

Active Week 1: Friday

Please choose from the following options.
Try to complete as many activities as you can:

Yoga

Start your day with some morning Yoga.

<https://www.youtube.com/watch?v=XKa-i2uaAlw>

CATCH DON'T CATCH

Why not try this fun catching game with someone at home 😊

- 1.Players stand in a circle with their arms crossed
- 2.One player in the middle throws a ball to someone in the circle saying “catch or don’t catch”
- 3.If they say “catch” the player should NOT catch and NOT move arms
- 4.If they say “Don’t catch” the player SHOULD catch and move arms
- 5.If the player does the wrong thing or misses the ball, they are out!

Dance

<https://www.youtube.com/watch?v=BQ9q4U2P3ig>

Sports Project

Continue to write about your Favourite Sports Star. Send it to your teacher when your finished.

Motivational Sports Clip

Gráinne Walsh is a boxer . Gráinne is aiming for the next Olympics. In this video she shares her story with Múinteoir Áine for the boys and girls in NCNS. Gráinne gives her top tips to the boys and girls in NCNS on how to stay active at home during Active Schools Week.

<https://www.youtube.com/watch?v=Pi-k5jhNANs>

See photos of Gráinne in her training studio and also Múinteoir Áine trying out some boxing in the week 1 PDF.