

Dear 4th Class,

I hope you and your family are safe and well this week and that you have been making the most of the fine weather we are having. Last week, you completed the RSE programme at home. Well done ☺

We had our first zoom call last week. It was so lovely to see you all again. I enjoyed catching up with you and hearing what you have been up to. I would like to commend you on your wonderful behaviour during the meeting. Details of the next zoom call will be sent to your parents in the coming days. I am looking forward to it already.

This week is Sports Week. We would like to you to get outside in the fresh air and get active. Play some ball games, do some skipping, go for a walk/cycle/run, even create your own game. There are **3 videos** on the school website: a school staff video and 2 videos of some famous sportspeople you might recognise. If you haven’t seen them yet, make sure to check them out.

I would love to see some photos of you being active this week. A gentle reminder that photos with your face in them will not be used on the school website. A certificate is attached at the end of this document for you to print off on completion of Sports Week. Best of luck ☺

A massive thank you to you and your parents for sending me pictures of your work again this week. I love seeing what you have been getting up to and I am so pleased with all of the work you have been doing at home. Please continue to send the work you are most proud of to [mstierney@scoilchoca.ie](mailto:mstierney@scoilchoca.ie). Have a look at the website each week to see some pictures of the fantastic work being done at home.

Ms. Heffernan would be delighted to hear from those children who work with her. Her email address is [msheffernan@scoilchoca.ie](mailto:msheffernan@scoilchoca.ie) .

Enjoy Sports Week,

Ms. Tierney

[mstierney@scoilchoca.ie](mailto:mstierney@scoilchoca.ie)



**Work for Ms. Tierney’s 4th Class:**

**Monday 08/06/20 – Friday 12/06/20**

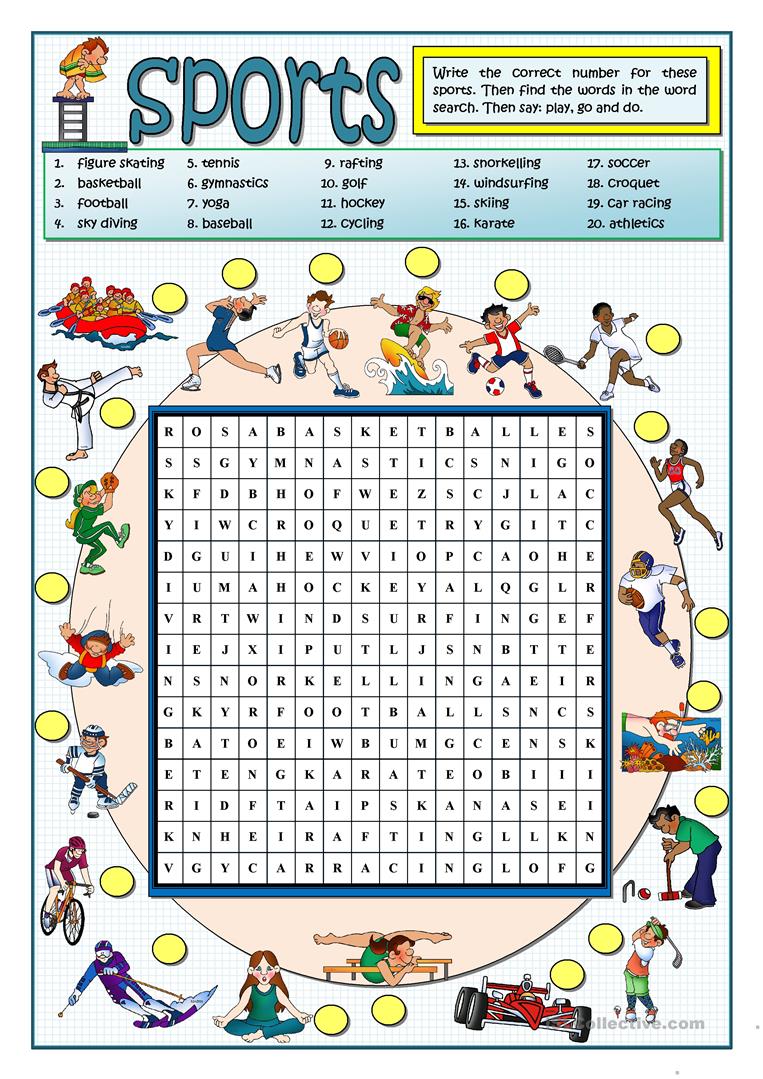
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| --- | --- |
| Monday | **English:**   * Sports Star fact-file writing activity- Research your favourite sports star.   **Irish:**   * Cuardach Focal/Wordsearch: Lá Spóirt/Sports Day   **P.E: Sports Week**   * 100 points challenge * Video: Choose one of the videos below as a daily bonus activity. |
| Tuesday | **English:**   * The Terrible Trip Up Reading Comprehension: Read & answer the questions   **Maths:**   * Angles scavenger hunt   **P.E: Sports Week**   * 100 points challenge * Video: Choose one of the videos below as a daily bonus activity. |
| Wednesday | **Maths:**   * Make a map challenge- Draw a plan of the area of your house and garden. Plan a treasure hunt/maths trail for your family giving them different clues to solve.   **Art:**   * Outdoor Art: Get creative with chalk (see ideas below) / Mindfulness art   **P.E: Sports Week**   * 100 points challenge * Video: Choose one of the videos below as a daily bonus activity. |
| Thursday | **English:**   * Active Week Acrostic Poem   **Irish:**   * Léigh ‘Foireann na Scoile’ agus freagair na ceisteanna.   **P.E: Sports Week**   * 100 points challenge * Video: Choose one of the videos below as a daily bonus activity. |
| Friday | **Maths:**   * Outdoor Maths Challenge: Build a bug hotel (See below for details)   **English:**   * Sports Day Word Unscramble   **PE: Sports Week**   * 100 points challenge * Video: Choose one of the videos below as a daily bonus activity. |

