

Ballina Primary School/Bunscoil Béal an Átha

Virtual Sports Week Rang 1 – Rang 3

Monday

Activity 1 – Running

Rock, Paper, Scissors Tag

Arrange pupils in pairs, standing one metre apart and facing each other. All pairs line up along a centre line with a safety line positioned twenty metres behind both sets of pupils. Each pair begins by performing a rock-paper-scissors routine. A rock is a closed fist, paper is a flat hand, and scissors are the index and middle fingers in a cutting position. Paper always covers rock, rock breaks scissors, and scissors cut paper. To determine a winner, pupils count to three and form a rock, paper, or scissors. The winning pupil then chases their partner toward their safety line, attempting to tag them before they are safe. Line up again and repeat the activity.

<https://youtu.be/oYCPKHFvveM>

Activity 2 – Kicking

Kick to Score

Draw or stick target areas at various heights on a wall. Points should be placed in the centre of each target from one to five. Arrange pupils in groups of three or four. Pupils are given a score to achieve, e.g. ten. Groups must hit the targets on the wall to achieve that score. Pupils could try to score a penalty on Mom, Dad or a big brother or sister.

<https://youtu.be/XCGol4Y2Txk>

Tuesday

Activity 1 – Throwing

Tennis ball Challenge

Pupils work in pairs, one throwing and the other counting. The aim is to throw the ball against the wall and catch it again as many times as possible in thirty seconds. For safety reasons ensure that groups are spaced at least three metres apart.

<https://youtu.be/KxD8V6xvsLk>

Activity 2 – Landing

Jockeys Up

Arrange children in pairs (horse and jockey) and invite them to find their own space in an open playing area. On a signal the children carry out the following movements: - Under the bridge - the jockey crawls under the horse's body. - Long way to town - the jockey jumps clockwise in a circle around the horse. - Short way to town - the jockey jumps anti-clockwise around the horse. Jockeys and horses swap roles.

Wednesday

Activity 1 – Balance

Walk the Line

Pupils walk along a line on the floor (this could be a line painted on the floor, a strip of tape or a line of spot markers). Invite pupils to: - turn fully around in the middle without losing balance or toppling off the line - complete the task with their eyes closed (in pairs with one pupil acting as a guide) - hold a shape for a count of three as they balance on the line.

https://youtu.be/y_v3a56R1DE

Activity 2 – Co-ordination

All of the following activities help with co-ordination. All of the equipment used can be alternated to suit what you find at home. Where more than one person is involved, get your brothers and sisters involved or an adult, a neighbour or a friend. Always remember to follow the rules of social distancing.

<https://www.youtube.com/watch?v=ANJ3MxiObxw&feature=youtu.be>

Thursday

Traditional Sports Day Games

1. Wheelbarrow Race
2. Egg & Spoon/Potato & Spoon

3. Sack Race
4. 3-legged race
5. Sprint race

Friday

Design your own obstacle course

OR

Find Just Dance videos on youtube like these and practice your dance moves...

<https://www.youtube.com/watch?v=YUfoYCpJja0>

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

Parents: Please be webwise when using Youtube. More information on internet safety to be found on www.webwise.ie

Send your videos or pictures of you taking part in Virtual Sports Week to AODonnabhain@ballinaprimarieschool.com or to the school twitter account @BallinaPrimary.

