 

Hi all,

This week is Active HOME Week. It runs for 7 full days from Monday 27th April – Sunday 3rd May. The aim of the initiative is to be as physically active as you possibly can be each and every day. We are asking you to do the following:

* 60mins. of daily exercise
* 4 different physical activities every day

I have attached the following documents for your benefit:

1. Information document for parents
2. Physical exercise bank of ideas
3. Challenge chart (printable and fillable)

The **challenge chart** must be filled in throughout the week with information of all the various exercises that you do at home. For example:

🡪 Walking the dog – 20mins. 🡪 Playing basketball – 10mins.

Write the pupil’s name at the bottom and the class that s/he is in.

The completed challenge chart must be sent back to your teacher at the end of Active Home Week.

Please note I have attached the **fillable** challenge chart pdf – this means that you can type on to it and complete on the laptop, computer or phone. Save it when finished and send back to your teacher.

Alternatively, if you prefer to have a hardcopy of the chart, print off (or simply get your child to free hand draw) the challenge chart and write your progress on to it. Send back using whatever means of communication works best for you i.e. scan and attach, take a photo etc.

From Monday – Thursday physical activity will be part of your schoolwork.

Our sports co-ordinator Mr. Enright has produced a sample video to launch Active Home Week. He was very busy making it at home over the last few days and would like you all to watch it. You can access the video on the following link:

<https://drive.google.com/file/d/1b3VQAJD61ak74dQ-8Ijv1D6I-BNwUiaT/view?userstoinvite=dromcsch@gmail.com&ts=5ea5674e&actionButton=1>

Remember, Active Home Week is about having fun at home with your family while exercising regularly and trying out new challenges and activities – make the most of it!

