



# Lá Spóirt/Sports Day Mon 22<sup>nd</sup> June

Take your pick of the following activities – try one or try them all!  
Make sure to upload any pics and videos to Seesaw/Dojo/school fb pages

## Rás práta agus spúnóg/Spud and spoon race

A classic sports day game!

You need: a small spud and a spoon per person

Decide on the course – (a lap around the garden, 2 lengths of the driveway, the distance between 2 cones etc)

Off you go – don't drop your spud!

## Bac rás/Obstacle course

Create an obstacle course in the garden or house, use your imagination!

Jump over a cushion, throw and catch a ball, crawl under a chair, zigzag through the grass – anything you can think off!

## Cispheil/Basketball challenge

You need: 10 rolled up socks, a big saucepan or pot

You have 10 chances, how many 'slam dunks' can you get??

## Rás gasta/Sprint

Decide on a start and end point.

Ready, set, goooooo!!!!!!!

Who is the fastest person in your house?

## Dúshlán aon bomaite/ One minute challenge

How many can you do in one minute?!?! Pick one and give it a go! Winner of each category will get a prize 😊

- Jumping jacks
- Squats
- Sit-ups
- Burpees
- Push-ups
- Throw and catch a small ball

## Parents challenge!!!!

How many keepie uppies can you do in 1 minute? Winner gets a prize!

## Spell your name PE!

- A- 5 Jumping Jacks
- B- 5 Jumping Jacks
- C- 10 jumps
- D- hop on your right foot
- E- hop on your left foot
- F- crab walk for 10 seconds
- G- do 5 sit ups
- H- 10 mountain climbers
- I- 5 push ups
- J- 30 second high knees
- K- kick your left foot as high as you can
- L- kick your right foot as high as you can
- M- 5 jumping jacks
- N- 10 jumps
- O- hop on your right foot
- P- hop on your left foot
- Q- do 5 sit ups
- R- do 10 mountain climbers
- S- crab walk for 10 seconds
- T- 5 push ups
- U- kick your right foot as high as you can
- V- kick your left foot as high as you can
- W- Run in place for 30 seconds
- X- run with high knees
- Y- 5 push ups
- Z- 5 sit ups