



Junior & Senior Infants Active Week Grid

(*resource available on See-Saw / Aladdin)

<p>Do the following exercises:</p> <ul style="list-style-type: none"> • 20 jumping jacks • 10 toe touches • 20 high knees • 10 arm circles 	<p>Go for a family walk / jog / cycle</p>	<p>Dance to your favourite song / Zumba video*</p>
<p>Create your own obstacle course* including:</p> <ul style="list-style-type: none"> • jumping over something • hopping on one leg • a twist/turn 	<p>Spell out your name using the different exercises on the alphabet chart*</p>	<p>Active story time (every time you hear a verb – act it out e.g. jump, fly, walk, run)</p>
<p>Pick 5 different animals and move around like them. For example, walk like a tall giraffe.</p>	<p>Throw a frisbee / ball with someone in your family</p>	<p>Run your own race!- Time yourself running a short distance. Run again aiming to beat yourself.</p>
<p>How long can you hold a balance for? Have a competition with your family. Try using different body parts e.g. 2 feet and one hand / 2 hands and one foot!</p>	<p>Do 10 minutes active housework e.g. Hoovering / dusting / mopping</p>	<p>Pick an exercise that you haven't tried before (e.g. balancing on one foot) and give it a go! Keep practicing for the week and see if you get better!</p>