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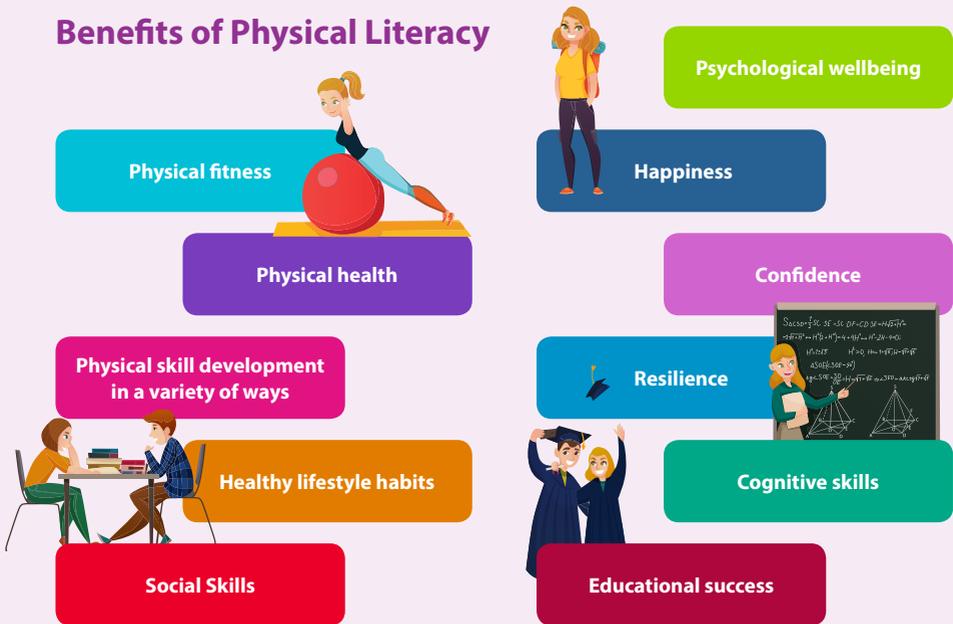


# Introduction

This resource has been developed by primary teachers to bring your child's Physical Education experience home. The PE Homework - Active Every Day activities are designed to complement the activities that your child is learning in school.

Research shows that physical education, as an integral part of your child's education, provides vital opportunities for physical, social, emotional and intellectual development. Children who experience joy and fun through the medium of movement at school are more likely to continue to be active later in life if they have the opportunity to practise what they have learned in a wide range of environments, such as the home and community. This enables them to develop Physical Literacy.

## Benefits of Physical Literacy



## What does your child learn about in Physical Education?

The PE Curriculum meets the needs of your child for movement experiences, challenges and play. It aims to develop a desire for daily physical activity and encourages constructive use of free time and participation in physical activities in adult life. To fulfil these needs, Physical Education is built on the principles of variety and diversity, not of specialisation. It provides a wide variety of movement activities appropriate to the level of development of the child. The curriculum is divided into the following six strands:

# Introduction



AQUATICS



ATHLETICS



DANCE



GAMES



GYMNASTICS



OUTDOOR &  
ADVENTURE

## How to use this resource

This resource provides a selection of activities that your child can choose from, based on the strand that they are exploring in their Physical Education class. The activities in this resource are differentiated across three levels - Level 1, Level 2 and Level 3.

- Level 1 is generally aligned to the Infant classes
- Level 2 is generally aligned to 1st, 2nd or 3rd classes
- Level 3 is generally aligned to 4th, 5th or 6th classes.

Select the activities that best suit the needs and abilities of your child. Children can move up or down through the levels if they wish. If there is more than one child in the household, they can help each other with their PE homework!

The activities outlined in this resource can be completed inside the home or outside in whatever space is available to the child. All activities can be completed individually by the child, or they can be adapted to include family members, neighbours or friends. Remember to warm-up before you start! You will find some fun warm-up activities on our website - [www.scoilnet.ie/pdst/pehomework](http://www.scoilnet.ie/pdst/pehomework)

## Reflect on your progress

This resource invites your child to share what they have learned at school with their family members at home. Encourage your child to show you what they have learned, and to talk about their PE experiences. Your child may have a PE journal, or copybook. Invite your child to use their PE journal to reflect on their learning by

- writing about or drawing what they did in PE or what activity they completed for homework,
- setting movement goals and learning targets,
- keeping physical activity records or
- creating new games using the skills they are developing in PE.

A range of reflective templates and prompts are presented on page 107 of this activity book.

Children can print out the PE Homework Chart and display it in the home to track their progress. Alternatively, they can keep a note of the activities that they have completed in their PE journal. If they have a favourite activity, they can complete it more than once!

# Introduction

*This resource is designed to be fun and engaging for your child. By completing short, interesting, engaging physical activities every day, you are helping your child to develop healthy lifestyle habits that will support their wellbeing in body and mind. If your child associates fun and enjoyment with physical education lessons and gains a sense of achievement in practising their skills at home, they will develop the positive attitudes so necessary for continued participation in physical education lessons and physical activity for life.*

For more resources to support your child's learning in physical education, and their physical literacy journey, see page 120 of this activity book or visit [www.scoilnet.ie/pdst/pehomework](http://www.scoilnet.ie/pdst/pehomework)

## Here are a few ways that you can support your child on their physical literacy journey:

### **Be an active role model**

Children learn from what they see others do. If they see you being active and enjoying a wide range of movement activities, chances are they'll want to be more active too!

### **Play with your child**

Create opportunities to be active or play as a family. The activities don't have to be elaborate. Something as simple as a walk to the park is great! For lots of ideas about active play in the home, visit <https://www.gov.ie/en/campaigns/lets-play-ireland/>

### **Introduce children to a variety of movement activities**

The more variety your child experiences, the more likely they are to find something that they really enjoy. Aim to involve your child in lots of different ways to be active such as team sports, yoga, walking, climbing, swimming/splashing, orienteering, dancing or cycling.

### **Encourage**

Just like with reading and maths, physical literacy will take time to develop. Be patient and supportive while your child's brain and muscles grow and provide opportunities for practice.

### **Be an advocate**

You can become involved in decisions about community design, community programmes and even physical education in your child's school. Advocate to your local council for more parks, footpaths and green spaces. Speak with your child's teacher, coach or instructor about how they are supporting your child in becoming physically literate.





## Level 1 Activities

### Teddy on the Move

#### *Equipment Needed*

A teddy, a soft toy or a beanbag (Make your own beanbag using a sock filled with some rice. Tie the sock with an elastic band.)

#### *How to play*

Can you balance your teddy or beanbag on the following body parts? First, perform the balances while standing on the spot and then while walking around.

palm of your hand | head | foot | shoulder | back of your neck | tummy

You can now make things a bit more exciting for your teddy. Throw your teddy up in the air and catch it with two hands and then with one hand. Throw your teddy up in the air and count how many claps of your hands you can do before you catch it. Try to beat your score!



Adapted from  [PSSI Lesson Plans - Junior Infants/Senior Infants Lesson 1 page 2](#)



# Level 1 Activities

## Traffic Lights

### *Equipment Needed*

No equipment needed.

### *How to play*

Invite someone at home to join you.

One person calls out directions, while the other follows the actions:

Green: jog or run around the space

Yellow: jump or hop on the spot

Red: stand still like a statue



Adapted from  [Move Well Move Often - Activity Book 1, page 26](#)



## Level 1 Activities

### Through the Gate

#### *Equipment Needed*

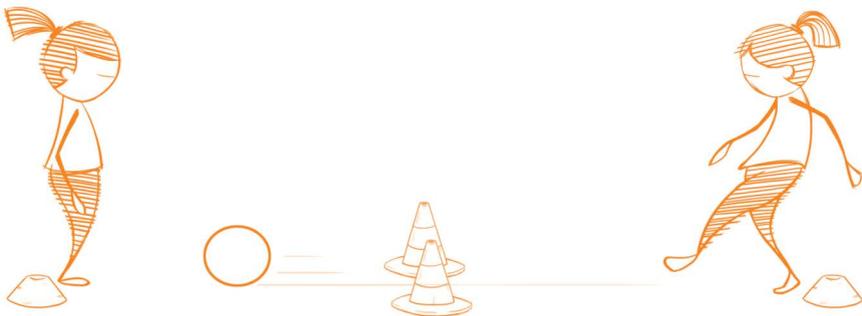
A ball, two cones to outline your gate, (alternatively you could use two cans, bottles or jumpers).

#### *How to play*

Set up a gate using the equipment that you have available. Stand with your ball two metres away from your gate. Try to kick your ball through the gate.

To make the game more challenging, stand further away from the gate or decrease the width of the gate.

If you have a partner at home you could try kicking the ball to each other through the gate.



Adapted from  [Move Well Move Often - Activity Book 1, page 178](#)



## Level 1 Activities

### What Time is it Mr. Wolf?

#### Equipment Needed

No equipment needed.

#### How to play

Invite someone at home to be Mr Wolf. They stand with their back to you, at a distance away. You ask the question 'What time is it Mr. Wolf?' If Mr. Wolf says 6 o'clock, take 6 steps towards them. If Mr. Wolf says, 'Dinner time', the wolf turns and chases you.



Adapted from  [Move Well Move Often - Activity Book 1, page 131](#)



## Get Creative

### *Equipment Needed*

---

A cuddly toy, a teddy, or a small ball.

### *How to play*

---

Using your favourite teddy, cuddly toy or small ball, can you make up a game for different ways of throwing (overarm, underarm) and catching (two hands, one hand) with someone in your house?





# Level 1 Activities

## Use your Imagination

### *Equipment Needed*

A cuddly toy, a teddy, or a small ball.

### *How to play*

Using your teddy, cuddly toy or small ball, hit an object (for example, a plastic bottle or a cardboard box) with an underarm throw. Can you do it two times in a row? Move five steps back and try it again.





## Level 2 Activities

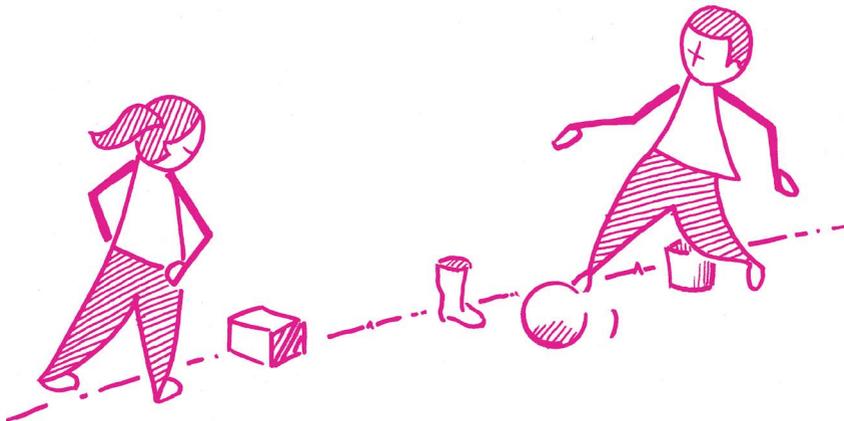
### Under Control

#### *Equipment Needed*

A ball, six items to use as obstacles for example, soft toys, cans, bottles, tubs, small boxes or items of clothing.

#### *How to play*

Set up your obstacles in a straight line leaving 1 metre between obstacles. Dribble your ball with your feet or your hand, weaving around the obstacles. Alternatively, you can do this by striking the ball using a hurley or a small bat with a short handle.



Adapted from  [PE at Home \(DCU/PDST\) - Games, 1st/ 2nd Class, Video 4](#)



## Level 2 Activities

### Your Move

#### Equipment Needed

A ball or a rolled up pair of socks or a balloon.

#### How to play

Move the ball in the following ways:

- Around your waist
- Around your knees
- Make a figure of eight through your legs
- Bounce the ball between your legs from back to front and front to back
- Lift your leg and bounce the ball under it.



Adapted from  [PSSI Lesson Plans - 3rd/4th Lesson 1, Page 2](#)



## Level 2 Activities

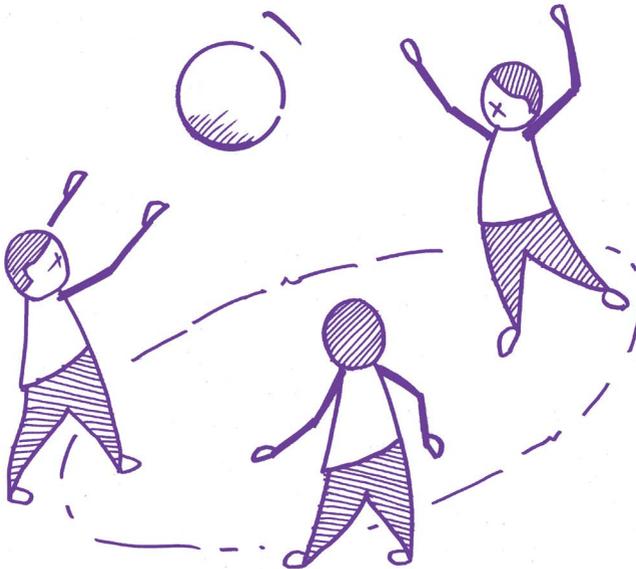
### DONKEY

#### *Equipment Needed*

A ball or item to be passed such as a rolled up pair of socks.

#### *How to play*

Invite someone from your home to play the game DONKEY with you. Throw the ball over and back to the other people in the game. If you drop it you get the letter D and so on. The person who has the least amount of letters when the first person spells out the full word is the winner.



Adapted from  [PSSI Lesson Plans - 2nd Class, Warm up bank, page 7](#)



## Level 2 Activities

### Chinese Knee Boxing

#### *Equipment Needed*

No equipment needed.

#### *How to play*

Invite someone from home to stand opposite you. On a signal, try to tip the outside of the other person's knees with your hand. Each time you do, you win a point. Practise shuffling and dodging so that they can't tip your knees!



Adapted from  [PSSI Lesson Plans - 3rd - 6th Class, Warm up bank, page 8](#)



## Level 2 Activities

### Busy Brain Time

#### *Equipment Needed*

A cuddly toy, a teddy, or a large ball, items to use as obstacles such as plastic bottles or food cans.

#### *How to play*

Using a large ball, make a simple dribbling obstacle course. Dribble the ball around the obstacles. Dribble by touching the ball off the inside of one foot and then the other foot. Try to complete this challenge using a smaller ball.





## Level 2 Activities

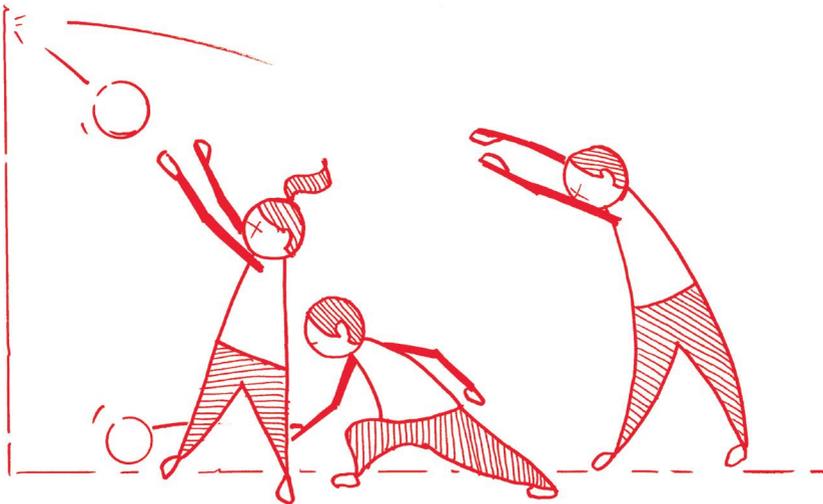
### Thinking Cap On

#### *Equipment Needed*

A large ball, a teddy bear or a rolled up pair of socks.

