



Sports Day

You can choose to celebrate sports day on any day during the week 8th – 12th June or you can do a range of activities each day.

Don't forget to send your photo's in to Gaye our HSCL teacher.

Whatsapp 0877443779

Email: hscl@shjkillinarden.ie

Hi boys and girls,

This week you would have been celebrating sports day in school. But don't worry, you are going to have your very own sports day at home. This is going to be great fun because anyone at home can join in too!

Your senior infant sports day will be so special and unique to you.

Remember: it is so important to warm-up before any of the sports activities.

We hope you have lots of fun and we are looking forward to seeing some of the photo's that you send in!

The Senior Infant Teachers



https://www.youtube.com/watch?v=H6dFMU_E_LXU



<https://www.youtube.com/watch?v=XyMuRUJ4I4c>



Poppin' Bubbles - The Champiverse | GoNoodle

<https://www.youtubekids.com/watch?v=JdBIXPWM8AI>

Warm - up activities



Let's Get Fit | Count to 100 | Count to 100 Song | Counting to 100 |...

<https://www.youtubekids.com/watch?v=OTgLf3PMOc>



KIDZ BOP Kids - Cake By The Ocean (KIDZ BOP Workshop...)

<https://www.youtubekids.com/watch?v=pOS-yRxp81s>



5 Minute Move | Kids Workout 1 | The Body Coach TV

<https://www.youtubekids.com/watch?v=d3LPrhIOv-w>



https://www.youtube.com/watch?v=Sk_q_ShHDBM



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



<https://rtejr.rte.ie/10at10/>

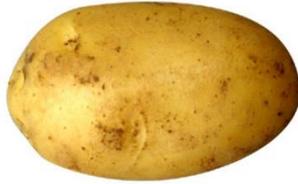
Warm up activities



<https://www.youtubekids.com/watch?v=9BrELdFBQnk>

Egg and spoon race

You will need: hard boiled egg or potato and spoon.



- Use a scarf, circles cut from cereal boxes, some string or chairs to mark out a finish line in your garden or area that you are racing in.

- Place the egg or potato on the spoon.



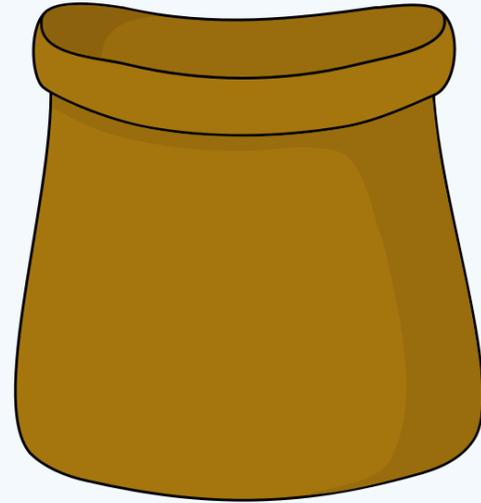
- Try and get to the finish line without dropping the egg or potato.

- Extra: You can decorate your egg before the race!!

Sack Race

You will need: pillowcase or binbag and socks.

- Use socks to create individual lines for each racer and create a finish line similar to the egg and spoon race!
- Put both legs into the pillowcase or binbag and hold on tight.
- Hop to the finish line,
- The first person to make it to the finish line first is the winner.



Knock em down pinball

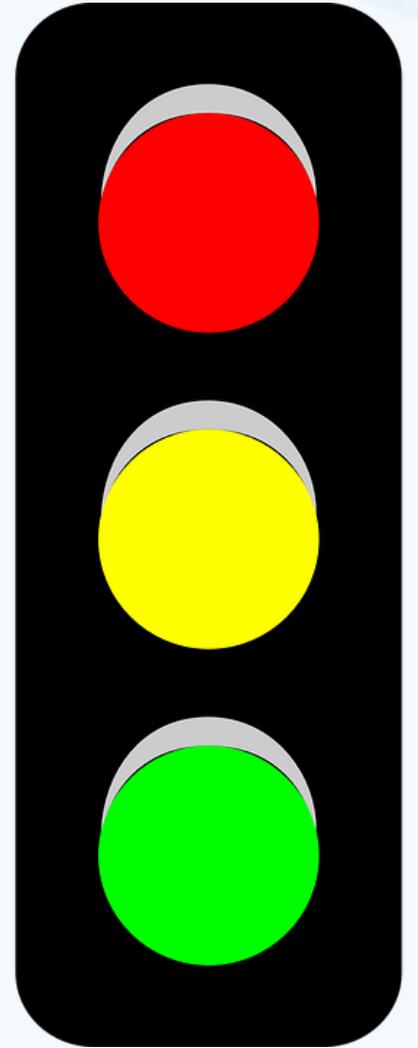
You will need: tennis balls and full or empty water bottles

- Gather some full or empty plastic water bottles and line them up together. They are now the target.
- Throw the tennis balls at the target and see how many you can knock down.
- Keep practicing to try and beat your own score!

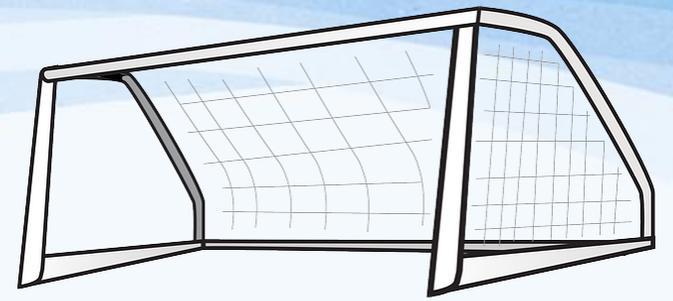


Game: Traffic Lights

- Children need to find an open space to move around in.
- On the signal 'GO', the children start to walk around in any direction. When they hear any of the following signals they must do the correct action:
 - Red: Stop
 - Green: Run
 - Amber: Walk



Through the gate



- In a pair, the children face each-other. They create their own 'gate' or goal using cones, t-shirts or books etc.
- They must be standing 5 metres apart if possible.
- They kick the ball to each-other and try to get the ball into the opposite gate. They earn a point every time that they do this.
- This activity can also be played by one person. Make a gate or goal at a wall, the target can be made as big or as small as necessary.

