

**Senior Infant
work plan
for 2 weeks
4th to 12th June**

**SPHE, Art, Music,
P.E., & Religion**



If you would like any of your child's work displayed on the school website please send it to Gaye our HSCL teacher

on

WhatsApp 0877443779 or by email hscl@shkillinarden.ie

SPHE



Our amazing bodies .

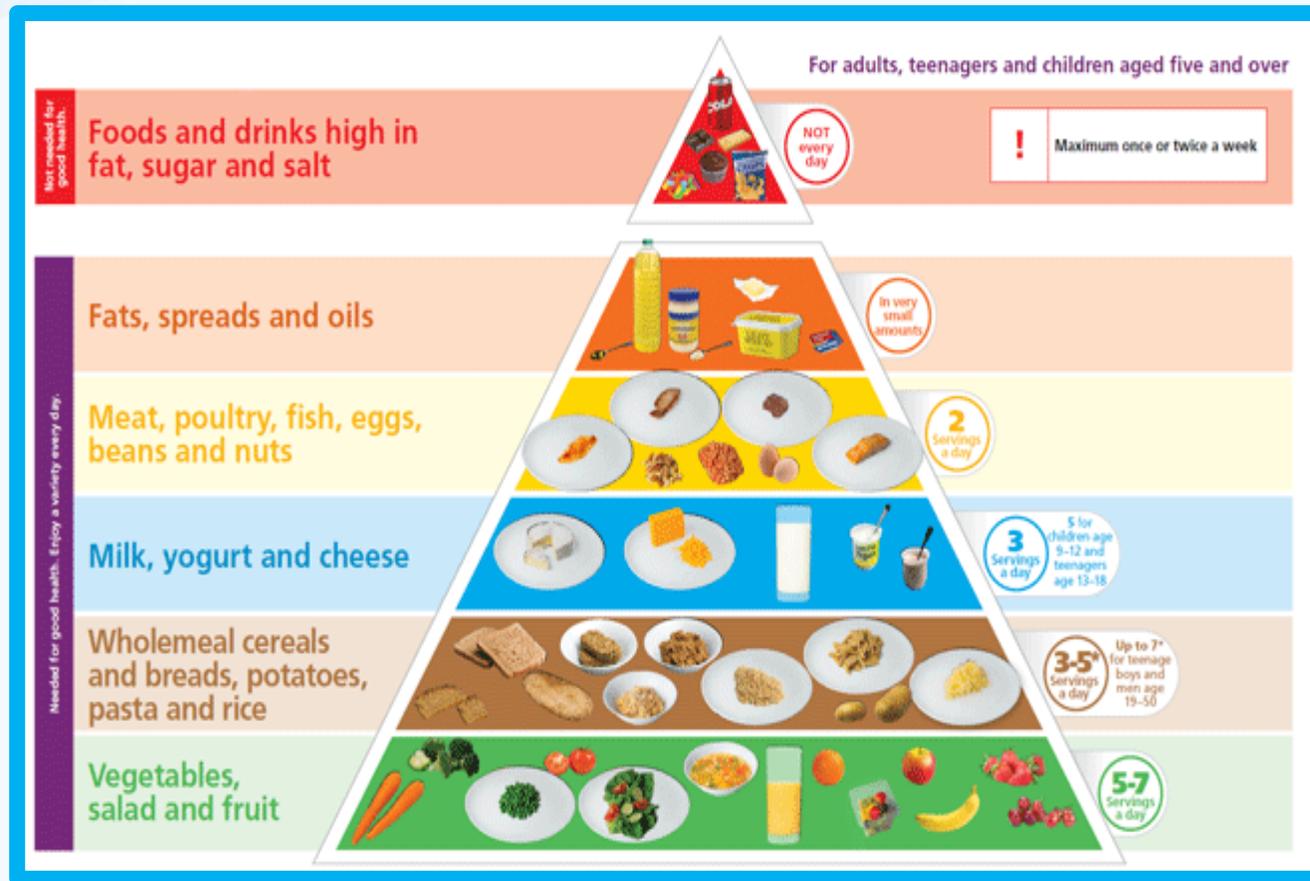
Aim: Understand the importance of taking care of our body in order to keep it healthy and well.



This week I want us to think about how to take care of our bodies and how to stay **fit** and **healthy**.

- Can you think of some things that you do to keep your body **fit and healthy**?
- Think about things like:
 - ✓ Food
 - ✓ Sleep
 - ✓ Exercise

The Food Pyramid.



- To stay **fit** and **healthy** – We should eat lots of healthy foods from the bottom of the pyramid and only have the food from the top as special treats.

Click below to learn more 😊

[https://www.safefood.eu/
Education/Primary-
\(ROI\)/Taste-Buds/Food-
for-Life.aspx](https://www.safefood.eu/Education/Primary-(ROI)/Taste-Buds/Food-for-Life.aspx)

Activity time...



Have a think about what healthy foods and drinks that you like so much that you can have them as treats?

(I love strawberries and bananas for my treat....yum yum. 😊)

What's your healthy treat?

Do you go to bed on time?



- Remember it's very important to go to bed on time and have a good sleep.

This helps to keep us
fit and healthy 😊

What time do you go to bed
at?