#### *How to play*

Make up a game to practise different ways of throwing, catching and rolling against a wall in the playing area. Invite someone from home to play with you. Can you make a scoring system for your game? (for example, one point for a throw and catch, two points for a throw, clap and catch).





## Level 3 Activities

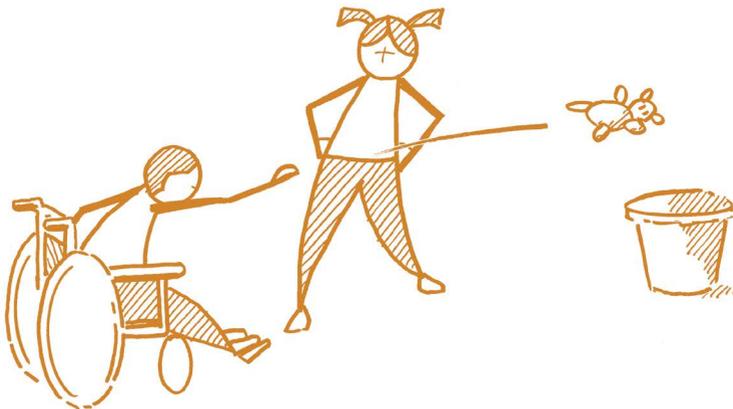
### Target Practice

#### *Equipment Needed*

A ball or a rolled up pair of socks, items to mark targets on the wall, for example pieces of paper or cardboard.

#### *How to play*

Place your targets on the wall at various points or levels (high or low). Allocate a number of points to each target based on its difficulty. Using a kick from your hand or the ground, a chest pass, a strike with the hand or volley, strike one of the targets. Try standing further back from or closer to the targets. Try to beat your own score or challenge someone at home to beat your score.



Adapted from  [Beyond the Classroom - Throwing Video A](#)



## Level 3 Activities

### Wall Tennis

#### Equipment Needed

A tennis ball, a racquet.

#### How to play

Using a tennis ball and working with a partner or against a wall, practise a one versus one rally.

You may use a racquet or the palm of your hand. Bounce and strike the ball to begin. Count your strikes. Continue for as long as you can without dropping the ball.

Try to improve your score each time.

To make this game more challenging alternate your left and right hands when striking.



Adapted from  [PSSI Lesson Plans - 5th/6th Class, Lesson 7, page 3](#)



## Level 3 Activities

### Tail-Tag

#### *Equipment Needed*

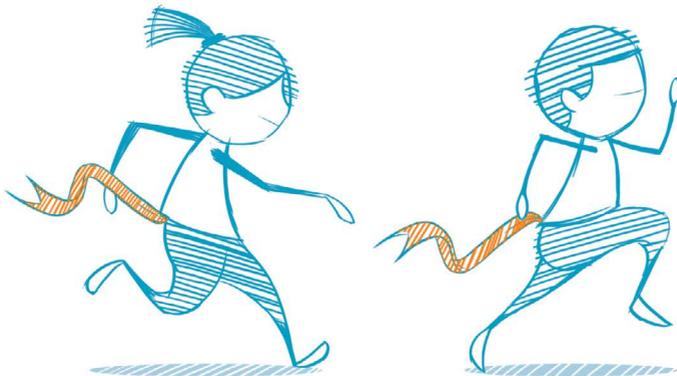
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A t-shirt or a tea-towel to tuck into your waistband.

#### *How to play*

---

Invite one or more people in your house to join you. Tuck a t-shirt into your waistband. Chase each other and try to grab the other person's tail. If your tail is grabbed, do 10 jumping jacks. Start again!



Adapted from  [Move Well, Move Often - Book 2, page 30](#)



## Level 3 Activities

### Reaction Drop

#### Equipment Needed

Two tennis balls or two rolled up pairs of socks.

#### How to play

Invite someone at home to stand opposite you. One person holds two tennis balls at eye level and drops them. The other person tries to catch the balls.

- Allow a bounce or no bounce before you catch
- Catch one or both together
- Dropper calls 'left' or 'right' hand to catch
- Dropper stands up on a couch or chair, behind the catcher, and drops the balls in front of the catcher's view



Adapted from  [Move Well, Move Often - Book 2, page 144](#)



## Level 3 Activities

### Healthy Mind, Healthy Body

#### Equipment Needed

---

A small ball.

#### How to play

---

Using a small ball, create a throwing, catching, bouncing and striking sequence against a wall or with a partner.

For example:

- Throw - clap - catch
- Bounce - clap - catch
- Handpass - clap - catch

Challenge yourself to create a more difficult sequence. Challenge a partner.





## Level 3 Activities

# Happy Head and Happy Heart

### *Equipment Needed*

---

A large ball.

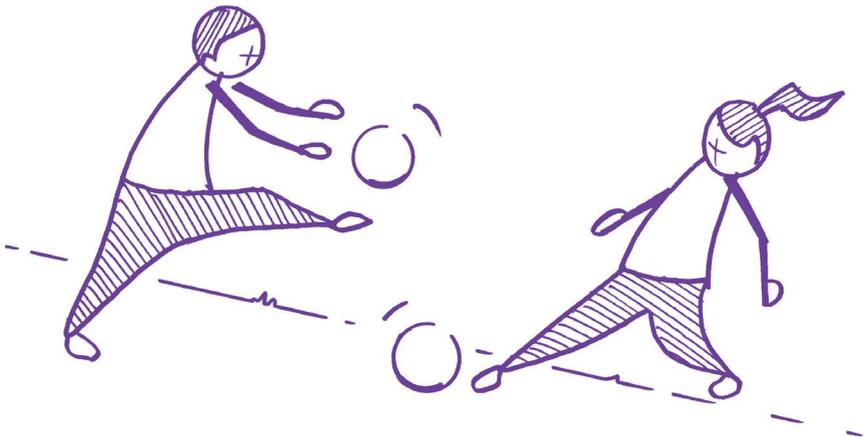
### *How to play*

---

Using a large ball, create a game to practise different kicking skills.

- Kicking from the ground with the instep
- Kicking from the hand against a wall
- Kicking with someone from home

Can you increase or decrease the distance?





## Level 1 Activities

### RUNNING

## Move Like An Animal

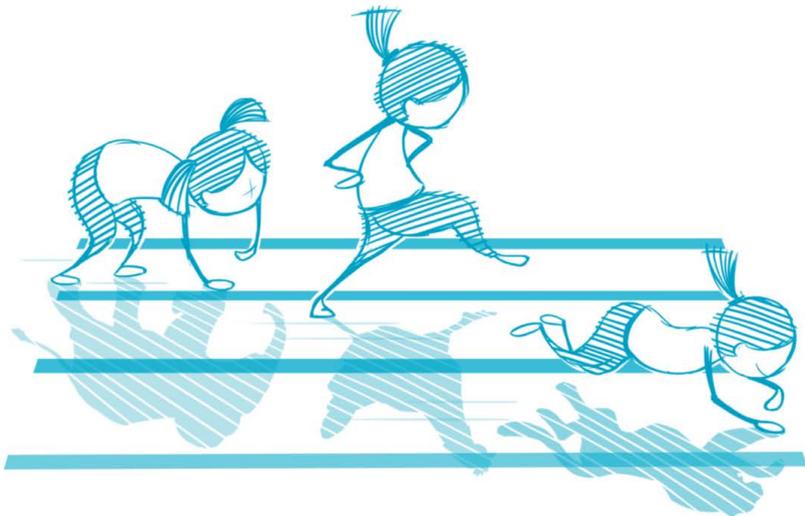
#### *Equipment Needed*

Two teddies, cuddly toys or cans of food.

#### *How to play*

Use your teddies as markers. Place them five metres apart. Run up and back from teddy to teddy ten times.

Try running like different animals such as a cheetah, a hippo or a chicken. Practise running at different speeds such as running after a bus, running out of water, backward running.



Adapted from  [Move Well, Move Often - Book 1 Page 27](#)



## Level 1 Activities

### RUNNING

## Standing Starter Sprints

#### *Equipment Needed*

Two teddies, two t shirts.

#### *How to play*

Place two teddies ten metres apart. Stand at one teddy and invite someone at home to stand at the other. Practise “On your marks, set, go” with your partner calling out the commands. Sprint over to your partner. Swap roles.



Adapted from  [PSSI Lesson Plans - Infants Lesson 3 Page 4](#)



# Level 1 Activities

## JUMPING

### Long Jump One

#### *Equipment Needed*

Two teddies or jumpers to mark the start and finish of your jump.

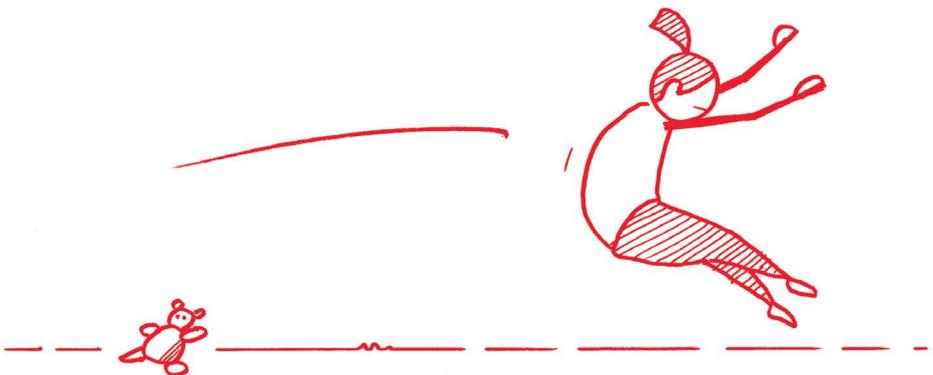
#### *How to play*

Place one teddy down as the starting point. Exploring jumping for distance:

- Jump two feet and land on two feet
- Jump one foot to land on two feet
- Jump one foot to land on one foot

Place another teddy down where you land.

Note which type of jump is your longest distance!



Adapted from  [Move Well, Move Often - Book 1 Page 79](#)



## Level 1 Activities

### JUMPING

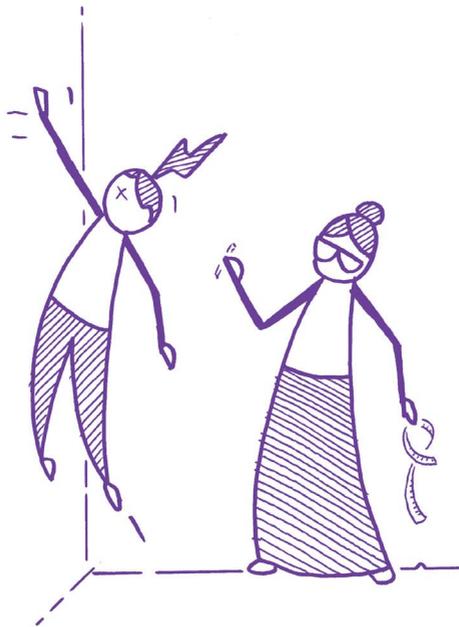
## Vertical Jump

#### *Equipment Needed*

A piece of chalk or a pencil and a measuring tape.

#### *How to play*

Stand sideways to a wall in the playing area. Practise jumping up high and straight, to touch the wall. Invite someone from home to mark your jump height with chalk. Try to beat your previous height. Turn around and try on the other side reaching up with your other hand!



Adapted from  [Move Well Move Often - Jumping for Height Video](#)



## Level 1 Activities

### THROWING

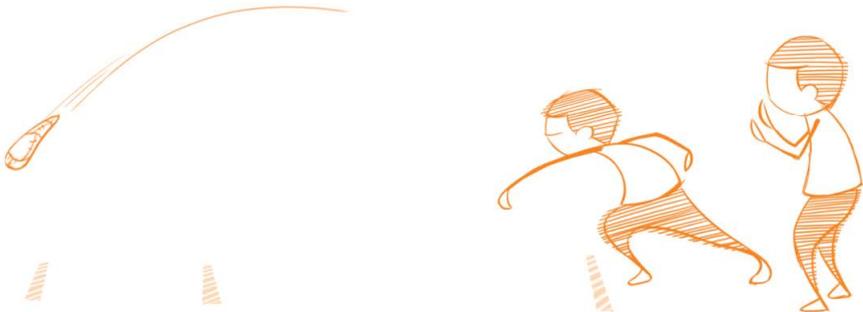
## How Far Can You Throw?

#### *Equipment Needed*

A teddy, a soft toy or a beanbag.

#### *How to play*

Invite someone at home to play with you, or play on your own. Stand at your starting line and throw as far as you can. How many different ways can you throw? (underarm, overarm, chest-pass, throw from each hand etc). Walk to where your teddy lands. Count your steps as you walk. Try to beat your score or your partner's score.



Adapted from  [Move Well, Move Often - Book 1 Page 160](#)



## Level 1 Activities

### THROWING

## Flying Teddies

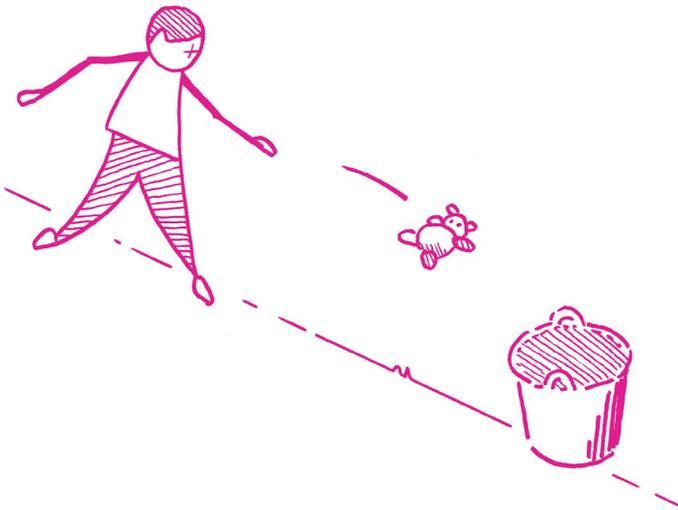
#### *Equipment Needed*

A teddy or a soft toy, a target for example a bin or a basket or a bucket or a hoop.

#### *How to play*

Place your target one metre away from you. Stand facing your target. Practise throwing your teddy into the target. How many different ways can you throw? (underarm, overarm, chest-pass, throw from each hand etc). Each time your teddy lands in the target, move the target one step further away from you.

Switch the rules around, for example, if you lose you become the chaser.



Adapted from  [Beyond the Classroom - Throwing Video C](#)



## Level 2 Activities

### RUNNING

## Super Shuttle Runs

#### *Equipment Needed*

---

Three jumpers or three t-shirts.

#### *How to play*

---

Place three jumpers on the ground five metres apart. Start at the first jumper, sprint out to the second and back to the first.

Next sprint out to the third jumper and back to the first.

Invite someone at home to time you. Try it again to beat your time!

Imagine that you are your favourite sportsperson!





