

LADYSWELL NS Active Home Week Monday 27th – Friday 1st May



Monday	Tuesday	Wednesday	Thursday	Friday
<p>Wake Up Shake Up Wake yourself up by dancing to your favourite song!</p>	<p>Wake Up Shake Up Wake yourself up by dancing to your favourite song!</p>	<p>Wake Up Shake Up Wake yourself up by dancing to your favourite song!</p>	<p>Wake Up Shake Up Wake yourself up by dancing to your favourite song!</p>	<p>Wake Up Shake Up Wake yourself up by dancing to your favourite song!</p>
<p>P.E. with Joe Wicks Follow Joe for a workout at 9.00am https://www.youtube.com/user/thebodycoach1</p>	<p>P.E with The Movement Join Andy Moran and his team for a family friendly workout https://www.youtube.com/watch?v=6Hz3lnK95dQ</p>	<p>P.E. with Joe Wicks Follow Joe for a workout at 9.00am https://www.youtube.com/user/thebodycoach1</p>	<p>P.E with The Movement Join Andy Moran and his team for a family friendly workout https://www.youtube.com/watch?v=6Hz3lnK95dQ</p>	<p>P.E. with Joe Wicks Follow Joe for a workout at 9.00am https://www.youtube.com/user/thebodycoach1</p>
<p>Mile with a Smile 😊 Have a walk around your area and estate – don't forget to smile as you go!</p>	<p>Mile with a Smile 😊 Have a walk around your area and estate – don't forget to smile as you go!</p>	<p>Mile with a Smile 😊 Have a walk around your area and estate – don't forget to smile as you go!</p>	<p>Mile with a Smile 😊 Have a walk around your area and estate – don't forget to smile as you go!</p>	<p>Mile with a Smile 😊 Have a walk around your area and estate – don't forget to smile as you go!</p>
<p>10 at 10 10 jumping jacks 10 knees up to elbows 10 ball throw and catches 10 jumps 10 seconds jogging Repeat!!!</p>	<p>10 at 10 10 jumping jacks 10 knees up to elbows 10 ball throw and catches 10 jumps 10 seconds jogging Repeat!!!</p>	<p>10 at 10 10 jumping jacks 10 knees up to elbows 10 ball throw and catches 10 jumps 10 seconds jogging Repeat!!!</p>	<p>10 at 10 10 jumping jacks 10 knees up to elbows 10 ball throw and catches 10 jumps 10 seconds jogging Repeat!!!</p>	<p>10 at 10 10 jumping jacks 10 knees up to elbows 10 ball throw and catches 10 jumps 10 seconds jogging Repeat!!!</p>
<p>Boxing Circuits Katie Taylor has created a boxing circuit for children. Try it out! https://www.corksports.ie/index.cfm/page/katie-taylor-s-home-boxing-circuits</p>	<p>Hula Hoop and Skipping Challenge someone in your family: see who can keep the hula hoop up the longest or skip the most skips</p>	<p>GAA Football/Hurling Try out some of the gaa challenges activities: https://learning.gaa.ie/gaasolo</p>	<p>Dance Monkey Create your own dance routine to the song: <i>Dance Monkey</i></p>	<p>Cosmic Kids Wind down the week with some gentle stretching: https://www.cosmickids.com/category/watch/</p>
<p>Musical cushions! Get all your family involved and play a game of musical cushions 😊</p>	<p>Crazy Dancing Dance your heart out for as long or as little as you like!</p>	<p>Ball throwing Have a fun game of donkey with someone from your family</p>	<p>Plank Challenge Can you hold a plank for 30 seconds? Try it!</p>	<p>Toilet Roll (or ball!) keepy Uppies A fun challenge for all the family 😊</p>