**Teacher:** Ms. Heffernan

**Note:** SEN teachers have added work on to the teachers’ plan. Children can decide to do this work instead of something the teacher has assigned. It is not extra work. Also, we would be delighted if you could **email on a picture of something that your child has done** and is proud of so we can see their lovely work again!

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| --- | --- |
| **Language** | **This week is Sports Week so we’re just going to do some fun activities to give you more time to get out and be active!**  **How many words can you make from SPORTS WEEK?**  **Try the Sports wordsearch below.**  **Write/record 5 sentences telling me what activities you enjoyed or what you thought about the videos on the website.**  **Keep reading!**  **If anybody needs any more reading material, please let me know. If you’ve read or listened to a story, I’d love to hear what you thought about it.**  **Send me an email to let me know how you’re getting on-I’d love to hear from you!** |

**Contact SEN Teacher:** [msheffernan@scoilchoca.ie](mailto:msheffernan@scoilchoca.ie)

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**Sports Week 100 Points Challenge:**

**Sports Week**

**STAY ACTIVE CHALLENGE**

**BUILD YOUR POINTS WITH EXERCISE**

**What I have to do:** Every day you have to accumulate 100 points by completing a variety of different activities. Each activity gives you different points. The **Daily Bonus Activity** can be any other activity that is not listed. Some suggestions might be a training session from your GAA or Soccer club, a dance class, a gymnastics class or even a family workout!

**Outdoor Challenges**

|  |  |
| --- | --- |
| Running (15 minutes) | 60 points |
| Cycle (30 minutes) | 60 points |
| Walk (30 minutes) | 50 points |
| Kick about | 40 points |
| Trampoline (20 minutes) | 40 points |
| Skipping (10 minutes) | 40 points |
| Basketball games (20 minutes) | 40 points |
| Puck around | 40 points |
| Hopscotch (5 minutes) | 10 points |
|  |  |

**Indoor Challenges**

|  |  |
| --- | --- |
| Running up and down stairs x 5 | 40 points |
| Online yoga class | 50 points |
| Online dance class | 50 points |
| Pressups x 20 | 20 points |
| Squats/Frog Jumps x 20 | 20 points |
| Hula Hooping x 20 | 20 points |
| Table Tennis | 20 points |
| Balloon keepie uppie (15 min game) | 20 points |
| Plank Hold (30 seconds x 5) | 30 points |
|  |  |

**\*\*\*Daily Bonus Activity\*\*\* 100 points**

**Sports videos for a daily bonus activity:**

<https://www.youtube.com/watch?v=xB0sg8nQXDc&list=PLt3aHDpWcOx0KJFmNWegn4eTv50f9Qgu_&index=2&t=0s>

This is a family dance class.

<https://www.youtube.com/channel/UC_4CVGZ-aQH2V6cLGYmKMAg>

This is a video with soccer skills suitable for primary school children.

<https://www.youtube.com/watch?v=hmMobq5velU>

This is a dance to “Sorry” by Justin Beiber.

<https://www.facebook.com/180216932023233/videos/895787854180836/>

This is Triathlon Ireland Fitness Video for kids.