## Level 2 Activities

### RUNNING

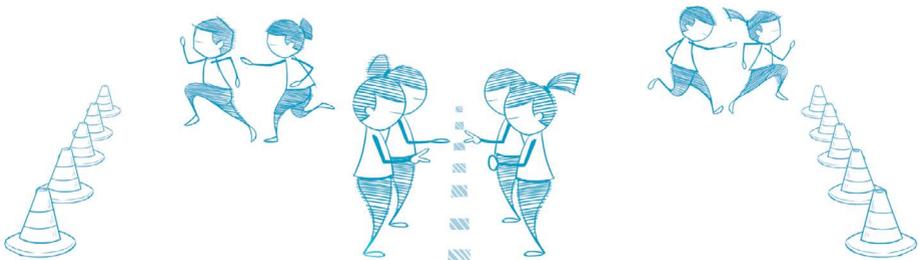
# Rock Paper Scissors Tag

#### *Equipment Needed*

An open playing area and a den or safezone.

#### *How to play*

Invite someone at home to play Rock, Paper, Scissors with you. The winner of this game then chases and tries to catch the other person before they reach the den or safezone. If you catch the other person you receive a point. The first person to reach three points wins the game. Switch the rules around- if you lose Rock, Paper, Scissors you become the chaser.



Adapted from  [Move Well Move Often - Book 2 Page 28](#)



## Level 2 Activities

### JUMPING

# Long Jump Two

#### *Equipment Needed*

A length of rope or string and a teddy or jumper.

#### *How to play*

Use the rope as the start line on the ground. Practise:

- A standing long jump from the line
- Jumping two feet and landing two feet
- Running up to the line and jumping

Mark the distance of your jump with your teddy. Try to improve your distance.



Adapted from  [Move Well, Move Often - Jumping for Distance Video](#)



## Level 2 Activities

### JUMPING

## Obstacle Jump

#### *Equipment Needed*

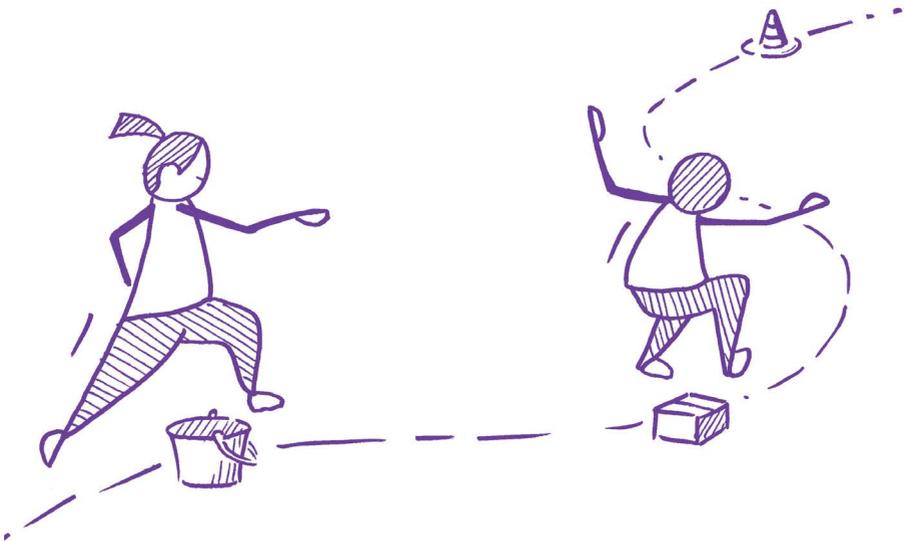
Four obstacles to jump over such as toys, jumpers or boxes.

#### *How to play*

Place your obstacles two metres apart in the playing area. Skip or run up to each obstacle and jump over it.

Try jumping

- From two feet to land on two feet
- On one foot to land on the same or other foot



Adapted from  [Move Well Move Often - Book 1 Page 78](#)



## Level 2 Activities

### THROWING

## Tennis Ball Challenge

#### *Equipment Needed*

A tennis ball.

#### *How to play*

Stand one metre away from your wall. Practise your underarm and overarm throws to the wall and catch. How many can you do in one minute? To challenge yourself try to use your non-dominant arm. Challenge someone at home to beat your score.



Adapted from  [Move Well Move Often - Book 2 Page 159](#)



## Level 2 Activities

### THROWING

## Step it Out

#### *Equipment Needed*

A tennis ball, a teddy or a beanbag.

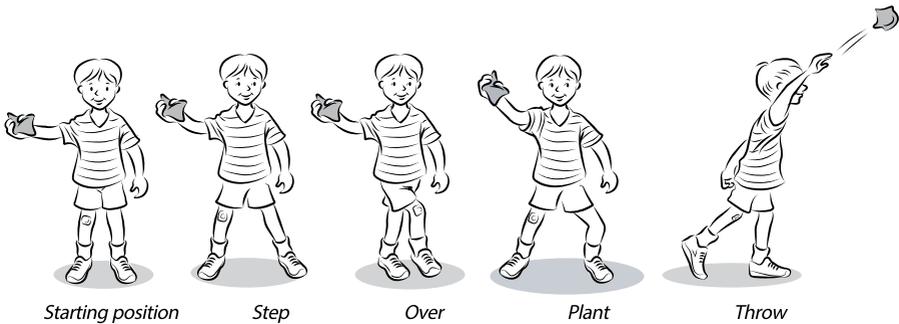
#### *How to play*

Practise the stepping sequence for throwing a javelin -step-over-plant-throw.

Walk to where your teddy lands. Count your steps as you walk.

Try to beat your score.

Invite someone at home to play with you.



Starting position

Step

Over

Plant

Throw

Adapted from  [PSSI Lesson Plans - Athletics, 3rd/4th Class Lesson 3 page 3](#)



## Level 3 Activities

### RUNNING

## Reaction Rocket Races

#### *Equipment Needed*

Two jumpers or two t shirts.

#### *How to play*

Lay out two jumpers ten metres apart in a playing area. Invite someone in your house to shout "GO". Get up and sprint from the following positions:

- Lying on your tummy
- Lying on your back
- Sitting on your bum
- Kneeling on the ground

Which one of these positions do you sprint the fastest from?



Adapted from  [PSSI Lesson Plans - 5th/6th Lesson 1 Page 2](#)



## Level 3 Activities

### RUNNING

## Stamina Run

#### *Equipment Needed*

An open playing area, a stopwatch, a whistle.

#### *How to play*

Invite someone at home to run with you. Run at a pace that allows you both to run for five minutes without stopping.

While you run, discuss the following topics:

- Your favourite breakfast, lunch or dinner
- Your favourite movie, book or television programme
- Your favourite holiday, animal or musician



Adapted from  [Move Well Move Often - Book 3 Page 19](#)



## Level 3 Activities

### JUMPING

## Triple Jump

### *Equipment Needed*

A line of rope or string, an object to mark your distance for example a teddy or a jumper.

### *How to play*

To learn how to do the triple jump, practise the following steps:

1: Jog, take off on one foot, land on the same foot (this is called a hop).

Practise this several times.

2: Jog, take off on one foot and land on the other foot (this is called a step).

Practise several times.

3: From a standing position, do the hop, then the step and then a jump as far as you can. Try to link the 3 moves together without any pauses.

4: From a jogging start, do the hop, then the step and then the jump as far as you can.

5: Using a start line of rope or string, jog up to the line then begin the hop, step and jump. Mark your distance from the start line with your teddy or jumper and try to beat your score!



Adapted from  [PSSI Lesson Plans - Athletics 5th/6th L4 p.4](#)



## Level 3 Activities

### JUMPING

## Hurdle Jump

#### *Equipment Needed*

Two chairs and a sweeping brush or mop.

#### *How to play*

Set up your hurdle by placing two chairs facing each other about one metre apart in the playing area.

Place the brush resting across the two chairs to make a bar to jump over. It should be at about knee height.

Practise jogging up to the bar and jumping over it. Take off from one foot and land on the other.

How many hurdle jumps can you do without knocking the bar?



Adapted from  [PSSI Lesson Plans - Athletics 5th/6th L3 pg.3](#)



## Level 3 Activities

### THROWING

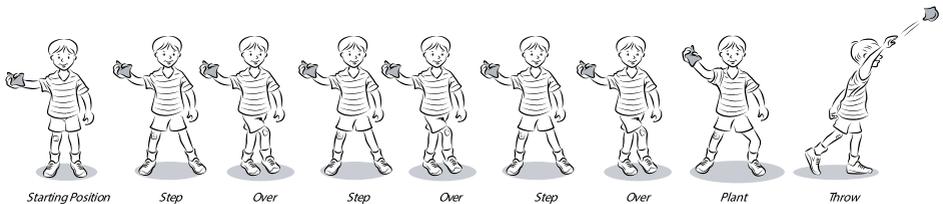
## Run and Let Go

#### *Equipment Needed*

Something to throw such as a beanbag, a ball or a soft toy.  
A piece of string, a scarf or a skipping rope to use as a throwing line.

#### *How to play*

In your playing area choose your start line. Place your throwing line five metres away.  
Take a short, fast approach run and throw your ball as far as you can.  
Walk to where your ball lands. Count your steps as you walk. Mark where your ball landed.  
Try to improve your throwing distance each time.



Adapted from  [PSSI Lesson Plans - Athletics, 5th/6th Class Lesson 1 page 4](#)



## Level 3 Activities

### THROWING

## Knock 'Em Down

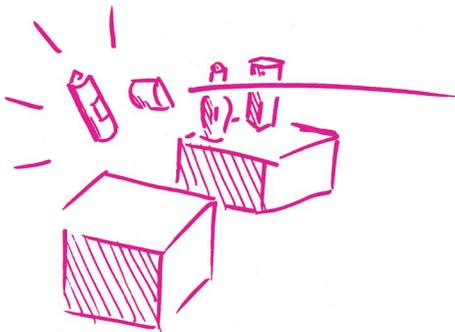
#### *Equipment Needed*

A ball or a beanbag, objects to use as targets for example empty plastic bottles or cans.

#### *How to play*

Place the targets five metres away from you. Throw overarm from a standing position trying to knock down the targets.

To increase the challenge throw with your non-dominant arm or increase your distance from the targets.



Adapted from  [Beyond the Classroom - Throwing Video B](#)



## Level 1 Activities

### Musical Statues

#### *Equipment Needed*

Music.

#### *How to play*

Play one of your favourite songs and dance freestyle. Ask someone to stop the music now and then during the song. Freeze and make a shape with your body, for example: a wide, narrow, twisty, small or curled shape.





## Level 1 Activities

### Follow the Leader Dance

#### Equipment Needed

Music.

#### How to play

Play a piece of your favourite music (or why not try “The Lion Sleeps Tonight”). One person leads and the other person follows using movements such as skipping, jumping, hopping, side stepping, sliding or crawling to the music.

Can you dance like different animals of the jungle? - tiger, lion, snake, zebra, giraffe, frog.



Adapted from  [PSSI Lesson Plans - Junior Infants/Senior Infants Lesson 4 Page 3](#)



## Level 1 Activities

### Traffic Lights

#### Equipment Needed

Red, Orange and Green Circles (these can be made at home with paper and colours).

#### How to play

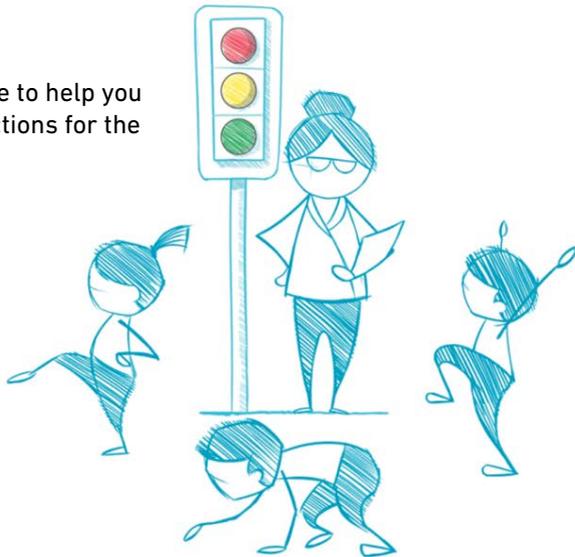
Play a piece of music (loud or soft) and move around the area. When someone at home holds up the different coloured cards do the following actions, while the music is playing:

Red: Stop

Orange: Walk

Green: Run

Invite someone at home to help you to make up different actions for the colours.



Adapted from  [Move Well Move Often - Book 1 Page 26](#)



## Level 1 Activities

### The Chicken Dance

#### *Equipment Needed*

Music.

#### *How to play*

Play the song “The Chicken Dance” and move along with the actions.



Adapted from  [www.gonoodle.com](http://www.gonoodle.com)



## Level 1 Activities

### Come to Me

#### Equipment Needed

Music.

#### How to play

Watch the video of this Folk Dance and copy the steps.

#### Formation:

Any number of couples with one person on the outside facing the person on the inside.

#### Part A

When the first chord strikes, one person bows and the other person curtsies. As the music plays, they sing "Come to Me, Come to Me, Come to Me" skipping inwards. Then they skip outwards, singing "Go from Me, Go from Me, Go from Me"

#### Part B

Joining the right arms at the elbow, skip clockwise, singing Tra la la la, Tra la la la, Tra la la la la la la, turning to finish in their places.

#### Part C

Facing each other, clap your own hands once, clap your partner's right hand, clap your own hands again and clap your partner's left hand. Repeat these actions again.

#### Part D

Joining the left arms at the elbow, skip anticlockwise singing Tra la la la, Tra la la la, Tra la la la la la la turning to finish in their places.



Adapted from  [PDST Folk Dance Resource](#)



## Level 1 Activities

### Skipping Statue Game

*Equipment Needed*

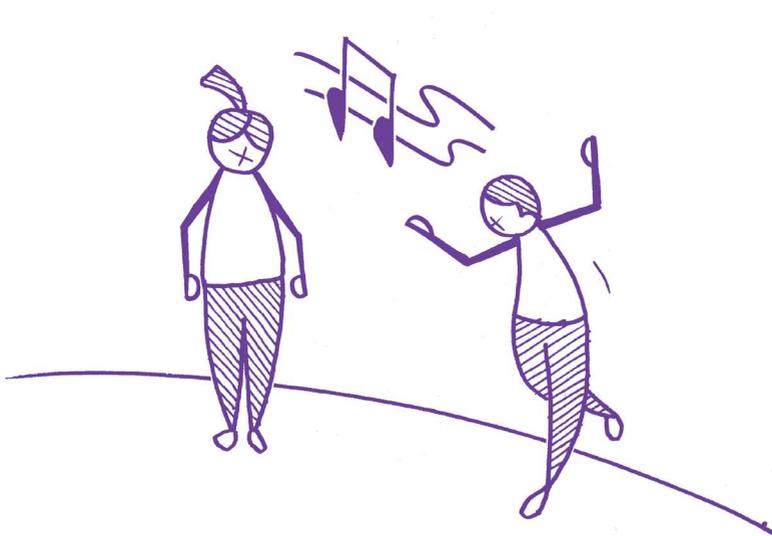
---

Music.

*How to play*

---

Invite someone at home to play Irish Reel music (this may be found online). Skip to a count of one, two, three to the music around the playing area. When the music stops, stand still. When the music stops, make a wide, narrow, straight or curled shape.





