



# Active Home Week

Hi Everyone,

We hope that you are all keeping safe and well. "Active School Week" was originally scheduled for April 27th - 3rd May. This is always a great week of sport and fun in St. Nesson's and hopefully we will be able to celebrate it at school next year. We have put together a selection of activities for "Active Home Week". Bearing in mind your daily 60 minute target, we have a selection of challenges and activities for you to try. Alternatively, choose your own activities and record in the blank chart below.

We hope you all have a great week and we look forward to seeing some "Active Home Action Shots"!

Best wishes,

From all in St. Nesson's.



Date June 2020	Activity 1	Activity 2	Activity 3	Activity 4
<b>Mon 22<sup>nd</sup></b>	Hurling and Camogie with past pupil Sinéad Madden <a href="#">Click here for video</a>	Football with past pupil Jenni O' Malley <a href="#">Click here for video</a>	Hang Tough with Davy Fitzgerald <a href="#">Click here for challenge</a>	Basketball with Michelle Aspel <a href="#">Click here for Junior Challenge</a> <a href="#">Click here for video</a> <a href="#">Click here for Senior Challenge</a> <a href="#">Click here for video</a>
<b>Tues 23<sup>rd</sup></b>	Hurling and Camogie with past pupil	Yoga with	Gaelic Football with Limerick footballer	Basketball with Michelle Aspel

	<p>Sinéad Madden</p> <p><a href="#">Click here for video</a></p>	<p>Ms. Farrell</p> <p><a href="#">Click here for video</a></p>	<p>Peter Nash</p> <p><a href="#">Click here for video</a></p>	<p><a href="#">Click here for Junior Challenge</a></p> <p><a href="#">Click here for video</a></p> <p><a href="#">Click here for Senior Challenge</a></p> <p><a href="#">Click here for video</a></p>
<p>Wed 24<sup>th</sup></p>	<p>Hurling and Camogie with Sinéad Madden</p> <p><a href="#">Click here for video</a></p>	<p>Football with past pupil Jenni O' Malley</p> <p><a href="#">Click here for video</a></p>	<p>Boxing circuit with Katie Taylor</p> <p><a href="#">Click here for video</a></p>	<p>Basketball with Michelle Aspel</p> <p><a href="#">Click here for Junior Challenge</a></p> <p><a href="#">Click here for video</a></p>
<p>Thurs 25<sup>th</sup></p>	<p>Hurling and Camogie with Limerick hurler Graeme Mulcahy</p> <p><a href="#">Click here for video</a></p>	<p>Athletics Ireland Social distancing long jump challenge</p> <p><a href="#">Click here for video</a></p>	<p>Soccer</p> <p>Check out some skill challenges from the SFAI</p> <p><a href="#">Click here for video</a></p>	<p>Rugby</p> <p>Home exercise skills with Munster Rugby</p> <p><a href="#">Click here for video</a></p>
<p>Fri 26<sup>th</sup></p>	<p>Hurling and Camogie with Limerick hurler Graeme Mulcahy</p> <p><a href="#">Click here for video</a></p>	<p>Football with past pupil Jenni O' Malley</p> <p><a href="#">Click here for video</a></p>	<p>Balancing challenge with Beyond the Classroom</p> <p><a href="#">Click here for video</a></p>	<p>Hurling and Camogie with past pupil Sinéad Madden</p> <p><a href="#">Click here for video</a></p>



# Active HOME Week



60 Minutes



Make it FUN!

Children and young people need at least 60 minutes of physical activity every day  
World Health Organization

Please remember, at all times, to follow the government COVID-19 advice. If exercising outdoors, keep within 2 km from home, keeping 2 m distance from others.

Date	Activity 1	Activity 2	Activity 3	Activity 4	Total Time
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					

I DID IT!	I was active for 60 MINUTES every day	
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Pupil name \_\_\_\_\_

Class/Teacher \_\_\_\_\_



Active School Flag is a Department of Education and Skills initiative supported by Healthy Ireland.