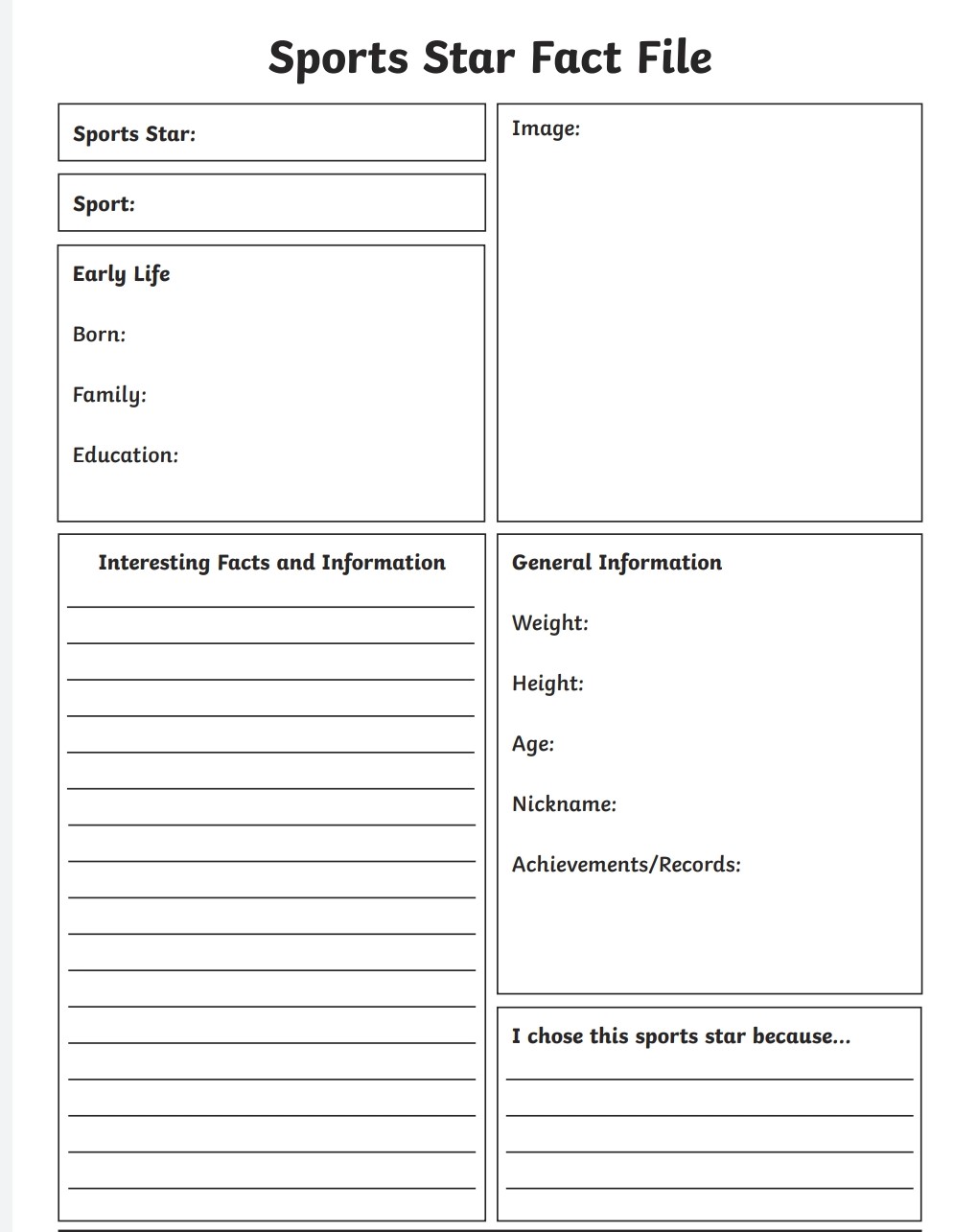
<https://www.facebook.com/SportIrelandCampusFitness/videos/311157616522289/>

This is Sport Ireland’s family PE at Home Workout.

<https://www.youtube.com/watch?v=M5ffOxDIcwc&amp;list=RDCMUCyqR7WkL8i1b6xtSssDmW9w&amp;index=4>

This is a dance to ‘Can’t stop this feeling’ by Justin Timberlake.

**Sports Star Fact File:**



**Cuardach Focal- Lá Spóirt:**

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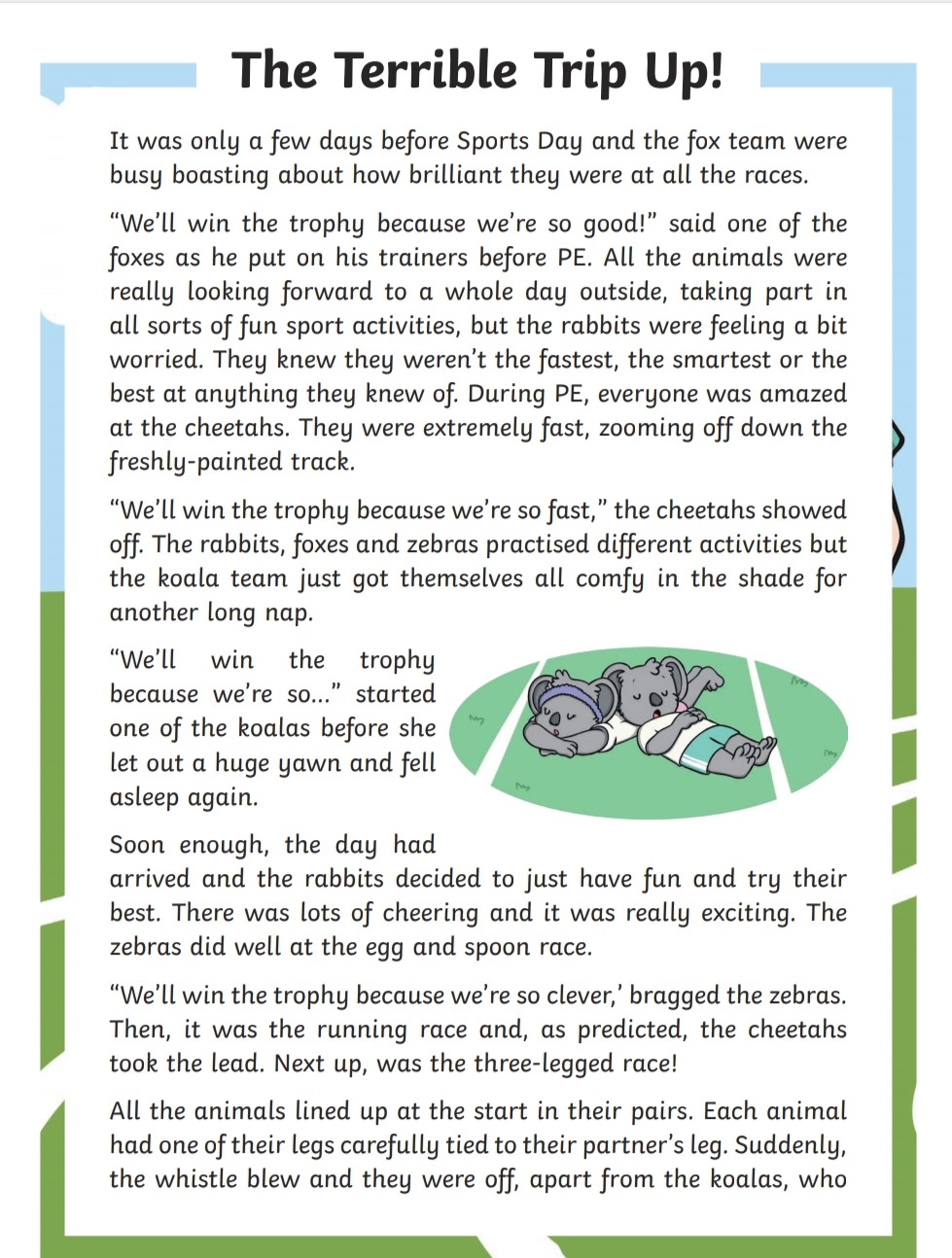
**spraoi=fun críochlíne= finish line pointí= points**