## Level 2 Activities

### Dance Mirrors

#### Equipment Needed

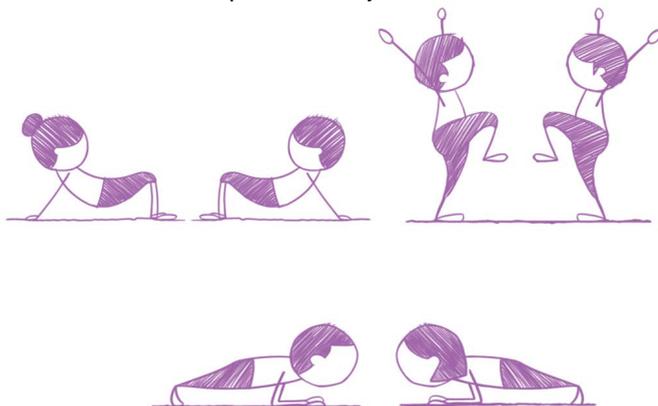
Music.

#### How to play

Play a song and create a dance which incorporates four or more different body shapes:

- A wide shape
- A narrow shape
- A curled shape
- A twisted shape
- A tall shape
- A small shape

Hold each shape for eight beats. Invite someone at home to create a dance sequence with you.



Adapted from  [PSSI Lesson Plans - 3rd/4th Lesson 2 Page 2](#)



## Level 2 Activities

### Crossing Corridor Dance

#### Equipment Needed

Music.

#### How to play

Play a song of your choice and stand five metres from your partner. Person A travels across to person B by running, walking, skipping, side stepping or backward jogging. Vary the level you are travelling at, for example a high or low level. Use different pathways such as straight, curved or zig zag.



Adapted from  [PSSI Lesson Plans - Junior Infants/Senior Infants Lesson 4 Page 3](#)



## Level 2 Activities

### Name Dance

#### Equipment Needed

---

Music.

#### How to play

---

Play your favourite piece of music. While the music is playing, use your feet to trace out the letters of your full name, age, where you live, favourite food or favourite holiday place.



Adapted from  [PSSI Lesson Plans - 3rd/4th Lesson 4 Page 3](#)



## Level 2 Activities

### The Macarena

#### Equipment Needed

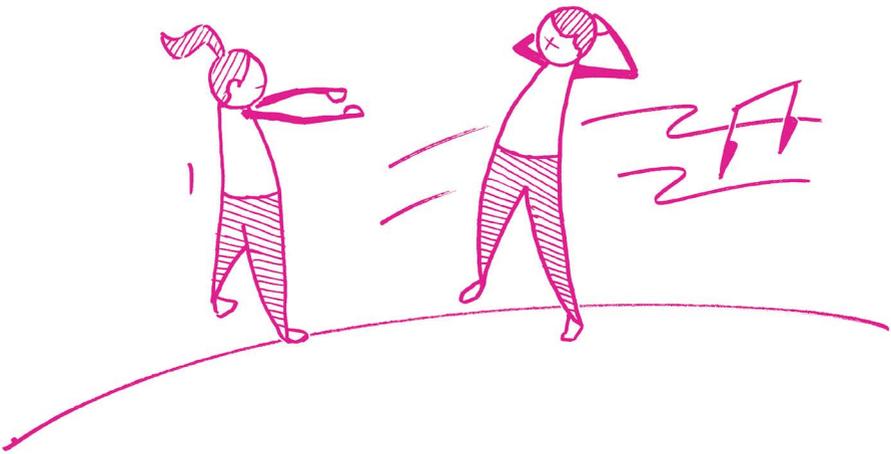
---

Music.

#### How to play

---

Play the song, the “Macarena” and move along to the following actions, in time to the music.



Adapted from  [www.gonoodle.com](http://www.gonoodle.com)



## Level 2 Activities

### The Shoemaker's Dance

#### *Equipment Needed*

Music.

#### *How to play*

Watch the video of the dance and copy the steps. Invite someone at home to do the dance with you.

#### **Formation:**

Form a double circle with one person facing the other. One person has their back to the centre of the room.

#### **Part A**

- 1) Clench fists and circle them around each other in a forward direction twice (as if "winding the thread").
- 2) Repeat circling in the opposite direction.
- 3) Hold arms in across bend position and pull hands away from each other twice (as if "pulling the thread" to secure a knot).
- 4) Clap own hands 3 times.
- 5) Repeat part A.

Begin by teaching the dance, section by section. Initially walk through part A, then dance through the section without the music and then with the music.

#### **Part B**

- 1) Hold inside hands with partner facing around in circle. Skip in line of direction for 8 steps.
- 2) Change hands and skip around the circle in the opposite direction for 8 steps.
- 3) Repeat the whole dance.



Adapted from  [PSSI Lesson Plans - 3rd/4th Lesson 4 Page 3](#)



## Level 2 Activities

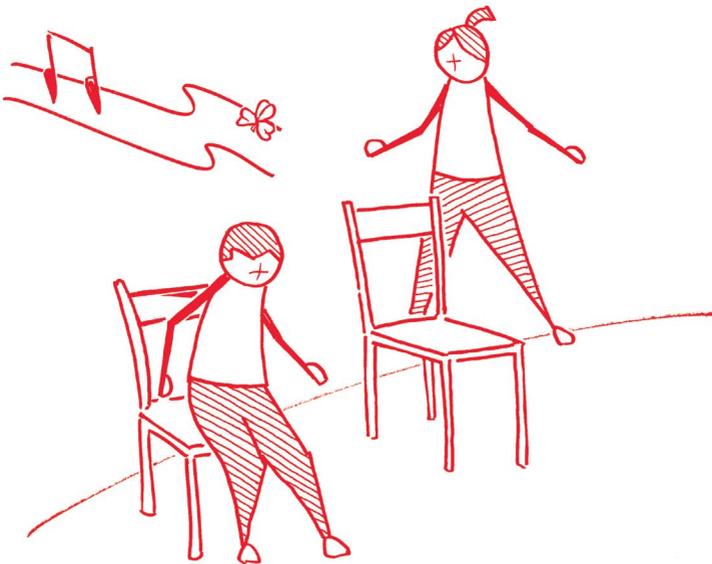
### Side Stepping Musical Chairs

#### Equipment Needed

Music, chairs.

#### How to play

Set out some chairs and standing arms length apart, side step to Irish Reel music. When the music stops, sit on a chair. As the game goes on, remove chairs from the playing area until there are less chairs than dancers. Dancers must be quick to claim a chair when the music stops!



Adapted from  [Move Well Move Often - Book 2 Page 101](#)



## Level 3 Activities

### Dice Dance

#### Equipment Needed

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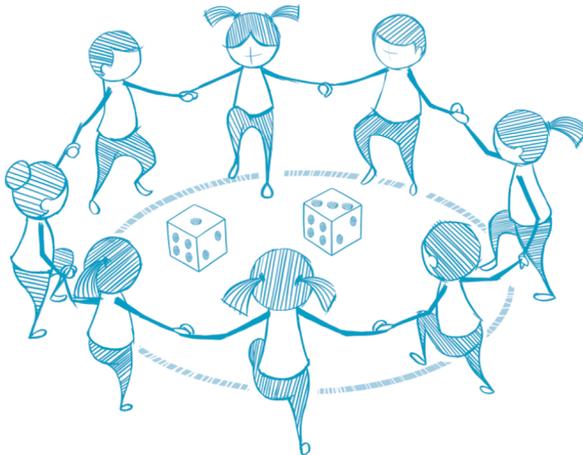
A dice, music.

#### How to play

---

Play a piece of music. Roll a dice. If it lands on...

1. Travel for eight beats
2. Hold a shape for eight beats
3. Move two body parts only
4. Freestyle for eight beats
5. Travel at a low level for eight beats
6. Travel at a high level for eight beats



Adapted from  [PSSI Lesson Plans - 5th/6th Lesson 1 Page 2](#)



## Level 3 Activities

### Shape Outline

#### Equipment Needed

---

Music.

#### How to play

---

Play a piece of slow music that you like. Do the following actions to the music:

- Make a shape (eight beats)
- Hold the shape (eight beats)
- Change into a different shape (eight beats)
- Include five different shapes in your dance, such as a narrow, curled, straight, twisted, wide or symmetrical shape.



Adapted from  [PSSI Lesson Plans - 5th/6th Lesson 2 Page 2](#)



## Level 3 Activities

### Pretty Prop Dance

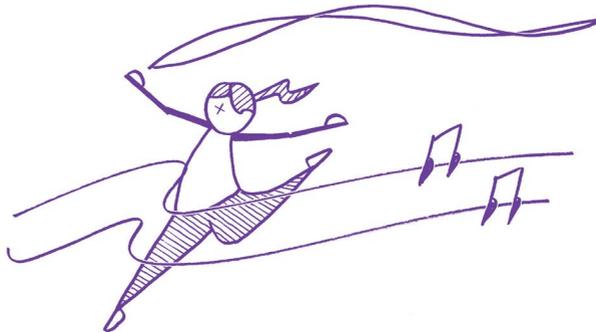
#### *Equipment Needed*

Music, scarf, sarong, toilet roll or cloth.

#### *How to play*

Play a piece of music and using your scarf in your hand:

- Trace letters or numbers through the air
- Travel with the scarf
- Throw and catch the scarf
- Create your own dance



Adapted from  [PSSI Lesson Plans - 5th/6th Lesson 4 Page 2](#)



## Level 3 Activities

### Choose your Song!

#### *Equipment Needed*

---

Music.

#### *How to play*

---

Choose a song of your choice and dance freestyle on your own or with someone at home.



Adapted from  [www.gonoodle.com](http://www.gonoodle.com)



## Level 3 Activities

### La Vinca

#### Equipment Needed

Music, scarf, sarong, toilet roll or cloth.

#### How to play

Watch the video and copy the steps. Can you teach someone the dance?

Formation:

A dance for two. One person holds the other, like in a waltz formation. One person stands with their back to the centre of the room.

Bars 1-8 : 16 sliding steps clockwise

Bar 9: Loose hold and 3 stamps facing partner

Bar 10: Clap own hands 3 times

Bar 11: Shake right forefinger at partner 3 times

Bar 12: Turn right around with 3 running steps

Bar 13-16: Repeat Bars 9-12

Repeat the whole dance.



Adapted from  [PDST Folk Dance Resource](#)



## Level 3 Activities

### Practising “Luascadh”

#### *Equipment Needed*

Music.

#### *How to play*

With someone at home, face each other and clasp your right hands together in front of your chest. Hold your partner’s right elbow with your left hand. Place your right foot to centre. Lean back and swing together in a clockwise direction. Practise the movement to Irish Reel music.



Adapted from  [PDST Folk Dance Resource](#)



## Shadow Move

### *Equipment Needed*

Small obstacles such as soft toys, cushions or other small items.

### *How to play*

Place various small obstacles within the playing area. Invite someone at home to shadow your movements. Include movements such as running, stopping, skipping or rolling. Perform these at various levels (high, middle, low). Lead your partner to jump over the obstacles in the playing area. Include different ways of jumping, for example, two feet to two feet, one foot to two feet, one foot to the other foot, one foot to the same foot.



Adapted from  [Move Well, Move Often - Book 1, page 129](#)



## Walk the Line

### *Equipment Needed*

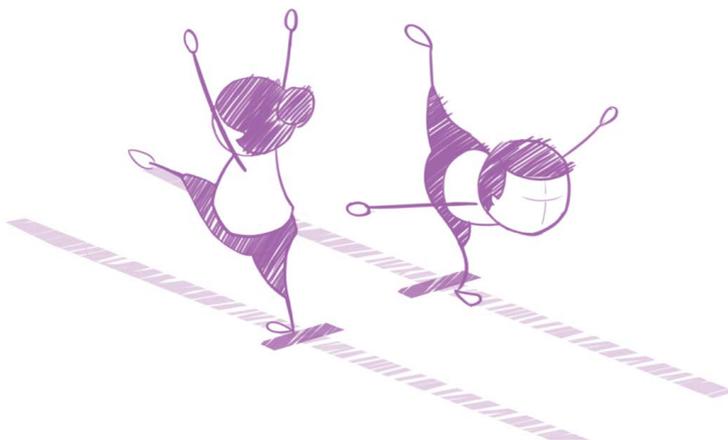
A line on the ground (this could be a line on your kitchen tiles, wooden floors, on the footpath, in the garden or use chalk to draw a line in the playing area).

### *How to play*

Walk along a line on the ground, one foot in front of the other. Imagine that you are a tightrope walker.

Include some of these balancing activities

- Turn fully around in the middle of the line without losing balance or toppling off the line.
- Stretch out your arms in front of you and stand on one foot with your eyes closed.
- Hold a wide shape for a count of three as you balance on the line.
- Play a clapping game or 'Rock, paper, scissors' with someone opposite you.



Adapted from  [Move Well, Move Often - Book 1, page 114](#)



### Ready to Roll

#### *Equipment Needed*

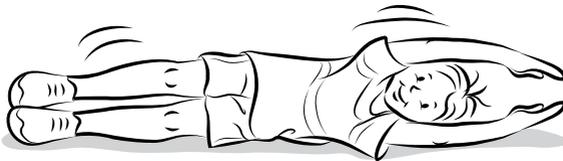
A soft surface such as a carpet, mat or grassy area.

#### *How to play*

Perform some of the following rolls travelling both left and right along the area.

- A pencil roll- Begin by lying on your back. Stretch your body out as long as you can and roll in a straight line.
- An egg roll- Lie on your back and tuck your body up as tight as you can and roll across the area.

How fast can you do the roll? Can you have a rolling race with someone at home?



Adapted from  [The Fun Gym Circuit - Page 11](#)



## Rocking and Rolling

### *Equipment Needed*

A soft surface such as a carpet, mat or grassy area.

### *How to play*

Lie on the floor on your back in a tucked position. Rock back and forth along your spine.

Can you do this while singing 'Row, row, row your boat' or another of your favourite rhymes?

Rock and roll to a standing position.

Can you do this beginning with your feet apart and finishing with your feet together?

Try to do this beginning with your feet together and finishing with your feet apart.



Adapted from  [PDST Gymnastics Skills Card 7 - Forward Roll- Preliminary activities, page 15](#)



## Crabs and Octopuses

### *Equipment Needed*

A soft surface such as a carpet, mat or grassy area.

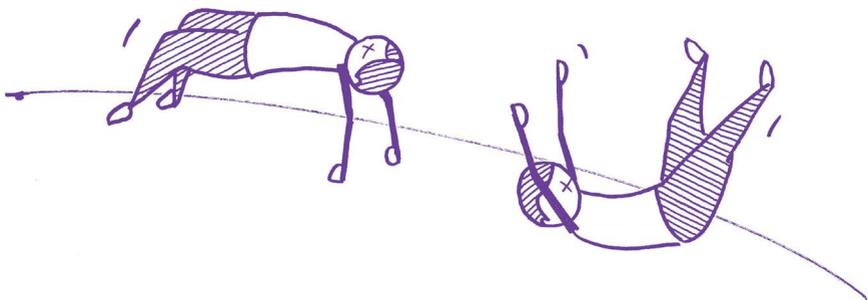
### *How to play*

Can you try to move like a crab or an octopus?

To move like a crab, start by squatting down close to the ground. Lean backwards and place your hands on the ground behind you. You should look like a table top. Now walk sideways, moving your left hand and foot together followed by your right hand and foot together. Hold your bottom off the ground and keep your back straight.

Have a race with someone at home.

To move like an octopus, start in the seated position on the floor. Lift both legs off the ground at the same time while wiggling your legs and arms.



Adapted from  [PDST Gymnastics Workshop - Rolling, page 6, 7](#)



## Seashore Sequence

### *Equipment Needed*

No equipment needed.

