

Week 8th June 2020.

Hello everybody and I hope everyone is doing well. Once again, I have included one subject, some fun sports activities (extra from twinkl if required) and information about the virtual school tours Dublin Zoo that are showing on the Dublin Zoo you tube channel and their website. Check out the feeding times on their website if you would like to see the animals being fed.

Monday: English: Today is World Oceans Day, and on this special day people celebrate and honour the ocean, which connects us all. I would like you to read the attached power point on Ocean Acrostic poem. Write your own acrostic poem on any ocean creature for example DOLPHIN, draw and decorate.

Activity: Float the pond for 15 minutes. Take it in turns and see who has the quickest time. **How to play:** You will need two pieces of tissue for your lily pads. Pick an open space like a garden or large room, and pretend it's a pond. The goal is to cross the "pond" by walking on your two lily pads. Begin by standing on one side of the pond. Place one lily pad on the pond and step onto it with one foot. While balancing on one lily pad with one foot, place the second lily pad in front. Step onto the second lily pad and balance on one foot again. Continue doing this until you have crossed the entire pond. If you lose balance and fall into the "water" pretend to swim up to your lily pad again by doing five jumping jacks, then keep going until you cross the pond.

Tuesday: 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.

Activity: Tissue dance for 10 minutes. Who can keep their tissue on the longest? Try to knock the tissues off other players' heads to make it even harder.

How to play: Everyone starts with a tissue on their head. Start the music and begin dancing, but don't let the tissue hit the ground. If the tissue starts to fall, you can try to catch it and put it back on your head., but if the tissue lands on the floor, you are out! Last one with a tissue on their head wins.

Wednesday: This week is Scoil na Mara episode 3 and it have fantastic facts and interesting information about crabs, barnacles and tides. Watch it <https://youtu.be/q91kd6bhwBg> . I hope you enjoy it, hopefully we'll all get to the beach sometime soon.

Activity: Crab Walk Pick Up.

How to play: Set up a course – the length of the garden or around the living room. Place some soft items like gloves or tea towels at the end of the course. The aim of the game is to crab walk (on your hands and feet with tummy facing up) around the course and pick up an item each time you get to the end. The continue to crab walk the course with the item on your tummy. How many items can you pick up in 10 minutes? Challenge someone and see who can get the most items before they run out!

Thursday

SPHE; Topic Sun Safety. As it gets sunny we need to protect our skin from the dangers of the sun. Please read the power point attached on sun safety and design and colour a poster to encourage others to take care in the sun.

Activity: Dice Running

You need a dice for this! Roll the dice, whatever number you roll will tell you the speed you need to move at for the next 30 seconds. So: 1 = slow walk, roll 2 = normal walk, 3 – power walk (walking really quickly and moving arms as you walk), roll 4 – slow jog, roll 5 – normal running, roll 6 – sprint as fast as you can. You can do this on the spot if you don't have much space.

Friday:

Last week you completed either a book or film review. This week do the opposite, so if you wrote a book review last week write a film review this week. See the templates from home activities on the website under last week's work.

Activity: Try some activities that you like on Go Noodle.

Gaeilge Answers to last week

1. Bréagach
2. Bréagach
3. Bréagach
4. Fíor
5. Bréagach

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