



**Active
HOME
Week**



60 Minutes



Make it FUN!

#GolfAtHome

Kerbs Plank Soccer

Balloon Volleyball

Toilet Roll Keepy Uppies

Balloon Burst Challenge Sock Boule

Limbo

Waddle Races Freestyle Hurling Wall Ball Fitness Monopoly

Fitness Alphabet Juggling TEACHER Challenges

Skateboarding Bottle Skittles

Swingball Roller Skates Toys in the Toy Box Races **RTE Twigin Yoga**

Foot Golf Teddy Bear's Picnic Waddle Races The Rocket Challenge Table Tennis

Circuit Training with Katie Taylor

Irish Heart Foundation Let's Get Active at Home Challenge Target Practise with Wall Markings

SFAI 12 Day #StayatHome Challenge Kick-Tac-Toe Fitness Alphabet Wobble Board GoNoodle Mini Golf

Dance Mats Frisbee

Wood Spoon Balloon Relay

PDST Beyond the Classroom PE Videos

Chasing Games Spell it Out Dice Workout Just Dance for Kids Kerbs Line Dancing Basketball Hoops

Soccer Skills Gymnastics Skills Frisbee GAA Future Leaders Challenges FAI #HomeSkills

PE with Joe Gardening Tennis at Home Skill Awards Beat Your Own Score Challenges

Cha Cha Plank Challenge **Local Sports Partnerships Online Classes**

Mini Golf Family Céili Balance Board Toilet Roll Keepy Uppies 10@10 Frisbee Golf

Kite Flying Frisbee Family Musical Statues **Foot Shake Dance Challenge**

Trampoline Haka PDST Lasmuigh den Seomra Ranga Cara Centre Home Exercise Circuits

Gymnastics Ireland Takeover Fitness Workouts Sock Boule Limbo Cycling (within 2km)

Hopscotch #ChalkChallenge The Daily Mile at Home Backdoor Basketball

Basketball Ireland #StayHomeSkills Space Hopper

Plank Soccer Athletics Ireland Hop Series Athletic Ireland Core Circuits

Local Sports Partnerships Challenges Boxercise Badminton Rock Paper Scissors Tag

Active Xs and Os Create your own Dance Family Rounders Kite Flying King of the Cones

Family Walk (within 2km) Cosmic Yoga Sports Day Activities Fidget Spinner Fitness

Crossbar Challenge Handball **Family Monopoly Fitness**

Family Hide & Seek Juggling

French Skipping with Elastics Family Musical Chairs Build a Hut #GAA Solo Challenges

Alphabet Scavenger Hunt Dancing #ThisGirlCan Disney Dance Alongs

#ActiveHomeWeek IDEAS



Check out all the above ideas, and more, by visiting
[@activeflag](https://twitter.com/activeflag). NEW ideas added daily.



Active School Flag is a Department of Education and
Skills initiative supported by Healthy Ireland. To find out
more visit www.activeschoolflag.ie.