**foireann=team chéad= 1st scór= score**

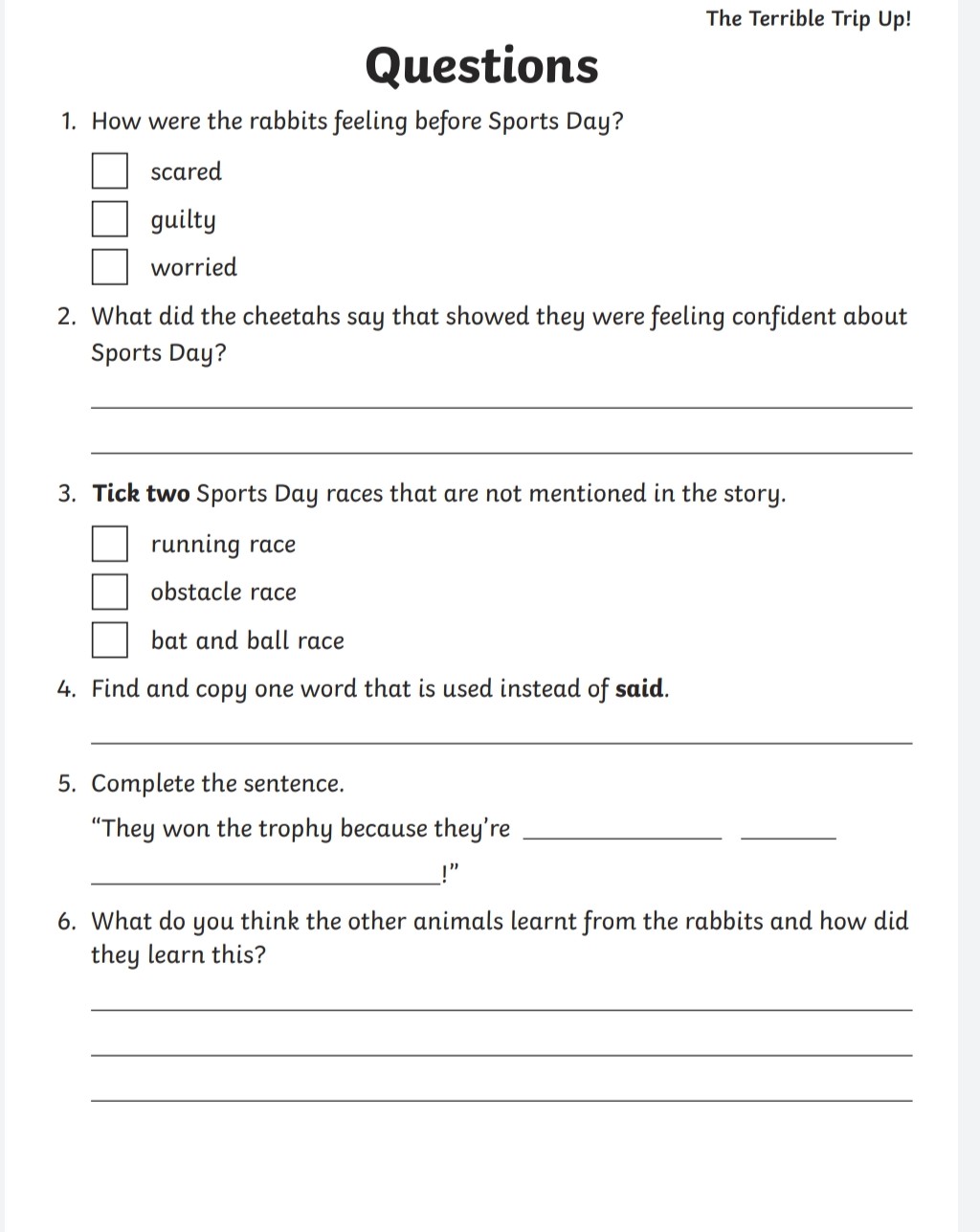
**uisce=water dara= 2nd rás= race**

**hata gréine= sunhat tríú= 3rd**

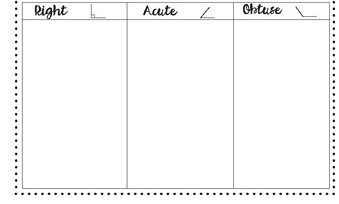