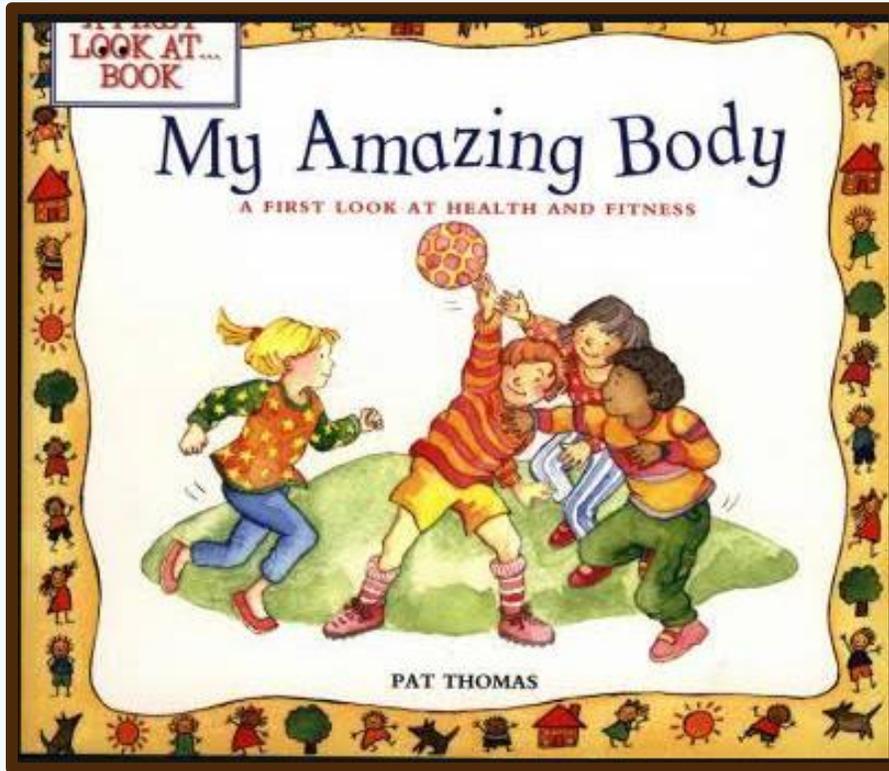
Remember to exercise.



- It's very important that we exercise every day.
- What exercise do you do every day?
- Have a look at the Sports Day slides for extra fun ideas 😊

Tip: Remember less Screen Time.

My Amazing Body



- Listen to this fab story all about staying *fit and healthy*.

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

Activity time..

This week I want you to make a list of the things you are going to do to stay **fit** and **healthy**.

Here is my list.

What will you do to stay fit and healthy?

- Wake up in the morning.
- Eat a healthy breakfast.
- Help with chores
- Go for a cycle
- Read my book
- Eat a healthy lunch.
- Play Hopscotch
- Eat a healthy dinner – have a yummy treat after dinner
- Watch TV
- Go to bed.

Art



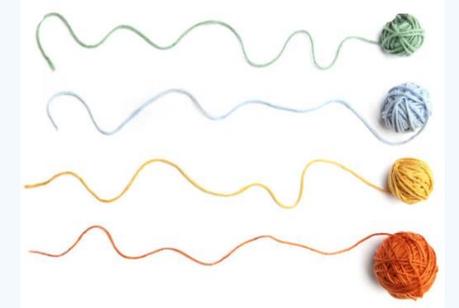
Sports Day Medals

This week I want you to make a very cool Medal that you can use when you do your sports day activities 😊



You will need:

- A plastic lid to trace a circle on
- Paper
- Pencils
- Scissors
- Markers
- Hole puncher
- Yarn or string cut in 28" lengths
- Glitter (optional)



Instructions:

- Place the plastic lid on the paper and trace around it.
- Cut out the circle.
- Using the markers, write your name on the circle. Then decorate it. You can write or draw pictures of things you are good at on the medal.
- Add glitter if you wish.
- Punch a hole in the top.
- Thread the yarn through the hole and tie it off to make a necklace.



Wear your medal proudly



(and don't forget that photo)

A vibrant, stylized illustration of a landscape. The foreground features rolling green hills in various shades of green, with a dark brown path winding through them. On the left, there is a green tree with a brown trunk, a purple flower with a pink center, and a cluster of orange flowers. A small red and orange bird is flying in the sky above the tree. The background consists of a white sky with horizontal wavy bands of light blue and dark blue. The word "Music" is written in a purple, cursive font, underlined with a thick purple line.

Music

Music

*This week's song is all about
Sports Day.*

*You can sing along while doing the
activities in the song.*

I know you will be great –

[https://www.youtube.com/
watch?v=JtkH5cy6vOk](https://www.youtube.com/watch?v=JtkH5cy6vOk)

Sports Day Fun!



P.E.



Ready for some exercise?



- PE with Joe Wicks

https://www.youtube.com/playlist?list=PLyCLOPd4VxBtWi7RnRLz6qHgOqWiB_LrH

- Pop See Ko

<https://www.youtube.com/watch?v=Pwn4beja1QE>

- Run the Red Carpet

<https://www.youtube.com/watch?v=Shm8ByZswQ8>

Time to relax



- Rainbow breathing

<https://www.youtube.com/watch?v=O29e4rRMrV4>

- Be the Pond

<https://www.youtube.com/watch?v=wf5K3pP2IUQ>

- Butterfly stretch

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

Religion



We grow in Love



We can grow in Love

Grow In Love

Our religious education programme Grow in Love is available for free online at <https://www.growinlove.ie/en/> .

You can login using the following;

- email: trial@growinlove.ie
- password: growinlove.

Please look with the following lesson:

Theme 10 – Grow in Love

Lesson 1 - We can grow in Love



Listen to the story –
'Jesus teaches us.'

The story teaches us to love
God and others and to be fair
to others and make good
choices.

Which children in these pictures
are making Good choices?

PLAY TIME		
WHEN YOU'RE BORED		
AT SCHOOL		
WITH OTHERS		

color the picture that shows the best choice

*Super work.
You've done fantastic!*