### *How to play*

Imagine that you are at the seashore. Think about what you see, hear, smell and touch.

Imagine that you are moving on the sand or in the water and create a sequence that includes the following:

- Travel for ten seconds- walk, crawl, skip, hop
- A balance on two body parts
- A jump of your choice
- A wide shape like a starfish or octopus
- A roll of your choice

Invite someone at home to complete your sequence with you.





## Rope Shape and Jump

### *Equipment Needed*

A skipping rope or some string.

### *How to play*

Use your skipping rope to make a shape such as a square, triangle or rectangle on the ground in the playing area. Jump from corner to corner using different jumping techniques. For example, jump two feet to two feet, one foot to two feet, one foot to the other foot, one foot to two feet.

Remember to land correctly in the toe-ball-heel formation.

Stand in the middle of your shape and jump to land facing another side of the shape, for example, a  $\frac{1}{4}$  or  $\frac{1}{2}$  turn.



Adapted from  [Move Well, Move Often - Activity Book, page 130](#)



## Body Part Balances

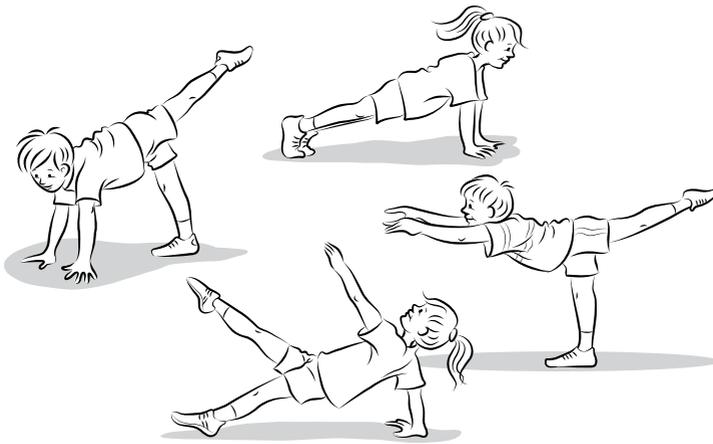
### *Equipment Needed*

A soft surface such as a carpet, mat or grassy area.

### *How to play*

Try some of the following individual balances. Hold them for five seconds without wobbling. Practice them in front of someone at home or in front of a mirror.

- Balance on smaller body parts for example two hands and one foot, one hand and one foot, two knees and one hand.
- Balance on one, two, three, four or five body parts.
- Arm balance- Sit on the ground with your legs stretched out in front of you and your back straight. Point your toes. Place your hands down by the side of your body. Press the palms of your hands down onto the ground and lift your bottom off the floor. Take the weight on your heels and hands.



Adapted from  [PSSI Lesson Plans - Gymnastics, 3rd/4th Class, Lesson 3, pages 3, 4](#)



## Dazzling Dish

### *Equipment Needed*

A soft surface such as a carpet, mat or grassy area.

### *How to play*

Can you roll to make a shape like a dish?

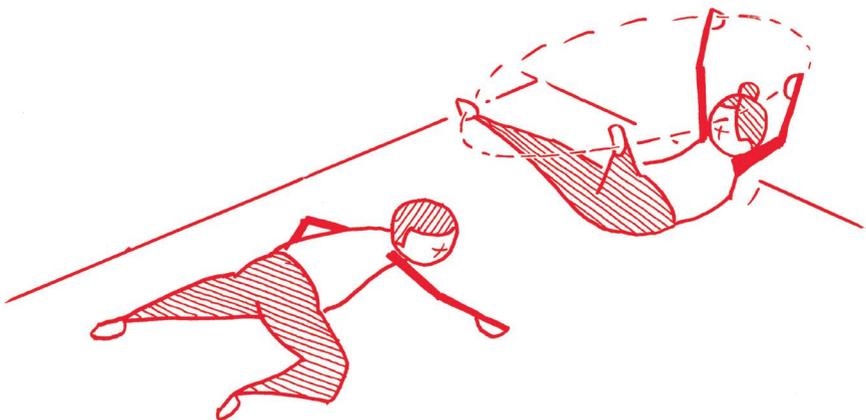
Remember the following points:

Lie on your back with your lower back pressed into the floor. Lift your shoulders, arms and legs to make a dish or bowl shape. Keep them as straight as possible.

Turn your head and look under your arm to roll onto your tummy into a 'Superman' position.

Keep your arms close to your ears with your head lifted and palms facing outwards. Squeeze your legs together.

Roll again onto your back into a dish or bowl position.



Adapted from  [PDST Gymnastics Skills - Card 3, Dish/ Arched Back Roll, page 6](#)



## Forward Fun

### *Equipment Needed*

A soft surface such as a carpet, mat or grassy area.

### *How to play*

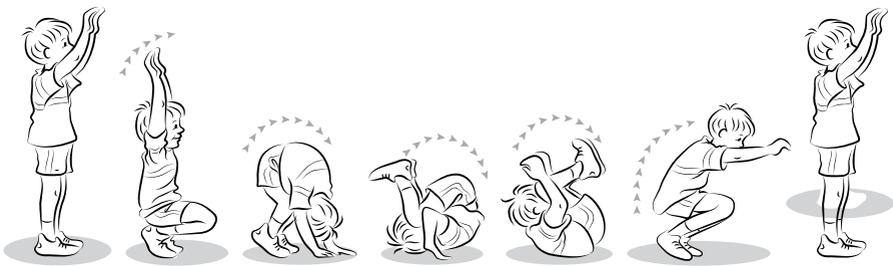
Practise the forward roll.

Remember the following points:

Stand with your feet apart and place the palms of your hands flat on the mat or soft ground. Keep your hips high, tuck your head in and look backwards through your legs.

Push up and forward from your feet. Roll like a ball onto your shoulders and upper back, to arrive on your feet.

Keep your head off the ground as you roll.



Adapted from  [PDST Gymnastics Skills - Card 7, Forward Roll, page 14](#)



## Animal Antics

### *Equipment Needed*

A soft surface such as a carpet, mat or grassy area.

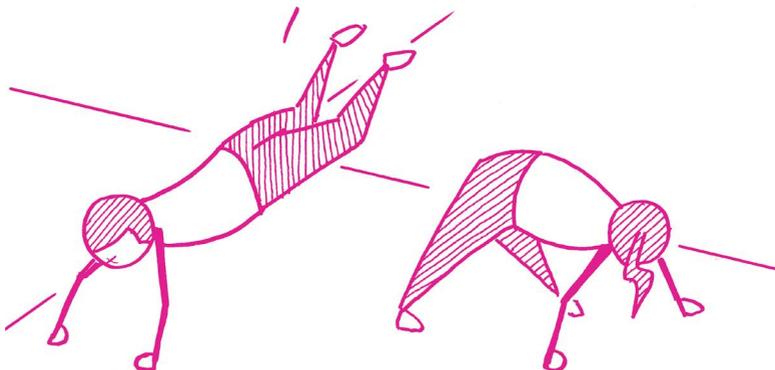
### *How to play*

Can you kick like a donkey or walk like a bear?

To kick like a donkey start in a standing position, lean over and put both hands and both feet on the ground. When the area around you is clear, jump with your legs and kick behind you, leaving your hands on the ground.

To walk like a bear, begin in a standing position. Bend over and put both of your hands on the ground.

Walk forward with the same leg and arm- move your right arm and right leg forward together, then your left leg and arm together, then repeat. Now try moving your left hand and right leg together followed by your right hand and left leg. For an additional challenge, try keeping your legs and arms straight.



Adapted from  [PDST Gymnastics Workshop - Rolling, page 6, 7](#)



## Bring a Story to Life

### *Equipment Needed*

No equipment needed.

### *How to play*

Imagine that you are a character from your favourite book or a story that you have read at home or in school. Recreate a scene involving this character which includes the following sequence:

- Three ways of travelling for example running, skipping, hopping or crawling
- Rock and roll or a forward roll
- A change in direction and level
- Two balances

Invite someone at home to take part with you.





### Memory Mat

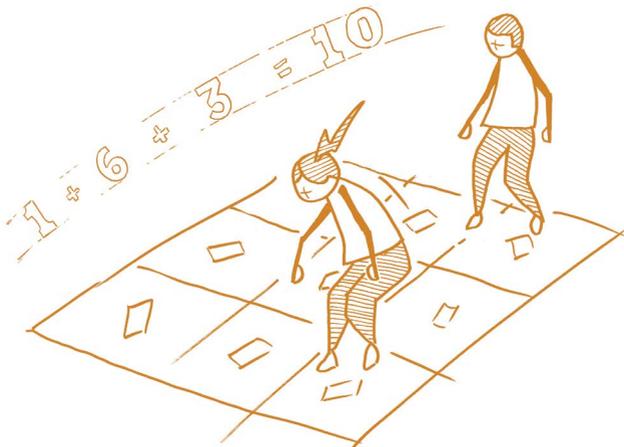
#### Equipment Needed

Playing cards or numbers written on pieces of paper (one to ten), skipping ropes or string or draw out a grid on the playing area using chalk.

#### How to play

Set up your playing area as in the illustration below. Design your own sequence for example four, six, two, seven. Jump and land correctly in this sequence around the squares.

Choose a target number. Jump around the squares adding the numbers as you jump until you have reached your target.



Adapted from  [PDST PE at Home Videos - Landing, Home Activity C](#)



## Balance With a Buddy

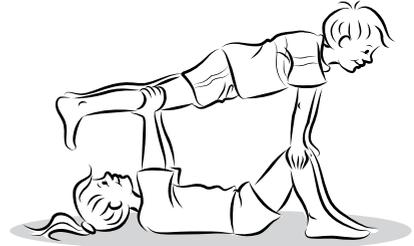
### *Equipment Needed*

A soft surface such as a carpet, mat or grassy area.

### *How to play*

Try some of the following pair balances with someone at home.

- Sinking movement
- Seesaw movement
- Arabesque
- Wine glass
- Horizontal pairs
- Hands and knees balance
- Create a pair balance of your own



Adapted from  [PSSI Lesson Plans - Third and Fourth Class, Lesson 4, pages 3, 4, 5](#)



## Teddy Bear, Teddy Bear, Turn Around

### *Equipment Needed*

A soft surface such as a carpet, mat or grassy area.

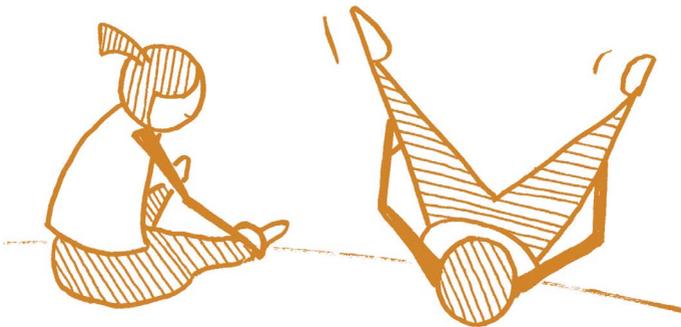
### *How to play*

Can you roll like a teddy bear?

Sit on the floor with your legs straight, spread apart. Sit tall and place your hands behind your knees .

Lean to the left, drawing your right leg upwards. Roll sideways across your back and shoulder. Keep your legs spaced apart throughout the roll.

Finish in a straddle shape facing the opposite direction from where you started.



Adapted from  [PDST Gymnastics Skills - Card 4, Straddle/Teddy Bear Roll, page 8](#)



## Bond, James Bond

### *Equipment Needed*

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A soft surface.

### *How to play*

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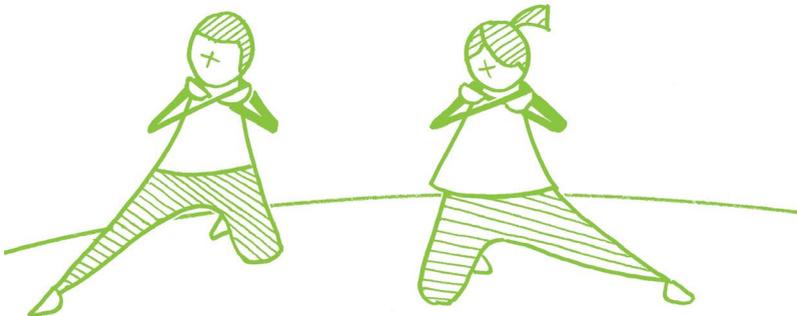
Imagine you are James Bond or any of your favourite superheroes.

Begin by kneeling on the floor. Extend your right leg to the side, creating an upside down v shape with your legs.

Place each hand on the front of the opposite shoulder.

Begin the roll by rolling onto your left shoulder, over your back and onto your opposite shoulder. You will finish the roll kneeling on the opposite leg to which you started kneeling. The other leg will be extended fully as before.

Try to roll in the opposite direction.



Adapted from  [PDST Gymnastics Skills - Card 5, James Bond/ Shoulder Roll, page 10](#)



## Are You an Inchworm or a Gorilla?

### *Equipment Needed*

---

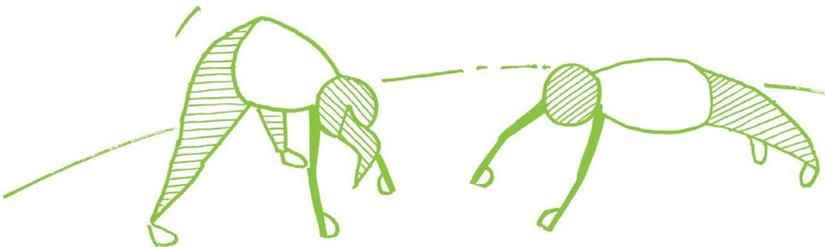
A soft surface such as a carpet, mat or grassy area.

### *How to play*

---

To crawl like an inchworm, begin in a standing position and bend over with your hands and feet touching the floor. Try touching the floor as close to your toes as you can. Slowly walk your hands away from your feet, as far as you can. Finally walk your feet back to your hands, always keeping your hands on the ground. Repeat this until you have walked across the room or playing area.

To walk like a gorilla, begin in a squatted position with your fists clenched in front of your chest. Walk, at first, in a straight line while staying in the squatted position. For an added challenge, try beating your chest with your fists as you walk.



Adapted from  [PDST Gymnastics Workshop - Rolling, page 7](#)



## Partner Sequence

### *Equipment Needed*

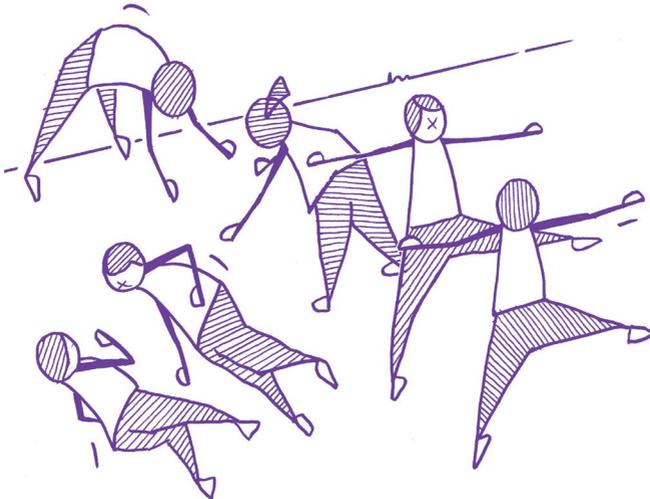
No equipment needed.

### *How to play*

With someone at home create and perform a partner sequence. You can mirror the same body movements as your partner (symmetrical) or you can move opposite body movements to your partner (asymmetrical).

