

KILLEEN N.S
Final Week Activities

Here are some sports activities for our last week! Try and complete as many as you can throughout the week. Get as many people in your family as you can to take part and have fun! Upload any photos/videos of how you get on to your class Seesaw.

Gymnastics

We have organised online zoom classes with gymnastics teacher [coachjanegymnastics](#) on Tuesday 23rd June for any children who are interested. There will be 2 separate classes:

- The Junior Class (Junior Inf-2nd Class)
- The Senior Class (3rd-6th)

Times and access codes will be emailed out by class teachers

Virtual School Tours (click on the links below)

Junior Tours

[Farm Food Tour](#)- See how the food we eat is grown and produced on a farm

[San Diego Zoo](#)- Watch the zoo animals live

[Aquarium Visit](#)- Look at a wide range of sea creatures

Senior Tours

[Áras an Uachtaráin](#)- The Home of the President of Ireland Michael D. Higgins

[Access Mars](#)- Explore Planet Mars

[Discover Egypt](#)- Learn about the pyramids, temples, pharaohs and write your name in hieroglyphics!

At Home Sports Day Activities

Junior/Senior Infants	1 st /2 nd	3 rd /4 th	5 th /6 th
Potato and spoon run	Sack race	Three legged race	Skipping-how many skips can you do in 2 minutes?
Hopscotch	Potato and spoon race	*Water relay race-	Wellie throw into a bucket/bin or over a goal post
'Make your own hurdle' race	'Make your own hurdle' race	'Make your own hurdle' race	'Make your own hurdle' race
Sack race	*Water relay race	Book balancing race-how far can you walk with a book on your head before it drops!	Hang tough-How long can you hang from a bar/swing frame/tree branch
Giant/Baby steps race	Frisbee throw into a bucket/bin	Hang tough-How long can you hang from a bar/swing frame/tree branch	*Water relay race
*Bowling	*Bowling	Skipping-how many skips can you do in 1 minute?	Keepieuppies-how many can you do in 1 minute?
*Obstacle course	*Obstacle course	*Obstacle course	*Obstacle course

***Water relay race**- set up 2 containers / buckets a distance apart. Fill one of these with water and leave the other one empty. How fast can you fill one into the other using a cup?

***Bowling**- you can use plastic bottles or cups and a tennis ball or football. Throw or kick the ball at the target.

***Obstacle course**- Build a fun obstacle course using whatever is available to get the whole family running, jumping, hopping and crawling! See who can complete it the quickest and challenge yourself to beat your own time.

Here is a class challenge from your teachers!

- **Juniors/Senior Infants- *The Chair Challenge***
How many times can you sit down and stand up in 1 minute?
- **1st/2nd – *The Throw and Clap Challenge***-
How many times can you clap your hands between throwing a ball in the air and catching it again?
- **3rd/4th- *The Blindfold Balance Challenge***
How long can you stand on one leg without moving wearing a blindfold?
- **5th/6th- *The Plank Challenge***
get your body in the 'plank' position which is like a push-up. How long can you hold this position for?