

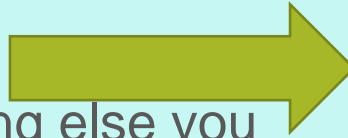
# SPHE/PE.

5<sup>th</sup> May 2020



# SPHE- Active week tasks.

- There is lots to do around the house
- Can you be active and help?
- Look at the list of things to do this week and see if you can help your family everyday.
- Can you think of anything else you can do to help?



Day	Task
Tuesday	Help clean the dishes
Wednesday	Wash the door handles
Thursday	Clean your room
Friday	Help make food with the help of an adult.



# PE (Physical education)

- This week, we are going to get active and help the superheroes fight the bad guys! Are you ready?
- [https://www.youtube.com/watch?v=ok7V1pWtRzs&feature=emb\\_logo](https://www.youtube.com/watch?v=ok7V1pWtRzs&feature=emb_logo)



# Good job!



We would love to see all your hard work. If you wish to be on our school website take a photo of your work and send it to Gaye, our HSCL teacher, on WhatsApp 087 744 3779 or email [hscl@shjkillinarden.ie](mailto:hscl@shjkillinarden.ie)