Include the following in your sequence

- A partner balance
- Two different jumps, try to include a  $\frac{1}{4}$  or  $\frac{1}{2}$  turn in one of these
- Asymmetrical travel
- A roll
- An animal walk





### WALKING

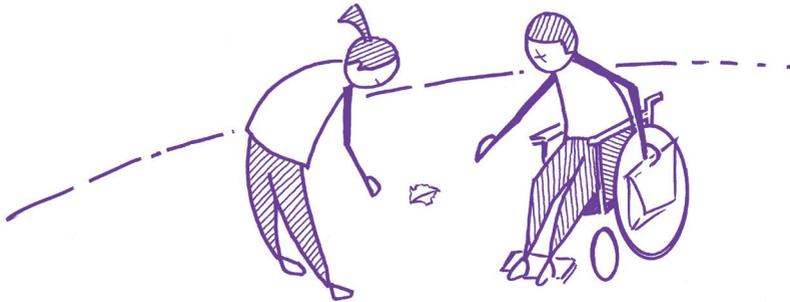
## Colour Hunt

### *Equipment Needed*

A sandwich bag.

### *How to play*

Choose two of your favourite colours. Walking around your home, garden or neighbourhood, find small objects of your chosen colours and place them into your bag. Ensure you respect the local environment.



Adapted from [PSSI Outdoor and Adventure - Walking Activities and Outdoor Challenges p.2](#)



## Level 1 Activities

### WALKING

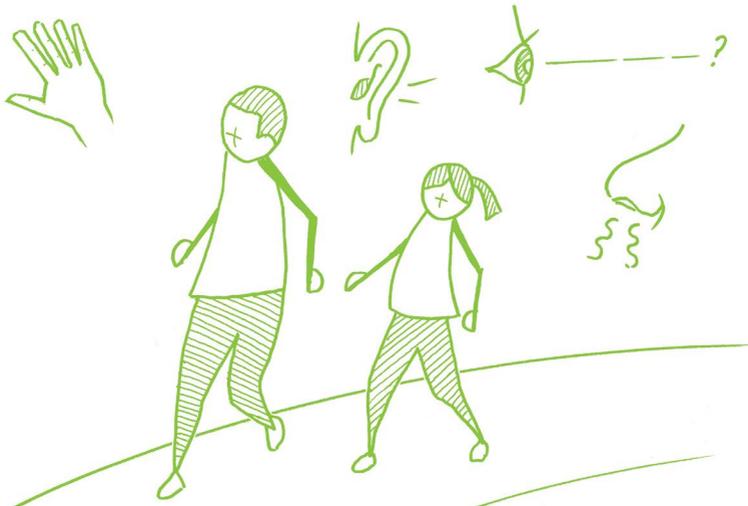
# One Kilometre Walk

#### *Equipment Needed*

No equipment needed.

#### *How to play*

Go for a one kilometre walk with someone from your home. Talk about what you see, hear, smell and touch along the way.





## Level 1 Activities

### ORIENTEERING

## Compass Directions

#### *Equipment Needed*

A page and a marker.

#### *How to play*

Write a big letter N on the page. Stick the page on a wall in a room in your home. This is the North wall. Practise spinning around like a compass and pointing out where the other walls of West, East and South are. Someone at home gives directions to guide you, for example-

- Face north
- Skip five steps east
- Take five jumps west
- Take five hops south.

Swap roles.



Adapted from  [PSSI Outdoor and Adventure - JI/SI Lesson 1 pg.2](#)



## Level 1 Activities

### ORIENTEERING

# Hide the Teddy

#### *Equipment Needed*

Your favourite teddy or small toy.

#### *How to play*

Hide your favourite teddy or small toy somewhere in your home. Give directions to someone at home to help them to find it. You may only use the following instructions

- Steps left
- Steps right
- Straight ahead
- Backwards.

Swap r





## Level 1 Activities

### CO-OPERATIVE CHALLENGES

# Balloon in the Air

#### *Equipment Needed*

A balloon or a large ball.

#### *How to play*

Invite someone at home to play with you. Pass the ball or balloon to each other, trying to keep it from touching the ground. You may use your hands, knees, feet or head to strike the balloon rather than catch it.





## Level 1 Activities

### CO-OPERATIVE CHALLENGES

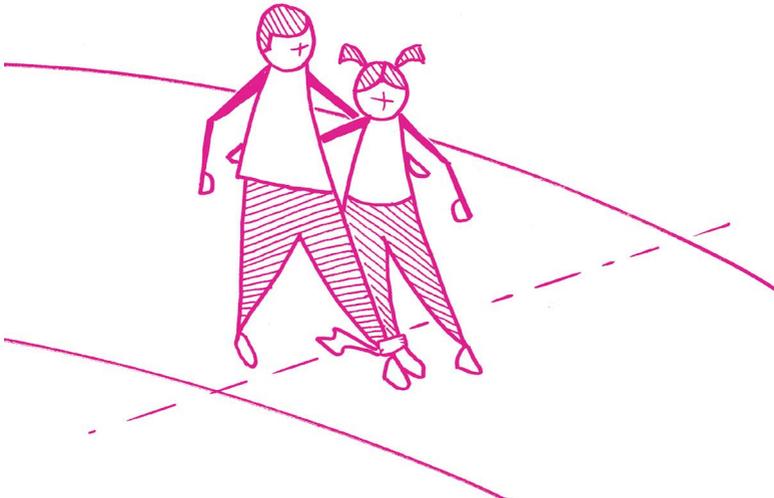
# Three-Legged Walk

#### *Equipment Needed*

A scarf or a belt.

#### *How to play*

Invite someone at home to stand next to you on your left side. Ensure both of you are facing the same direction. Tie a scarf or belt around your left leg and their right leg, at the ankle. You must work together to walk across the playing area. Try to both take your steps at the same time.





### WALKING

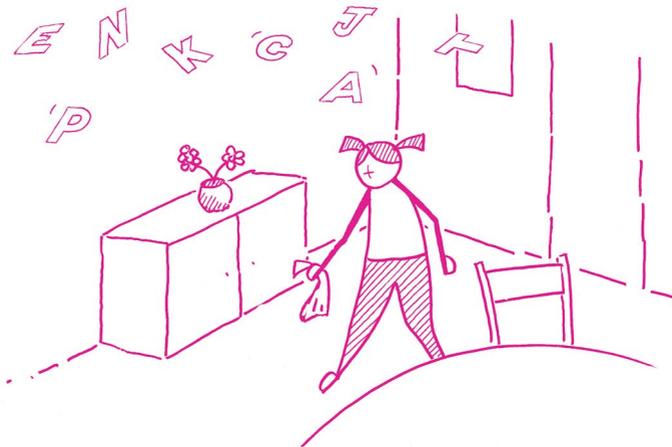
## Scavenger Hunt

#### *Equipment Needed*

A sandwich bag.

#### *How to play*

Choose ten letters from the alphabet. Walk around inside or outside your home and collect small objects with names beginning with each letter. Store these objects in your sandwich bag. Invite someone at home to pick different letters and try the activity.



Adapted from [PSSI Outdoor and Adventure - Walking Activities and Outdoor Challenges p.3](#)



**WALKING**

**Walking I Spy**

*Equipment Needed*

No equipment needed.

*How to play*

Go for a two kilometre walk with someone from home. Play I Spy as you walk. Person A chooses an object that they see and calls out "I spy with my little eye something beginning with \_\_\_" (letter, for example A,B,C). Person B has three attempts to guess this object. Swap roles.





## Level 2 Activities

### ORIENTEERING

# Slimy Snake Walk

#### *Equipment Needed*

A blank page and a pencil.

#### *How to play*

In your garden or a safe outdoor space, imagine you are a snake and you have a long slimy body trailing behind you. Walk around the space remembering exactly where you stepped. Draw a map of the space on your page. On the map, draw the trail of slime you left behind from your snake walk. Invite someone from home to use your map to walk the same slime trail.



Adapted from  [PSSI Outdoor and Adventure - 1st/2nd class, Lesson 3, pg. 2](#)



## Level 2 Activities

### ORIENTEERING

# Treasure Hunt

#### *Equipment Needed*

Six small objects to hide, a blank page.

#### *How to play*

List the objects on a page. Hide the objects around your home or garden. Invite someone at home to go on a treasure hunt to find the objects. Guide them by telling them when they are hot (close to the treasure) or cold (far from the treasure). When they have found everything, swap roles.





## Level 2 Activities

### CO-OPERATIVE CHALLENGES

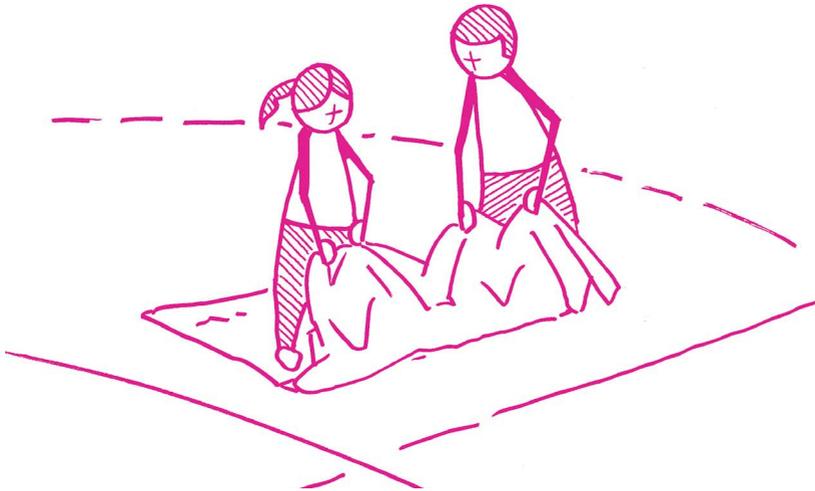
# Turn the Sheet

#### *Equipment Needed*

A bed sheet or a blanket.

#### *How to play*

Invite someone at home to try this challenge with you. Place the sheet flat on the ground. Both participants stand on the sheet. Try to turn the sheet over to the other side, without either person stepping off the sheet onto the ground.



Adapted from [PSSI Outdoor and Adventure - Walking Activities and Outdoor Challenges p.8](#)



## Level 2 Activities

### CO-OPERATIVE CHALLENGES

# The Floor is Lava

#### *Equipment Needed*

Two cushions or pillows to stand on.

#### *How to play*

Invite someone at home to play this game with you. Set a start point and a finish point across a space in the playing area. Working with your partner you must cross the space together without touching the floor, using only the two cushions to stand on. Two people can stand on one cushion but if a foot touches the floor, you must both complete an action such as five jumping jacks or five bunny hops.



Adapted from  [PSSI Outdoor and Adventure - Walking Activities and Outdoor Challenges p.8](#)



## Level 3 Activities

### WALKING

## Local Walk

### *Equipment Needed*

No equipment needed.

### *How to play*

Choose a space in your local area that is safe to walk. Pick four features or locations in that space such as buildings, monuments, trees or streets that you would like to walk to. Make a plan of how to walk to all of them in one trip. Time how long it takes you. Estimate the distance and number of steps you have walked.





## Level 3 Activities

### WALKING

# Alphabet Twos

#### *Equipment Needed*

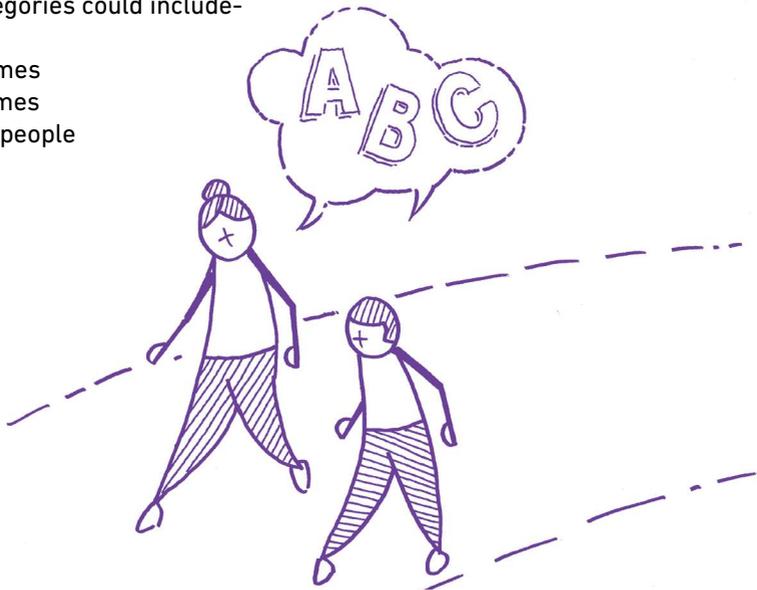
No equipment needed.

#### *How to play*

Go for a three kilometre walk with someone from home. Have a game of Alphabet Twos as you walk. Choose a category such as countries. The first person names a country beginning with A, the other person also names a country beginning with A. Continue onto countries beginning with B, C, D moving through the alphabet.

Other categories could include-

- Foods
- Boys names
- Girls names
- Famous people





## Level 3 Activities

### ORIENTEERING

# Obstacle Course Orienteering

#### *Equipment Needed*

Objects and toys to act as obstacles, a blank page and a pencil, a stopwatch.

#### *How to play*

Design an obstacle course in your garden or in a safe space inside your home. The course should have five obstacles to jump over, crawl under or run around. Draw a map, mark each obstacle on it and specify the path to follow. Invite someone at home to complete your course using the map. Use a stopwatch to time them. Try to beat their score.





## Level 3 Activities

### ORIENTEERING

## Class Challenge

#### *Equipment Needed*

A blank page, a pencil and a stopwatch.

#### *How to play*

Draw a map of your school grounds from a birds eye view. Mark in all the features on the map such as cars, football pitches, basketball hoops, and walls. Design a course for one of your school-friends to race. Include a starting point, five points to reach on the course and a finishing point. Submit your Race Map to your teacher and challenge your class to complete your course in the fastest time possible.





## Level 3 Activities

### CO-OPERATIVE CHALLENGES

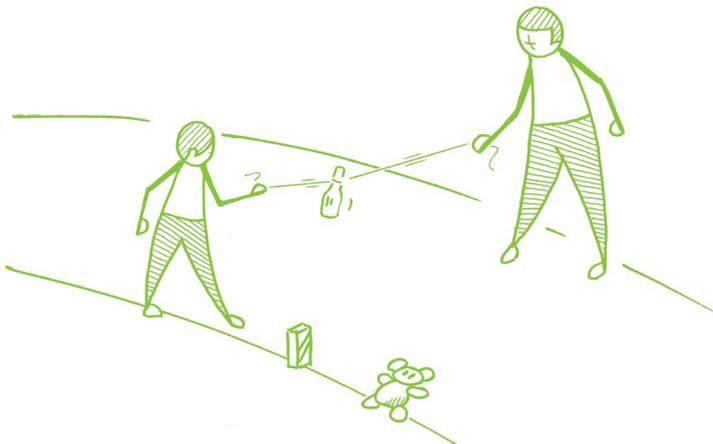
# String Pick Up

#### *Equipment Needed*

A long length of thin rope or string, three objects such as a plastic bottle, a teddy bear and a milk carton.

#### *How to play*

Invite someone at home to help you complete the challenge. Place the objects five metres away from your start line. Each person holds an end of the string. Run out to the objects and pick one up using only the string to wrap around it tightly. Keep your two hands on the string throughout the challenge. Carry the object back to the start point without letting it fall. Repeat for the other two objects.





