

Week 2<sup>nd</sup> June 2020.

Hello everybody. I hope you enjoyed the summer sunshine of the weekend. As we are in the last number of weeks of school, homework has been reduced. I have included one subject per day and important water safety lessons. Unfortunately as we cannot have a school sports day this year it has been substituted with an esports week so I have included some fun sports day activities and games to play at home for example Egg & Spoon race, Fill the Bucket and so on. Also go to Go Noodle for lots of more games, dance, movement breaks etc. For anyone who would still like to set up See Saw the code is DXTR JDPV

**Water Safety:** As the weather has been very fine, we are hoping that you will have some time to discuss with your child the topic of water safety. Water Safety Ireland have been in contact with primary schools around Ireland with the following message. Water Safety Ireland's PAWS (Primary Aquatics Water Safety) programme outlines the essential life-saving guidelines that every child needs to know. Learn skills that can save lives. PAWS delivers invaluable lessons that are simple common sense. Every parent is more than qualified to guide their children through them, all lessons have been adapted to facilitate home learning. We predict that this summer will see a surge in the national usage of beaches, rivers, lakes etc. as a result of people not being able to travel. We would view primary school pupils as an at-risk drowning group. Given the disruption of COVID-19 to our education programmes, and the likely increase in usage of waterways, we feel it is essential to bolster our efforts to promote water safety. RTÉ Home School Hub PAWS is now on the RTE Home School Hub available by clicking the link below: <https://www.rte.ie/learn/2020/0513/1138157-learn-skills-that-save-lives-by-becoming-a-paws-hero/> The lessons and activities will guide children through Water Safety at home, on farms, in swimming pools, rivers, lakes and of course at the beach. Splash the Bear and River the Otter will show children how to stay safe at these locations, and how keep their family and friends safe too! By taking part not only will children be safer on or near the water, they can also become a PAWS HERO! All resources can also be found by visiting [www.teachpaws.ie](http://www.teachpaws.ie) . <https://www.rte.ie/learn/2020/0513/1138157-learn-skills-that-save-lives-by-becoming-a-paws-hero/>

Click on [www.teachpaws.ie](http://www.teachpaws.ie) and scroll down and click on find 3<sup>rd</sup> and 4<sup>th</sup> class. There are 4 lessons to complete, 1 for each day which have been assigned to the child's class work for the week.

**Tuesday:**

**English:** Complete a book or film review (your choice) using the attached templates.

**SPHE:** Water Safety Lesson 1.

*Activity 1: Heel flicks – jog in place while kicking your heels to your bottom. Keep going for 1 minute then rest for 1 minute. Try 5 times to beat your score. Activity 2: Any activities of your choice from esports week challenge cards. Have fun!*

**Wednesday: Athletics** – continue on any topics you like and aim for the next certificate. Try to gather as many points as you can in 30 minutes.

**SPHE:** Water Safety Lesson 2

*Activity 1: 1 minute of step ups. Rest for 1 minute. How many did you do? Try 5 times to beat that score.*

Step ups: Find a step, for example at the bottom of the stairs. Start by stepping up onto the step one foot at a time, then back down again. Remember to try start with both your left and right leg to strengthen them both.

Activity 2: Any activities of your choice from esports week challenge cards. Have fun.

### Thursday: Gaeilge

#### An Béar Bán

Seo an bear bán. Tá sé mór agus láidir (strong) agus chomh bán le sneachta. Is maith leis an sneachta. Ní bhíonn an bear bán fuar. Fásann fionnadh bán air (white fur grows on him). Is féidir leis rith go tapa (quickly). Is féidir leis snámh freisin.

Is maith leis iasc a ithe. Is maith leis rón (seal) a ithe freisin.

Cleachtaí – Fíor nó bréagach.

1. Tá an bear bán beag. \_\_\_\_\_
2. Tá an bear bán dubh. \_\_\_\_\_
3. 3 Fásann gruaig ar an mbéar bán. \_\_\_\_\_
4. Is féidir leis an mbéar bán snámh. \_\_\_\_\_
5. Is maith leis an mbéar bán sneachta a ithe. \_\_\_\_\_

Freagair na ceisteanna.

1. An bhfuil an bear bán mór agus láidir?
2. An féidir leis an mbéar bán ag rith go tapa? Is féidir .....
3. An féidir leis an mbéar bán snámh?
4. An maith leis an mbéar bán iasc a ithe? Is maith ....
5. An maith leis an mbéar bán rón a ithe?

### SPHE: Water Safety: Lesson 3

Activity 1: Body Balances for 10 minutes. Use different body parts to create a balance. For example, you could balance one leg and one arm, crouch down on one leg., stand on your tip toes with one arm up and the other to the side or even balance on one knee and your elbows. Try to hold the balance for 30 seconds and rest for 15 seconds before picking a new way to balance. If you are playing with others, take turns to pick balances.

Activity 2: Any activities of your choice from esports week challenge cards.

### Friday:

SPHE: Water Safety: Lesson 4 and become a PAWS Hero. Any other activities your child would like to do for fun, for example the colouring sheet.

Activity 1: Set up your own Family Olympics games. Get each participant to make up one or two events (indoor or outdoor) that everyone competes in. Who is your Champion?

Activity 2: Any activities of your choice from esports week challenge cards.