**Inchicore NS Active Homework**

20th – 24th June 2022



Colour in the activity once it’s been done!

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| --- | --- | --- | --- |
| Cycle your bike  *10 minutes* | 10 squats & 15 lunges | Just dance activities  *10 minutes* | Run laps in your back garden  *5 minutes* |
| Walk your dog with a family member | Go to the playground | Go Noodle  *10 minutes* | Create your own obstacle course |
| Create a dance to your favourite song | Go for a jog with a family member | Practice a skill eg kicking  *10 minutes* | 20 jumping jacks |
| Go swimming with your family | Ride your scooter  *10 minutes* | Go for a walk *15 minutes* | Throw and catch a ball with someone  *5 minutes* |
| 20 sit ups | Skip  *2 minutes* | Play tag | Kick a ball with someone  *10 minutes* |

Every child needs 60 MINUTES of physical activity every day to be healthy. (World Health Organisation)

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Pupil signature

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Parent signature