## CO-OPERATIVE CHALLENGES

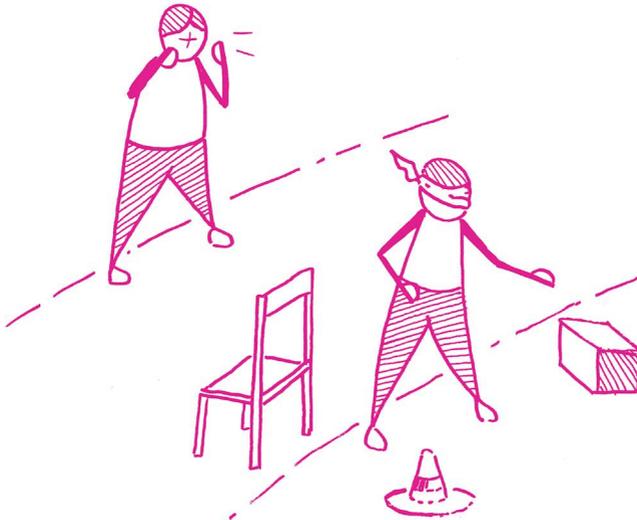
### Blindfold Walk

#### *Equipment Needed*

A scarf or a tie to use as a blindfold. Obstacles such as a bag, a box and a chair.

#### *How to play*

Invite someone at home to help you complete the challenge. In a safe indoor or outdoor space, mark a start point and a finish point. Place your chosen obstacles on the ground between these two points. Tie a blindfold over your eyes. Listen closely to the other person's directions as they guide you around the obstacles. To complete the challenge, you must reach the finish point without bumping into anything. Swap roles.



Adapted from  [PSSI Outdoor and Adventure - Walking Activities and Outdoor Challenges p.9](#)







## Level 1

### Teddy on the Move

#### Equipment Needed

A teddy, a soft toy or a beanbag (Make your own beanbag using a sock filled with some rice. Tie the sock with an elastic band).



### Through the Gate

#### Equipment Needed

A ball, two cones to outline your gate, alternatively you could use two cans, bottles, two jumpers



### Traffic Lights

#### Equipment Needed

No equipment needed.



### What Time is it Mr Wolf?

#### Equipment Needed

No equipment needed.



### Get Creative

#### Equipment Needed

A cuddly toy, teddy, or a small ball.



### Use your Imagination

#### Equipment Needed

Cuddly toy, teddy, or small ball.



## Level 2

### Under Control

#### Equipment Needed

A ball, six items to use as obstacles for example, soft toys, cans, bottles, tubs, small boxes or items of clothing.



### Your Move

#### Equipment Needed

A ball or a rolled up pair of socks or a balloon.



### DONKEY

#### Equipment Needed

A ball or item to be passed.



### Chinese Knee Boxing

#### Equipment Needed

No equipment needed.



### Busy Brain Time

#### Equipment Needed

A cuddly toy, teddy, or a small ball (plastic bottles, cans of food, other household items).



### Thinking Cap On

#### Equipment Needed

A large ball.



## Level 3

### Target Practice

#### Equipment Needed

A ball or a rolled up pair of socks, items to mark targets on the wall, for example pieces of paper or cardboard.



### Wall Tennis

#### Equipment Needed

A tennis ball.



### Tail-Tag

#### Equipment Needed

A t-shirt/tea-towel to tuck in.



### Reaction Drop

#### Equipment Needed

Two tennis balls or rolled up pairs of socks.



### Healthy Mind Healthy Body

#### Equipment Needed

A small ball.



### Happy Head and Happy Heart

#### Equipment Needed

A large ball.





## Level 1

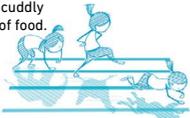
## Level 2

## Level 3

### Move Like An Animal

#### Equipment Needed

Two teddies, cuddly toys or cans of food.



### Standing Starter Sprints

#### Equipment Needed

Two teddies, two t-shirts.



### Super Shuttle Runs

#### Equipment Needed

Three jumpers or t-shirts.



### Rock Paper Scissors Tag

#### Equipment Needed

An open playing area and a den or safezone.



### Reaction Rocket Races

#### Equipment Needed

Two jumpers or two t-shirts.



### Stamina Run

#### Equipment Needed

An open playing area, stopwatch, whistle.

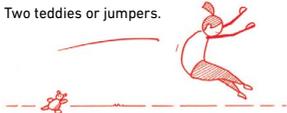


## JUMPING

### Long Jump One

#### Equipment Needed

Two teddies or jumpers.



### Long Jump Two

#### Equipment Needed

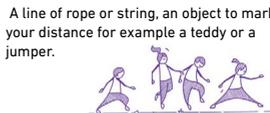
A length of rope or string and a teddy or jumper.



### Triple Jump

#### Equipment Needed

A line of rope or string, an object to mark your distance for example a teddy or a jumper.



### Vertical Jump

#### Equipment Needed

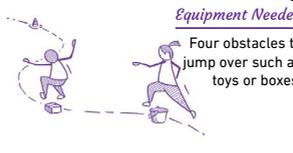
A piece of chalk or a pencil and a measuring tape.



### Obstacle Jump

#### Equipment Needed

Four obstacles to jump over such as toys or boxes.



### Hurdle Jump

#### Equipment Needed

A sweeping brush or mop and two chairs.

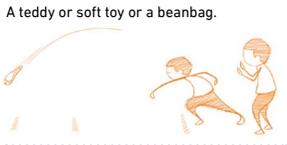


## THROWING

### How Far Can You Throw?

#### Equipment Needed

A teddy or soft toy or a beanbag.



### Tennis Ball Challenge

#### Equipment Needed

A tennis ball.



### Run and Let Go

#### Equipment Needed

Something to throw such as a beanbag, a ball or a soft toy.



### Flying Teddies

#### Equipment Needed

A teddy or a soft toy, a target for example a bin or a basket or a bucket or a hoop.



### Step it Out

#### Equipment Needed

A tennis ball, teddy or beanbag.



### Knock 'Em Down

#### Equipment Needed

A ball or a beanbag, objects to use as targets for example empty plastic bottles or cans.





## Dance

### Level 1

#### Musical Statues

*Equipment Needed*

Music.



#### Follow the Leader Dance

*Equipment Needed*

Music.



#### Traffic Lights

*Equipment Needed*

Red, Orange and Green Circles (can be made at home with paper and colours).



#### The Chicken Dance

*Equipment Needed*

Music.



#### Come To Me

*Equipment Needed*

Music.



#### Skipping Statue Game

*Equipment Needed*

Music.

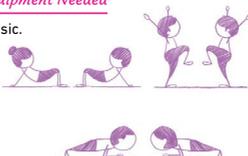


### Level 2

#### Dance Mirrors

*Equipment Needed*

Music.



#### Crossing Corridor Dance

*Equipment Needed*

Music.



#### Name Dance

*Equipment Needed*

Music.



#### The Macarena

*Equipment Needed*

Music.



#### The Shoemakers Dance

*Equipment Needed*

Music.



#### Side stepping musical chairs

*Equipment Needed*

Music, chairs.



### Level 3

#### Dice Dance

*Equipment Needed*

Music.



#### Shape Outline

*Equipment Needed*

Music.



#### Pretty Prop Dance

*Equipment Needed*

Music, a scarf, sarong, toilet roll or cloth.



#### Choose you Song!

*Equipment Needed*

Music.



#### La Vinca

*Equipment Needed*

Music.



#### Practising "Luascadh"

*Equipment Needed*

Music.





## Level 1

### Shadow Move

#### Equipment Needed

Small obstacles such as soft toys,  
cushions of other small items.



### Walk the Line

#### Equipment Needed

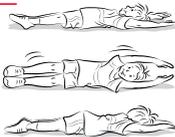
A line on the ground  
(this could be a line  
on your kitchen  
tiles, wooden  
floors, on the  
footpath or in the  
garden).



### Ready to Roll

#### Equipment Needed

A soft surface.



### Rocking and Rolling

#### Equipment Needed

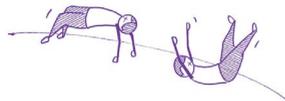
A soft surface.



### Crabs and Octopuses

#### Equipment Needed

A soft surface.



### Seashore Sequence

#### Equipment Needed

No equipment needed.



## Level 2

### Rope Shape and Jump

#### Equipment Needed

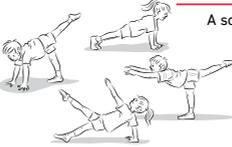
A skipping rope or some string



### Body Part Balances

#### Equipment Needed

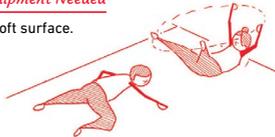
A soft surface.



### Dazzling Dish

#### Equipment Needed

A soft surface.



### Forward Fun

#### Equipment Needed

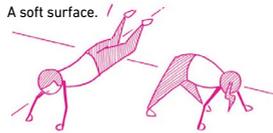
A soft surface.



### Animal Antics

#### Equipment Needed

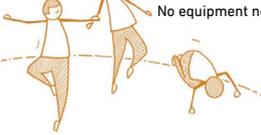
A soft surface.



### Bring a Story to Life

#### Equipment Needed

No equipment needed.



## Level 3

### Memory Mat

#### Equipment Needed

Playing cards or  
numbers written  
on pieces of paper,  
skipping ropes or  
string or draw out a  
grid using chalk.



### Balance With a Buddy

#### Equipment Needed

A soft surface.



### Teddy Bear, Teddy Bear,

#### Turn Around

A soft surface.



### Bond, James Bond

#### Equipment Needed

A soft surface.



### Are you an inchworm or a gorilla?

#### Equipment Needed

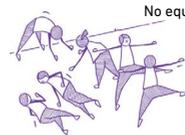
A soft surface.



### Partner Sequence

#### Equipment Needed

No equipment needed.





## Level 1

## Level 2

## Level 3

### WALKING

#### Colour Hunt

##### Equipment Needed

A sandwich bag.



#### 1km walk

##### Equipment Needed

None.



#### Scavenger Hunt

##### Equipment Needed

A sandwich bag.



#### Walking I Spy

##### Equipment Needed

None.



#### Local Walk

##### Equipment Needed

None.



#### Alphabet Twos

##### Equipment Needed

None.



### ORIENTEERING

#### Compass Directions

##### Equipment Needed

A blank page and a marker.



#### Hide the Teddy

##### Equipment Needed

A teddy or small toy.



#### Slimy Snake Walk

##### Equipment Needed

A blank page and a pencil.



#### Treasure Hunt

##### Equipment Needed

Household objects and small toys to hide.



#### Obstacle Course Orienteering

##### Equipment Needed

Five or six objects or toys to act as obstacles, a blank page, a pencil and a stopwatch.



#### Class Challenge

##### Equipment Needed

A blank page, a pencil and a stopwatch.



### CO-OPERATIVE CHALLENGES

#### Balloon in the Air

##### Equipment Needed

One balloon or large ball.



#### Three-Legged Walk

##### Equipment Needed

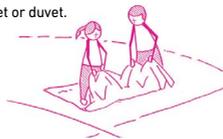
A scarf or long football socks as a blindfold.



#### Turn The Sheet

##### Equipment Needed

A bed sheet or duvet.



#### The Floor Is Lava

##### Equipment Needed

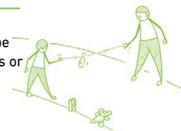
Two cushions or pillows to stand on.



#### String Pick Up

##### Equipment Needed

A long length of string or thin rope and some objects or toys to pick up.



#### Blindfold Walk

##### Equipment Needed

A scarf or long football socks to act as a blindfold.





# Reflect on Your Progress

The following templates are designed to support your child in reflecting on their experiences engaging with Physical Education and Physical Activity both at school and in the home. Developing your child's understanding and appreciation of movement and activity is an important aspect of their Physical Education experience that will support them in becoming active for life.

## These templates can be used in the following ways:

1. Each template can be printed out and completed as a worksheet (downloadable versions available from [www.scoilnet.ie/pdst/pehomework](http://www.scoilnet.ie/pdst/pehomework))
2. The child can draw the templates into their PE journal or write their responses to the prompts in their PE journal
3. The child can answer the questions verbally with an adult in the home

## The Primary PE Curriculum Strands



AQUATICS



ATHLETICS



DANCE



GAMES



GYMNASTICS



OUTDOOR &  
ADVENTURE

The following templates are differentiated across three levels - Level 1, Level 2 and Level 3. Select the template that best suits the needs of your child - Level 1 is generally aligned to the infant classes, Level 2 is generally aligned to 1st, 2nd or 3rd classes, Level 3 is generally aligned to 4th, 5th or 6th classes.

- Weekly Physical Activity Record
- PE Strand Reflection Templates
- Post-activity Reflection Templates
- PE Weekly Reflection Sheet

## Weekly Physical Activity Record

Name: \_\_\_\_\_ Date: \_\_\_\_\_

Colour in the star if you took part in some physical exercise.

MON	SCHOOL ★	LUNCH ★	AFTERNOON ★	EVENING ★
TUES	SCHOOL ★	LUNCH ★	AFTERNOON ★	EVENING ★
WED	SCHOOL ★	LUNCH ★	AFTERNOON ★	EVENING ★
THURS	SCHOOL ★	LUNCH ★	AFTERNOON ★	EVENING ★
FRI	SCHOOL ★	LUNCH ★	AFTERNOON ★	EVENING ★
SAT	MORNING ★	AFTERNOON ★	EVENING ★	
SUN	MORNING ★	AFTERNOON ★	EVENING ★	

## Weekly Record

- 1-5 Stars → *You're a Star!*
- 6-10 Stars → *You're a Shooting Star!*
- 11+ → *You're a Superstar!*

## Weekly Physical Activity Record

Name: \_\_\_\_\_ Date: \_\_\_\_\_

Colour in the different pictures on each day you took part in some physical exercise.

MON	SCHOOL 	LUNCH 	AFTERNOON 	EVENING 
TUES	SCHOOL 	LUNCH 	AFTERNOON 	EVENING 
WED	SCHOOL 	LUNCH 	AFTERNOON 	EVENING 
THURS	SCHOOL 	LUNCH 	AFTERNOON 	EVENING 
FRI	SCHOOL 	LUNCH 	AFTERNOON 	EVENING 
SAT	MORNING 	AFTERNOON 	EVENING 	
SUN	MORNING Draw Your Own	AFTERNOON Draw Your Own	EVENING Draw Your Own	

### Weekly Record

 = \_\_\_\_\_  = \_\_\_\_\_  = \_\_\_\_\_  = \_\_\_\_\_

 = \_\_\_\_\_  = \_\_\_\_\_ *Your Design* = \_\_\_\_\_

## Weekly Physical Activity Record

Name: \_\_\_\_\_ Date: \_\_\_\_\_

Colour in the different flags on each day you took part in some physical activity. You might use your school colours, club colours, county, provincial or country colours, or design your own!

