you for all of your support and to thank our fabulous Active School committee pupils and amazing Active Agents for all their hard work this year.

The Active Team.

**Ideas for Active Home Week 2020**

Choose 4 **activities** from the list below and **colour the box** when complete.

Feel free to add your own ideas too!

|  |  |  |  |
| --- | --- | --- | --- |
| Cycle a bike | Go for a walk | Dance to your favourite song | Do some gardening |
| Kick a ball with someone | Skip for 5 minutes | Practice gymnastics skills | Go on your scooter |
| Create your own obstacle course | Throw a ball with someone | Do a Go Noodle dance | Run for 5 minutes |
| Play hopscotch | Run on the spot for 30 seconds | Hop on right foot 10 times (swap) | Hold a plank for 20-30 seconds |
| Play Flush the Toilet with your family | Play balloon tennis/volleyball for 10 minutes | Play ‘Simon Says’ | Active housework |
| Bring your teddy for a walk | Dance to Active School song | Play frisbee | Go on the trampoline |
| Do 10 minutes of housework | Create your own dance routine | Wellness Wednesday yoga |  |

**Name:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **Class teacher:** \_\_\_\_\_\_\_\_\_\_\_\_\_

Some websites we recommend:

Go Noodle: <https://app.gonoodle.com/login>

Joe Wicks, The Body Coach <https://www.youtube.com/user/thebodycoach1/featured>

Yoga for children: <https://www.cosmickids.com/>

<https://www.youtube.com/watch?v=dF7O6-QabIo>

Irish Heart Foundation: <https://irishheart.ie/get-support/coronavirus-we-are-here-for-you/keeping-active-while-staying-at-home/>

Fundamental Movement Skills: <https://www.scoilnet.ie/pdst/physlit/beyond/>

Super Troopers: <https://www.supertroopers.ie/family-zone/>

Fingal Co Co: <https://learning.fingal.ie/enrol/index.php?id=155>

DCU:<https://www.facebook.com/watch/?v=238634240918405>

GAA: <https://we.tl/b-0hZNSkoWZ0>

Active school dance: <https://www.youtube.com/watch?v=ymigWt5TOV8>

Water Safety: <https://www.teachpaws.ie/>