



## Junior & Senior Infants Active Week Grid

(\*resource available on See-Saw / Aladdin)

<p>Do the following exercises:</p> <ul style="list-style-type: none"> <li>• 20 jumping jacks</li> <li>• 10 toe touches</li> <li>• 20 high knees</li> <li>• 10 arm circles</li> </ul>	<p>Go for a family walk / jog / cycle</p>	<p>Dance to your favourite song / Zumba video*</p>
<p>Create your own obstacle course* including:</p> <ul style="list-style-type: none"> <li>• jumping over something</li> <li>• hopping on one leg</li> <li>• a twist/turn</li> </ul>	<p>Spell out your name using the different exercises on the alphabet chart*</p>	<p>Active story time (every time you hear a verb – act it out e.g. jump, fly, walk, run)</p>
<p>Pick 5 different animals and move around like them. For example, walk like a tall giraffe.</p>	<p>Practice some yoga poses – can you pick your favourite one?*</p>	<p>Run your own race!- Time yourself running a short distance. Run again aiming to beat yourself.</p>
<p>How long can you hold a balance for? Have a competition with your family. Try using different body parts e.g. 2 feet and one hand / 2 hands and one foot!</p>	<p>Do 10 minutes active housework e.g. hoovering / dusting / mopping</p>	<p>Pick an exercise that you haven't tried before (e.g. balancing on one foot) and give it a go! Keep practicing for the week and see if you get better!</p>