MON	SCHOOL 	LUNCH 	AFTERNOON 	EVENING 
TUES	SCHOOL 	LUNCH 	AFTERNOON 	EVENING 
WED	SCHOOL 	LUNCH 	AFTERNOON 	EVENING 
THURS	SCHOOL 	LUNCH 	AFTERNOON 	EVENING 
FRI	SCHOOL 	LUNCH 	AFTERNOON 	EVENING 
SAT	MORNING 	AFTERNOON 		EVENING 
SUN	MORNING 	AFTERNOON 		EVENING 

# PE Strand Reflection Template

**Strand:** \_\_\_\_\_

Write down any words you've learned about:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Draw a picture of you doing some:

\_\_\_\_\_



Colour in how you feel when you do:

\_\_\_\_\_



Happy



Scared



Sad



Angry



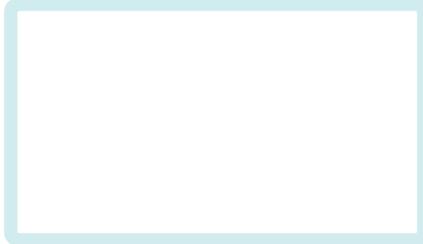
Worried



Cool

Draw a picture of your best movement from:

\_\_\_\_\_



Colour in the body parts you used doing this movement:



Draw a picture of your favourite activity:



# PE Strand Reflection Template

Strand: \_\_\_\_\_

Write down any words you've learned about:

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

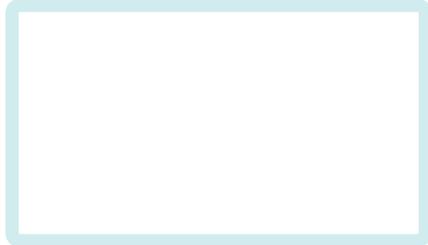
Choose some feelings you get when you are doing:

\_\_\_\_\_

- Happy*
- Excited*
- Nervous*
- Calm*
- Sad*
- Confident*
- Frustrated*

Draw a picture of your best movement or skill from:

\_\_\_\_\_



Colour in the body parts you used doing this movement:



Looking at your chart choose your favourite activities:

1 \_\_\_\_\_

2 \_\_\_\_\_

# PE Strand Reflection Template

**Strand:** \_\_\_\_\_

Write down some verbs, adverbs and nouns associated with:

*Verbs*

_____	_____
_____	_____

*Adverbs*

_____	_____
_____	_____

*Nouns*

_____	_____
_____	_____

List the emotions you feel when doing these activities and explain why you feel this way:

_____
_____
_____
_____
_____
_____
_____
_____

Draw a picture of you performing your best skill or movement from:

Label and colour in the body parts you used performing this skill or movement:



Looking at your chart, choose your favourite activities and explain why you chose them:

1

2



## Post-activity Reflection Template

The activity I completed was

I completed it

*On my own*



*With someone else*



1. *How did this activity make you feel in your mind and body?*



I feel happy



I have more energy



I feel tired



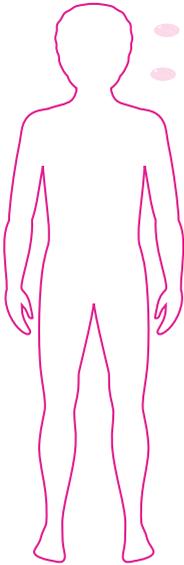
I feel like doing this again



I feel sad

2. *I used the following body parts:*

Please circle or colour in



3. *What did you find easy or difficult about the activity?*

4. *Does this activity remind you of another game you have played?*

5. *I would like to do this activity again*

*Yes*

*No*

## Post-activity Reflection Template

The activity I completed was

I completed it

On my own



With someone else



1. How did this activity make you feel in your mind and body?



I feel happy



I feel motivated



I have more energy



I feel better than when I started



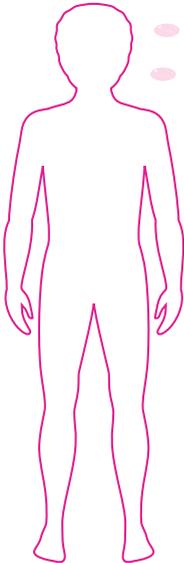
I feel worried and unsure about something



I did not enjoy this activity

2. I used the following body parts:

Please circle or colour in



3. What did you find easy or difficult about the activity?

4. Does this activity remind you of another game you have played?

5. I would like to do this activity again

Yes

No

## Post-activity Reflection Template

The activity I completed was

I completed it

*On my own*



*With someone else*



*1. How did this activity make you feel in your...*

*Mind*

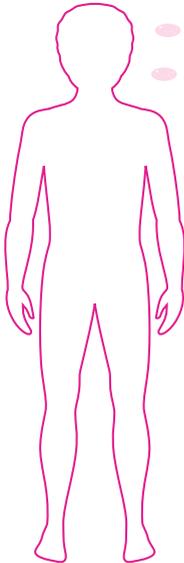


*Body*

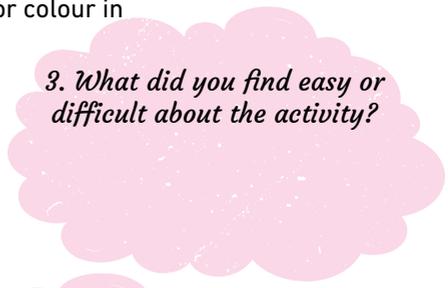


*2. I used the following body parts:*

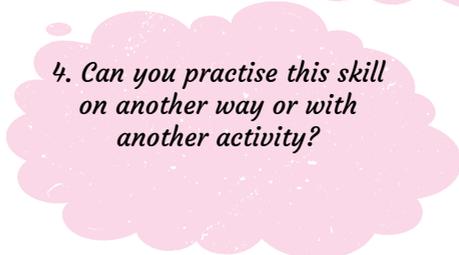
Please circle or colour in



*3. What did you find easy or difficult about the activity?*



*4. Can you practise this skill on another way or with another activity?*



*5. I would like to do this activity again*

*Yes*

*No*

# PE Weekly Reflection Sheet

*A picture of me*

*This week I learned*

- 
- 
- 
- 

*My favorite activity was*

*I did this at home*

*I did this at playtime*

*I played with...*

*I'm proud of...*

*Next week I'd like to...*

# Further Resources

To support your child's learning in Physical Education and the development of Physical Literacy

The following resources are all available from [www.scoilnet.ie/pdst/pehomework](http://www.scoilnet.ie/pdst/pehomework)

Resource	Developed by
<b>Primary Physical Education Curriculum</b> <i>An overview of the Physical Education Curriculum in the Primary School</i>	NCCA
<b>Primary Physical Education Teacher Guidelines</b> <i>Guidance for teachers facilitating a broad and balanced PE programme</i>	NCCA
<b>Move Well, Move Often - Developing the physically literate child through the lens of Fundamental Movement Skills</b> <i>Videos, Activity Books and Assessment Templates</i>	PDST
<b>Beyond the Classroom - supporting your child's physical literacy journey at home</b> <i>Activity Book and Video Clips for developing Fundamental Movement Skills at home</i>	PDST
<b>Physical Education Lesson Plans</b> <i>Including suggestions for Warm-Up and Cool-Down activities</i>	PSSI
<b>120 Non-Contact Activities for Physical Education</b> <i>Including suggestions for Warm-up and Cool-down activities</i>	PDST

## Glossary of Terms:

**NCCA** - National Council for Curriculum and Assessment

**PDST** - Professional Development Service for Teachers

**PSSI** - Primary School Sports Initiative

**PE** - Physical Education

**FMS** - Fundamental Movement Skills

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<i>Games</i>		
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Teddy on the Move	9	<a href="https://pssi.pdst.ie/pdf/gam/gam_a_1.pdf">https://pssi.pdst.ie/pdf/gam/gam_a_1.pdf</a>
Traffic Lights	10	<a href="https://www.scoilnet.ie/uploads/resources/21778/21501.pdf">https://www.scoilnet.ie/uploads/resources/21778/21501.pdf</a>
Through the Gate	11	<a href="https://www.scoilnet.ie/uploads/resources/21867/21590.pdf">https://www.scoilnet.ie/uploads/resources/21867/21590.pdf</a>
What Time is it Mr Wolf	12	<a href="https://www.scoilnet.ie/uploads/resources/21831/21554.pdf">https://www.scoilnet.ie/uploads/resources/21831/21554.pdf</a>
Get Creative	13	No link (new activity)
Use Your Imagination	14	No link (new activity)
Level 2		
Under Control	15	<a href="https://vimeo.com/427702880">https://vimeo.com/427702880</a>
Your Move	16	<a href="https://pssi.pdst.ie/pdf/gam/gam_c_1.pdf">https://pssi.pdst.ie/pdf/gam/gam_c_1.pdf</a>
DONKEY	17	<a href="https://pssi.pdst.ie/pdf/gen/gen_1_warmup.pdf">https://pssi.pdst.ie/pdf/gen/gen_1_warmup.pdf</a>
Chinese Knee Boxing	18	<a href="https://pssi.pdst.ie/pdf/gen/gen_1_warmup.pdf">https://pssi.pdst.ie/pdf/gen/gen_1_warmup.pdf</a>
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Level 3		
Target Practice	21	<a href="https://vimeo.com/402212771">https://vimeo.com/402212771</a>
Wall Tennis	22	<a href="https://pssi.pdst.ie/pdf/gam/gam_d_7.pdf">https://pssi.pdst.ie/pdf/gam/gam_d_7.pdf</a>
Tail Tag	23	<a href="https://www.scoilnet.ie/uploads/resources/22362/22085.pdf">https://www.scoilnet.ie/uploads/resources/22362/22085.pdf</a>
Reaction Drop	24	<a href="https://www.scoilnet.ie/uploads/resources/22440/22163.pdf">https://www.scoilnet.ie/uploads/resources/22440/22163.pdf</a>
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Standing Starter Sprints	28	<a href="https://pssi.pdst.ie/pdf/ath/ath_a_3.pdf">https://pssi.pdst.ie/pdf/ath/ath_a_3.pdf</a>
Long Jump One	29	<a href="https://www.scoilnet.ie/uploads/resources/21827/21550.pdf">https://www.scoilnet.ie/uploads/resources/21827/21550.pdf</a>
Vertical Jump	30	<a href="https://vimeo.com/214481650">https://vimeo.com/214481650</a>
How Far Can You Throw	31	<a href="https://www.scoilnet.ie/uploads/resources/21855/21578.pdf">https://www.scoilnet.ie/uploads/resources/21855/21578.pdf</a>
Flying Teddies	32	<a href="https://vimeo.com/403344557">https://vimeo.com/403344557</a>
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Long Jump Two	35	<a href="https://vimeo.com/214481579">https://vimeo.com/214481579</a>
Obstacle Jump	36	<a href="https://www.scoilnet.ie/uploads/resources/21826/21549.pdf">https://www.scoilnet.ie/uploads/resources/21826/21549.pdf</a>
Tennis Ball Challenge	37	<a href="https://www.scoilnet.ie/uploads/resources/22448/22171.pdf">https://www.scoilnet.ie/uploads/resources/22448/22171.pdf</a>
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Triple Jump	41	<a href="https://pssi.pdst.ie/pdf/ath/ath_d_4.pdf">https://pssi.pdst.ie/pdf/ath/ath_d_4.pdf</a>
Hurdle Jump	42	<a href="https://pssi.pdst.ie/pdf/ath/ath_d_3.pdf">https://pssi.pdst.ie/pdf/ath/ath_d_3.pdf</a>
Run and Let Go	43	<a href="https://pssi.pdst.ie/pdf/ath/ath_d_1.pdf">https://pssi.pdst.ie/pdf/ath/ath_d_1.pdf</a>
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The Chicken Dance	48	<a href="http://www.gonoodle.com">www.gonoodle.com</a>
Come to Me	49	<a href="http://player.vimeo.com/video/52561505">http://player.vimeo.com/video/52561505</a>
Skipping Statue Game	50	No link (new activity)
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Crossing Corridor Dance	52	<a href="https://pssi.pdst.ie/pdf/dan/dan_c_3.pdf">https://pssi.pdst.ie/pdf/dan/dan_c_3.pdf</a>
Name Dance	53	<a href="https://pssi.pdst.ie/pdf/dan/dan_c_4.pdf">https://pssi.pdst.ie/pdf/dan/dan_c_4.pdf</a>
The Macarena	54	<a href="http://www.gonoodle.com">www.gonoodle.com</a>
The Shoemakers Dance	55	<a href="http://player.vimeo.com/video/52560491">http://player.vimeo.com/video/52560491</a>
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Crabs and Octopuses	67	<a href="https://pdst.ie/sites/default/files/Gymnastics%20Rolling%20Workshop%20-%20Teacher%20Support%20Materials%202018.pdf">https://pdst.ie/sites/default/files/Gymnastics%20Rolling%20Workshop%20-%20Teacher%20Support%20Materials%202018.pdf</a>
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Body Part Balances	70	<a href="https://pssi.pdst.ie/pdf/gym/gym_c_3.pdf">https://pssi.pdst.ie/pdf/gym/gym_c_3.pdf</a>
Dazzling Dish	71	<a href="https://pdst.ie/sites/default/files/Gymnastics%20Roll%20Cards.pdf">https://pdst.ie/sites/default/files/Gymnastics%20Roll%20Cards.pdf</a>
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Teddy Bear Teddy Bear Turn Around	77	<a href="https://pdst.ie/sites/default/files/Gymnastics%20Roll%20Cards.pdf">https://pdst.ie/sites/default/files/Gymnastics%20Roll%20Cards.pdf</a>
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Treasure Hunt	90	No link (new activity)
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Obstacle Course Orienteering	95	No link (new activity)
Class Challenge	96	No link (new activity)
String Pick up	97	No link (new activity)
Blindfold Walk	98	<a href="https://pssi.pdst.ie/pdf/out/out_WAOC.pdf">https://pssi.pdst.ie/pdf/out/out_WAOC.pdf</a>

# Suggested Music for Dance Activities

**Happy** - Pharrell Williams

**Best Day of My Life** - American Authors

**Pink Panther Theme** - Henry Mancini

**You're Welcome** - Dwayne Johnson

**You've Got a Friend in Me** - Randy Newman

**Can't Stop the Feeling!** - Justin Timberlake

**Chicken Dance** - Electric Slide Music Makers

**Macarena** - Los Del Rio

**Best Years of Our Lives** - Baha Men

**The Entertainer** - Joplin

**Dance Monkey** - Tones And I

**I'm A Believer** - Smash Mouth

**All Star** - Smash Mouth

**We're All in This Together** - High School Musical Cast

**Let it Go** - From 'Frozen' / Soundtrack

**I Like to Move It** - will.i.am

**Skomagerstykket** - Ejnar Bjerneboe med rytmer (Shoemaker's Dance)

**Kilfenora Reels: Connemara Stocking** - The Westmeath Hunt - Kilfenora Ceili Band (Luascadh)

**Come to Me** - the National Folk Dance Players

**Man in the Mirror** - Michael Jackson

**The Lion Sleeps Tonight** - The Tokens

**Here is a link to a suitable playlist**

**Spotify Playlist** - PDST PE Homework

<https://open.spotify.com/>

[playlist/3kt0wKkHdZ2PSblaxQm4ny?si=pp5snaNcQ0Wwk67XrU8Q8g](https://open.spotify.com/playlist/3kt0wKkHdZ2PSblaxQm4ny?si=pp5snaNcQ0Wwk67XrU8Q8g)



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The PDST is funded by the Teacher Education Section (TES) of the Department of Education and Skills (DES) and is administered by Dublin West Education Centre.



Dublin West Education Centre  
Ionad Oideachais Bhaile Átha Cliath Thiar



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agus Scileanna  
Department of  
Education and Skills

[www.scoilnet.ie/pdst/pehomework](http://www.scoilnet.ie/pdst/pehomework)