**Reading Comprehension**

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**Angles Scavenger Hunt**

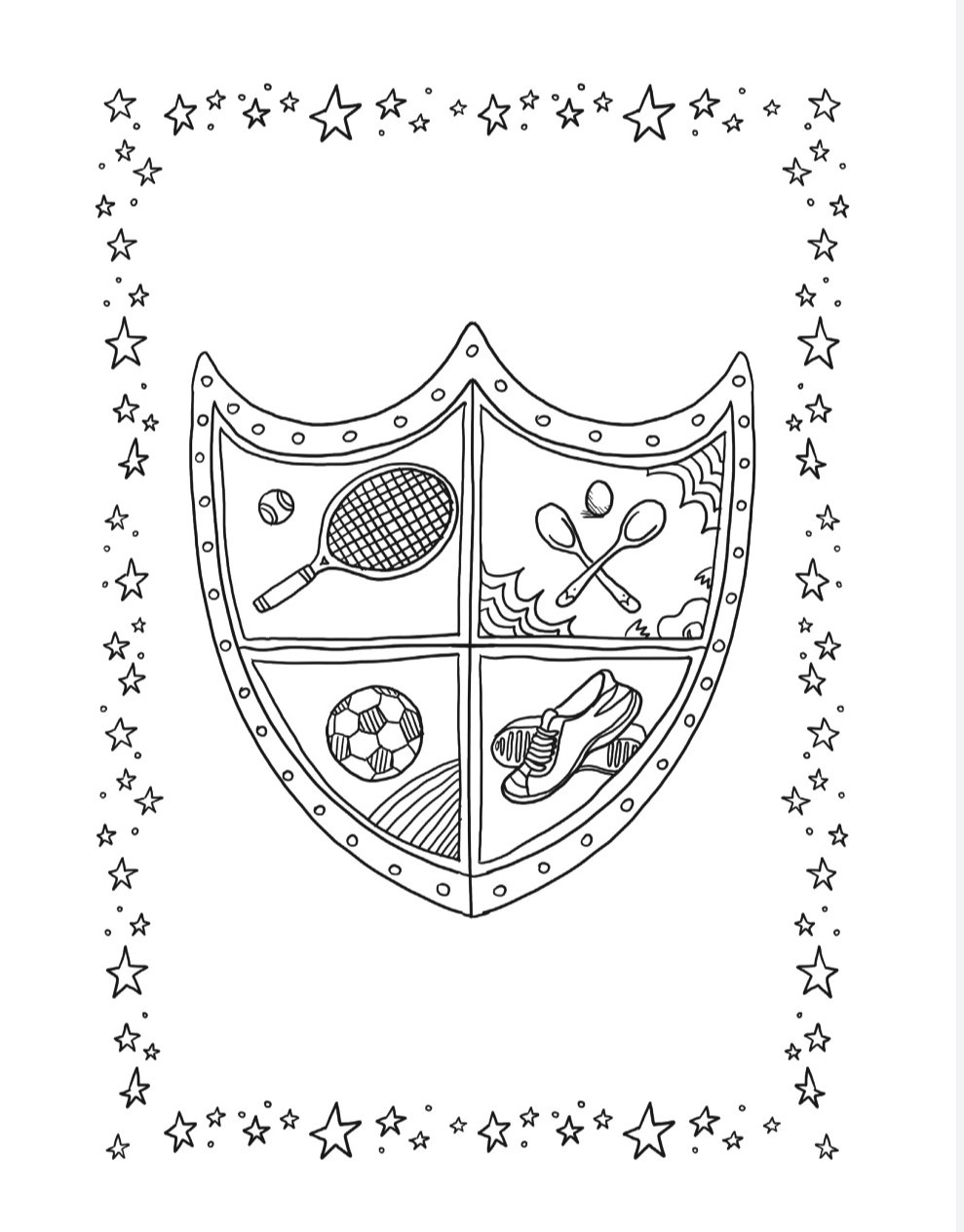
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**Outdoor Art Ideas Using Chalk:**

