

Active Schools Week 2021 Timetable

Monday	Tuesday	Wednesday	Thursday	Friday
9:20-9:30 Wake up shake up 10 mins in the yard or classroom, (warm up activites etc.)	9:20-9:30 Wake up shake up 10 mins in the yard or classroom	9:20-9:30 Wake up shake up 10 mins in the yard or classroom	9:20-9:30 Wake up shake up 10 mins in the yard or classroom	9:20-9:30 Wake up shake up 10 mins in the yard or classroom
9:30-9:50 Bizzy Breaks Irish Heart Bizzy Breaks - Irish Heart	9:30-9:50 Bizzy Breaks Irish Heart Bizzy Breaks - Irish Heart	9:30-9:50 Bizzy Breaks Irish Heart Bizzy Breaks - Irish Heart	Sports Day	9:30-9:50 Bizzy Breaks Irish Heart Bizzy Breaks - Irish Heart
11:15-11:20 5 minute laps challenge (How many laps can you do in 5 mins)	11:15-11:20 5 minute laps challenge	11:15-11:20 5 minute laps challenge		11:15-11:20 5 minute laps challenge
11:20-11:50 Zumba in the Classroom	11:20-11:50 Yoga in the Classroom (Children to bring in a blanket or mat) Cosmic Kids Yoga - YouTube	11:20-11:50 Junior Room Obstacles Course Challenge Senior Room Orienteering		11:20-11:50 Nature Walk
1:30- 1:40 Junior Room	1:30- 1:40 Junior Room Cups and Saucers	1:30- 1:40 Junior Room Skipaton		1:30- 1:40 Junior Room Hula Hooping Challenge

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<p>Basketball challenge - how many hoops in 10 minutes?</p> <p>Senior Room Keepy Uppy Challenge</p>	<p>Senior Room Basketball challenge - how many hoops in 10 minutes?</p>	<p>Senior Room Cic Fada or Puc Fada Challenge</p>		
<p>2:30-3:00</p> <p>Soccer Penalty Kicks etc.</p>	<p>2:30-3:00</p> <p>Rounders</p>	<p>2:30-3:00</p> <p>Junior Room Orienteering</p> <p>Senior Room Obstacle Course Challenge</p>		<p>2:30-3:00</p> <p>Rounders</p>