



Active School Flag



Active School Week

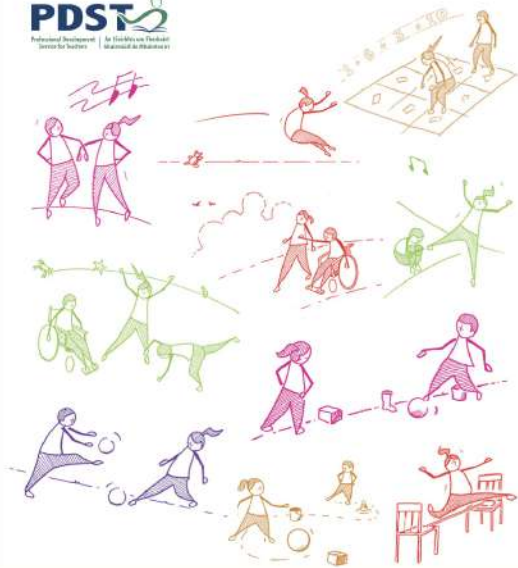
*Our school is working on renewing our Active School Flag.
This is a record of the work that we have undertaken for Active School Week.*

Our #ASW Dates:



Active
School
Week

Active Homework



PE HOMEWORK
Active Every Day

Games

Level 2 Activities



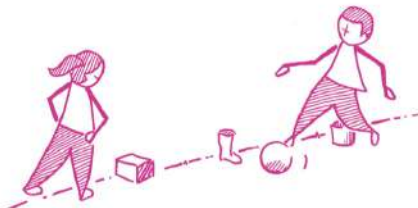
Under Control

Equipment Needed

A ball, six items to use as obstacles for example, soft toys, cans, bottles, tubs, small boxes or items of clothing.

How to play

Set up your obstacles in a straight line leaving 1 metre between obstacles. Dribble your ball with your feet or your hand, weaving around the obstacles. Alternatively, you can do this by striking the ball using a hurley or a small bat with a short handle.



Adapted from © PE at Home (DCU/PDST) - Games, 1st/ 2nd Class, Video 4

Athletics

Level 2 Activities



JUMPING

Obstacle Jump

Equipment Needed

Four obstacles to jump over such as toys, jumpers or boxes.

How to play

Place your obstacles two metres apart in the playing area. Skip or run up to each obstacle and jump over it.

Try jumping

- From two feet to land on two feet
- On one foot to land on the same or other foot



Adapted from © Move Well! Move Often - Book 1 Page 78

Whole School Fun Event



Trying New Activities



Team Challenges