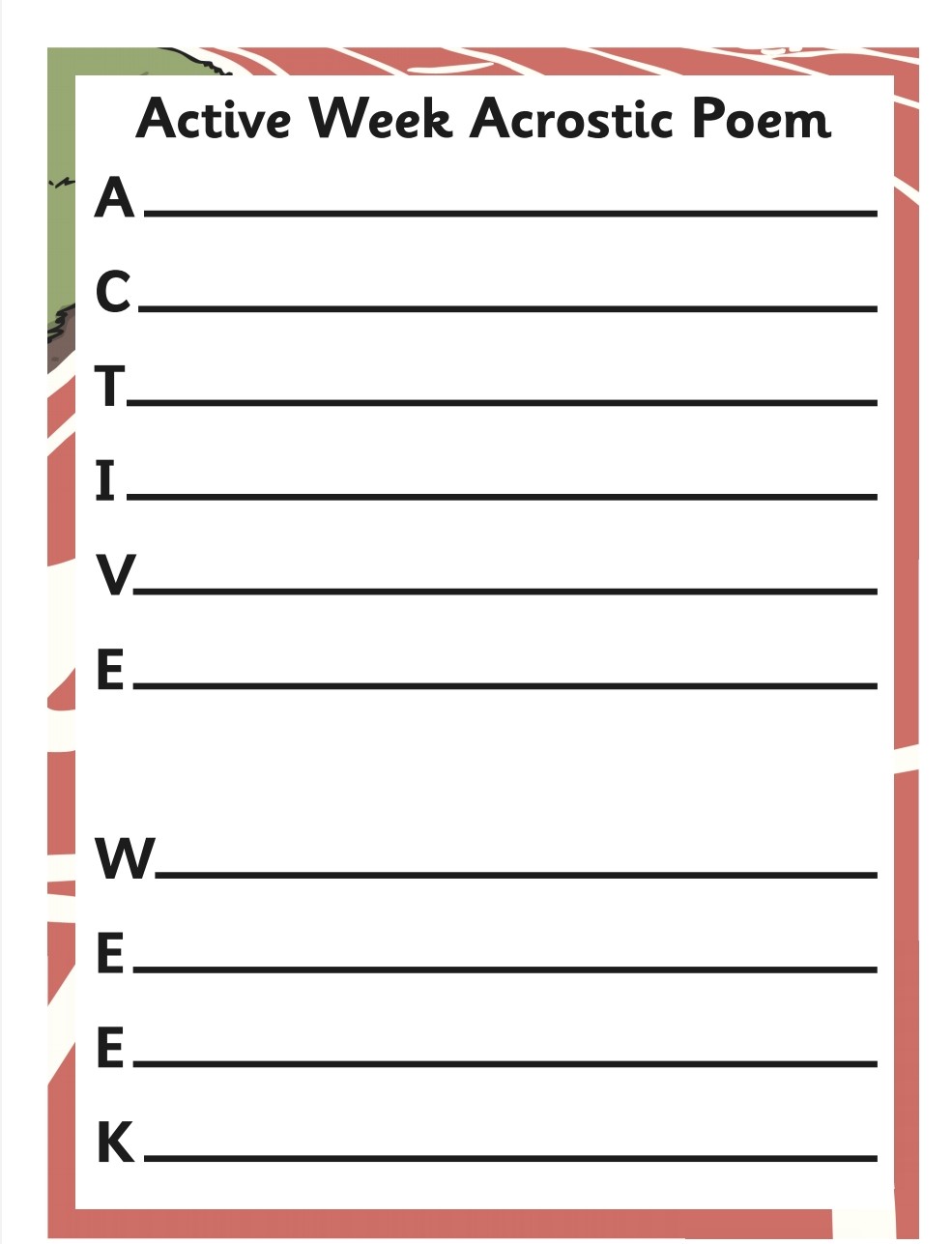




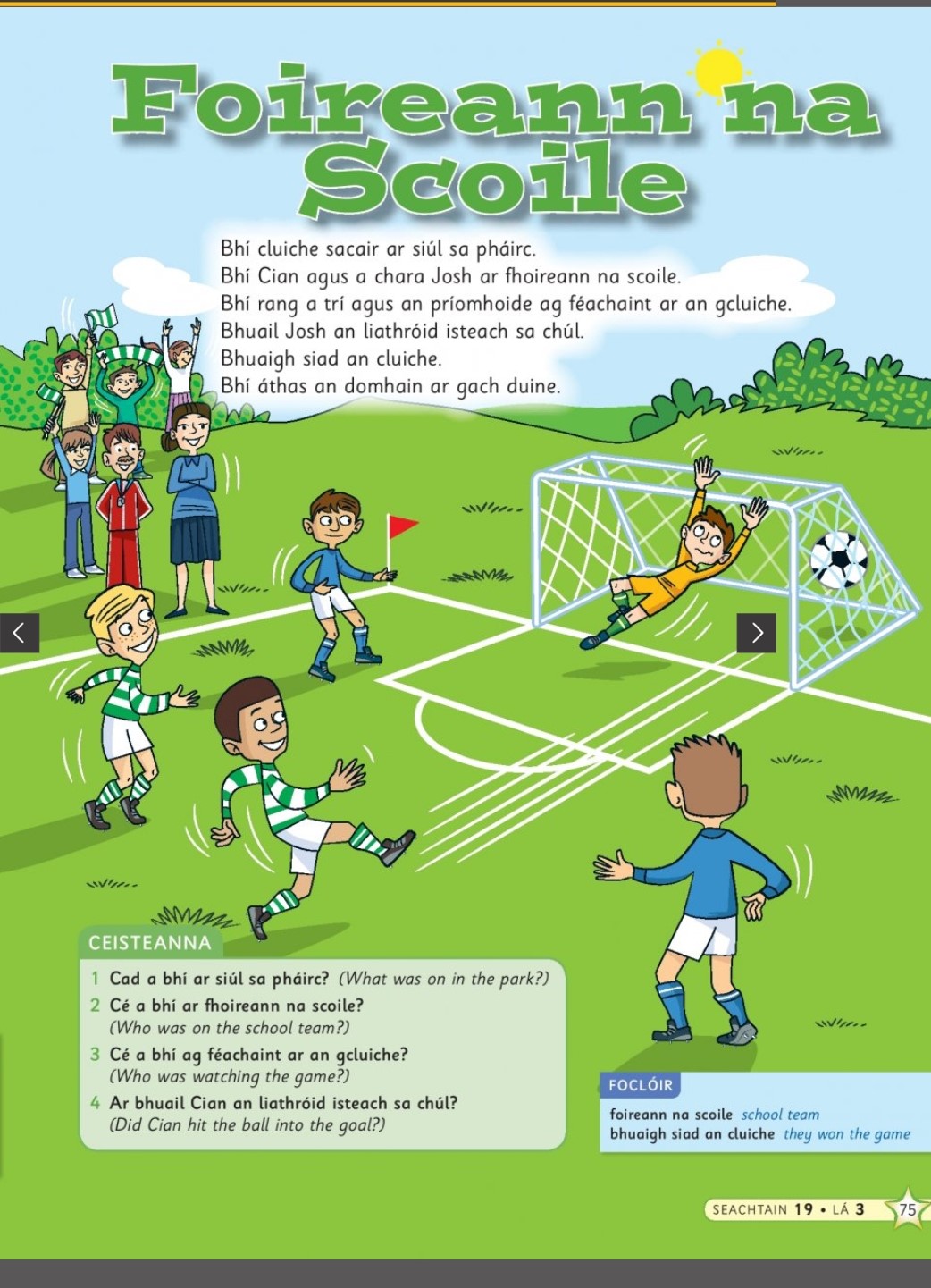


**Mindfulness Art:**

**Active Week Acrostic Poem:**



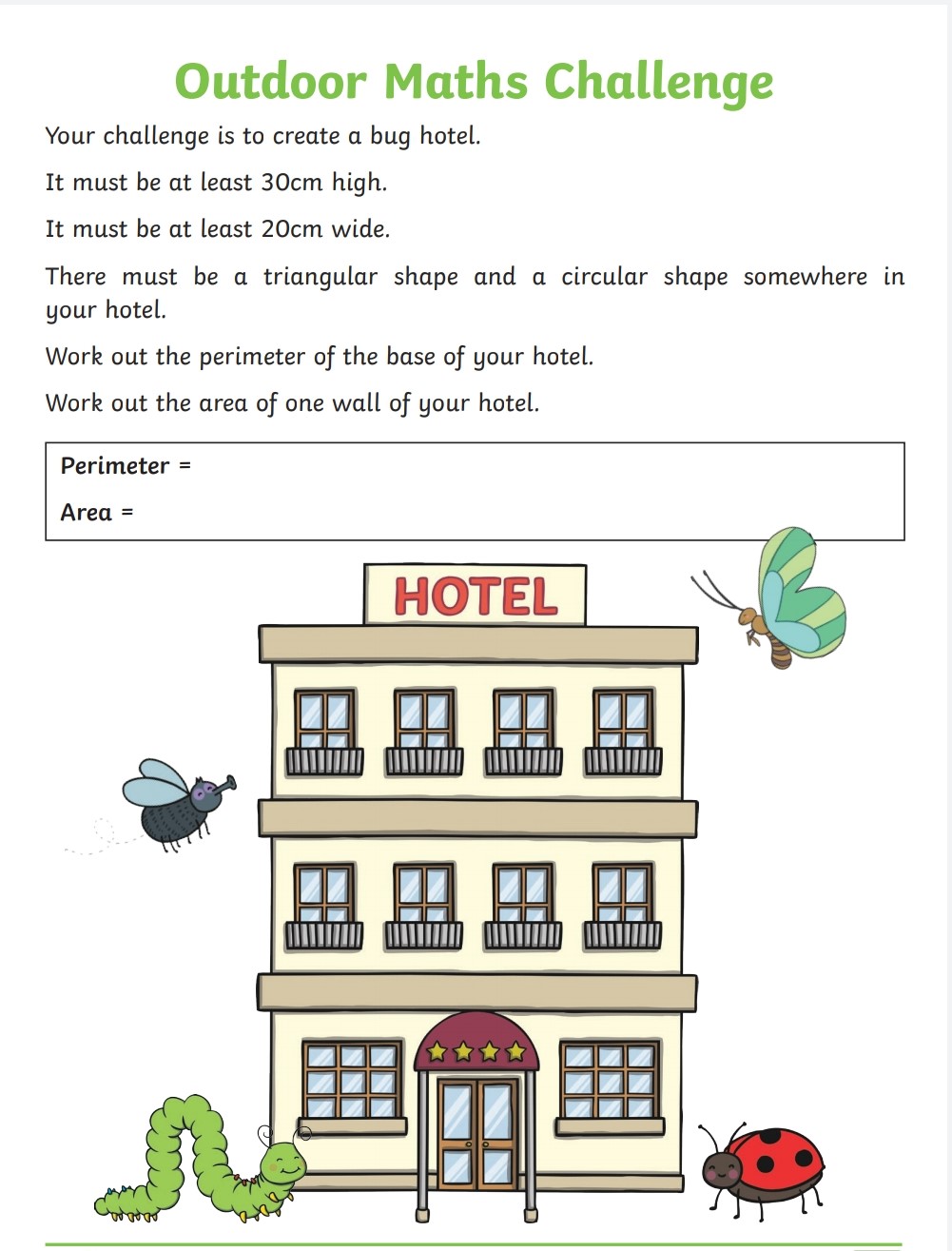
**Léigh sa Bhaile- Foireann na Scoile**





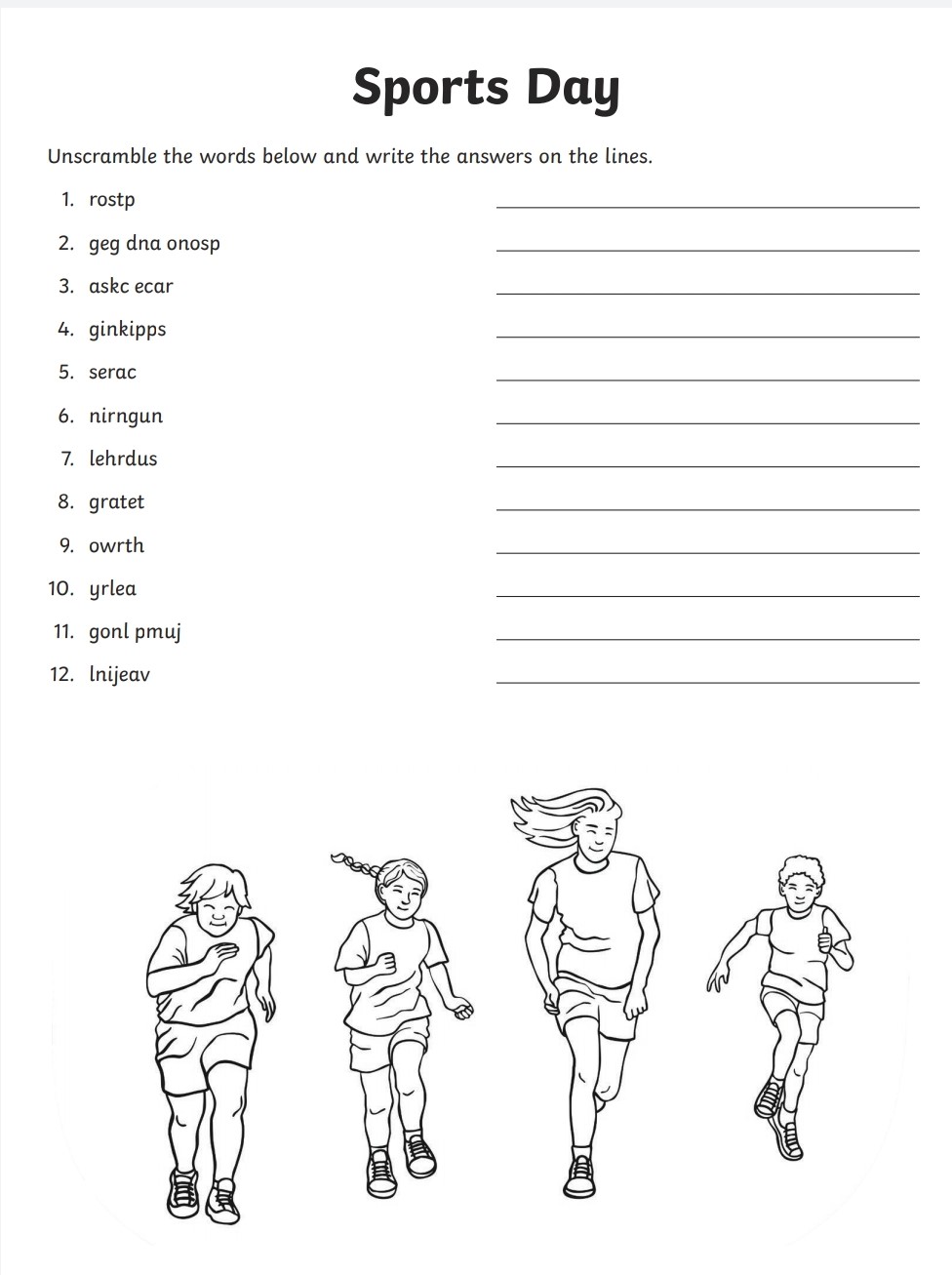
**(Double click the icon to listen to the story)**

**Outdoor Maths Challenge: Build a Bug Hotel**

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**Sports Day Word Unscramble:**

throw, javelin, sack race, hurdles, egg and spoon, relay, target, skipping, races, running, long jump, sport

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**Scoil chÓca Naofa**

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Congratulations on taking part in Sports Week

June 2020