Tennis ball challenge

- Practice your throwing and catching skills by throwing a tennis ball at a wall and try to catch it.
- How many times can you do this without dropping the ball?
- This can be a little tricky, keep practicing and try to beat your own high score!

Walk the line

- Create your own line on the ground. Be as creative as possible. You can use chalk, water, tape, string etc.
- Imagine you are walking on a tight rope in the circus. You have to try your hardest to walk on the line using your balance.

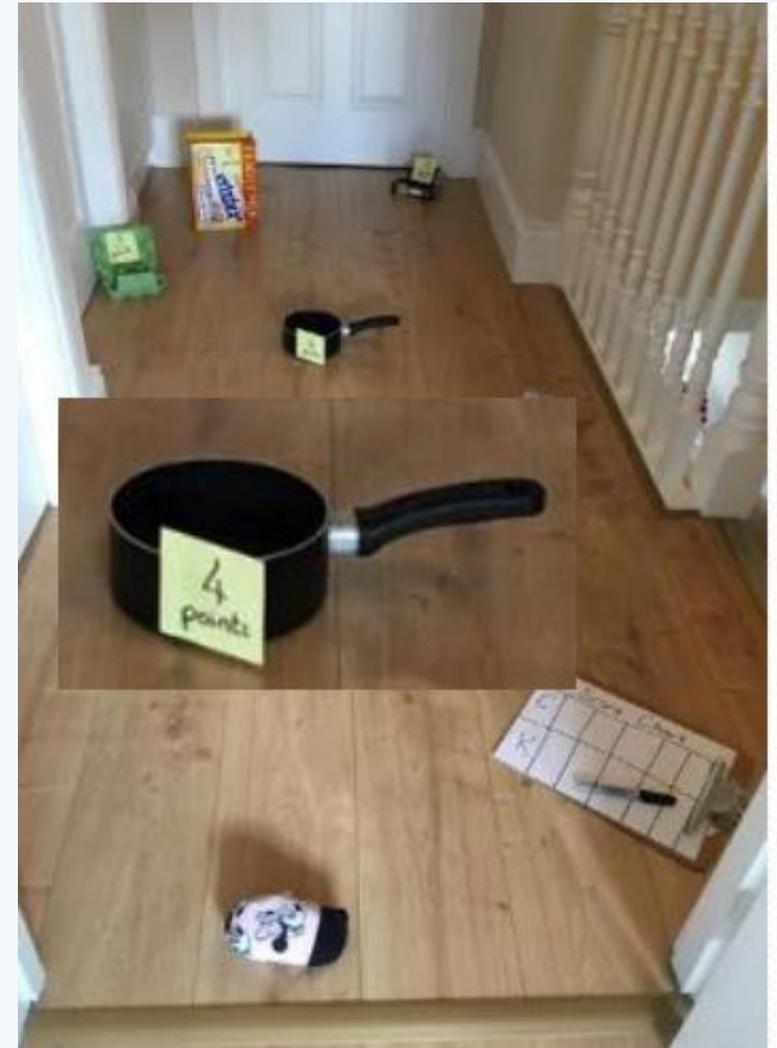
Wheelbarrow race

- Set up a finish line and find a partner.
- One of you will be the wheelbarrow. If you are the wheelbarrow you must put your two arms on the floor and let your partner hold your legs. (Like in the picture!)
- You have to try and walk to the finish line using your hands with your partner.
- This race is great fun!



Target throwing

- Use a sock and add a bag of rice or another sock to make your own bean bag.
- Collect items that you can throw the bean bag into - lunch box, cereal box, egg carton, pots, saucepans etc.
- Give each object a certain amount of points.
- Challenge each-other to see who scores the most amount of points.



Hurdle race

- Use toilet rolls or anything that you can jump over to create your own hurdles.
- To challenge yourself - make sure that they are all different levels.



Active stations

- Let the children create four of their own active stations. These can include creating their own games or activities that involve; running, jumping, throwing, balancing, gymnastics, dance and so on.
- Set the timer for as long as you wish and let the children rotate around the stations.



<https://www.youtube.com/watch?v=xlg052EKMTk>

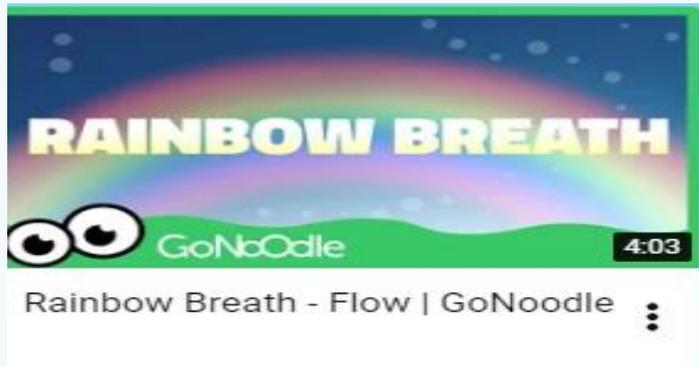


<https://www.youtube.com/watch?v=fTzXFPh6CPI>



<https://www.youtube.com/watch?v=LhYtcadR9nw>

Cool down activities



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



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

Congratulations boys and girls.
You have completed your sports
day activities.
We look forward to seeing your
pictures!!

