

	Monday	Tuesday	Wednesday	Thursday	FRIDAY
PE	<p>Hurling</p> <p>Look up Dublin Hurlers skills challenges Week 2 on Youtube.</p> <p>Have a go at the boss/butt challenge!</p> <p>Video yourself and upload to Seesaw!</p>	<p>Football</p> <p>Look up Ciarán Kilkenny, Dublin footballer on Youtube - Toe Tap left and right.</p> <p>Get two footballs, one in each hand, solo left and right.</p> <p>Video yourself and upload to Seesaw!</p>	<p>Hurling</p> <p>Hand pass challenge - hand pass the sliotar off a wall as many times as you can in 30 seconds and then beat your best!</p> <p>Video yourself and upload to Seesaw!</p>	<p>Running</p> <p>Everyone run 1km as fast as you can!</p> <p>EVEN ME! We'll all post our times - fastest wins!</p> <p>Video yourself and upload to Seesaw!</p>	<p>Go for a cycle!</p>
SPHE	<p>Do a good deed for someone every day and let me know what you get up to!</p>				