

The background features a series of concentric circles in light gray, some solid and some dashed, creating a ripple effect. A large red callout box is centered on the page, with a white border and a downward-pointing arrow at the bottom center. The text is white and centered within the red box.

PE & SPHE

April 27th – May 8th

The background features several sets of curved lines in the top-left and bottom-right corners. Each set consists of three lines: a solid grey line on the outside, a dashed grey line in the middle, and another solid grey line on the inside. The lines curve towards the center of the page.

Welcome back

- Remember! These powerpoints include a 'menu' of activities. We do not expect you to complete every task. Please just try your best and choose topics and activities that interest you most.

Contact



PARENTS CAN CONTACT
THEIR SON'S TEACHER VIA
EMAIL



[5THCLASSTEACHER@HOLLYPA
RKBNS.IE](mailto:5THCLASSTEACHER@HOLLYPA
RKBNS.IE)

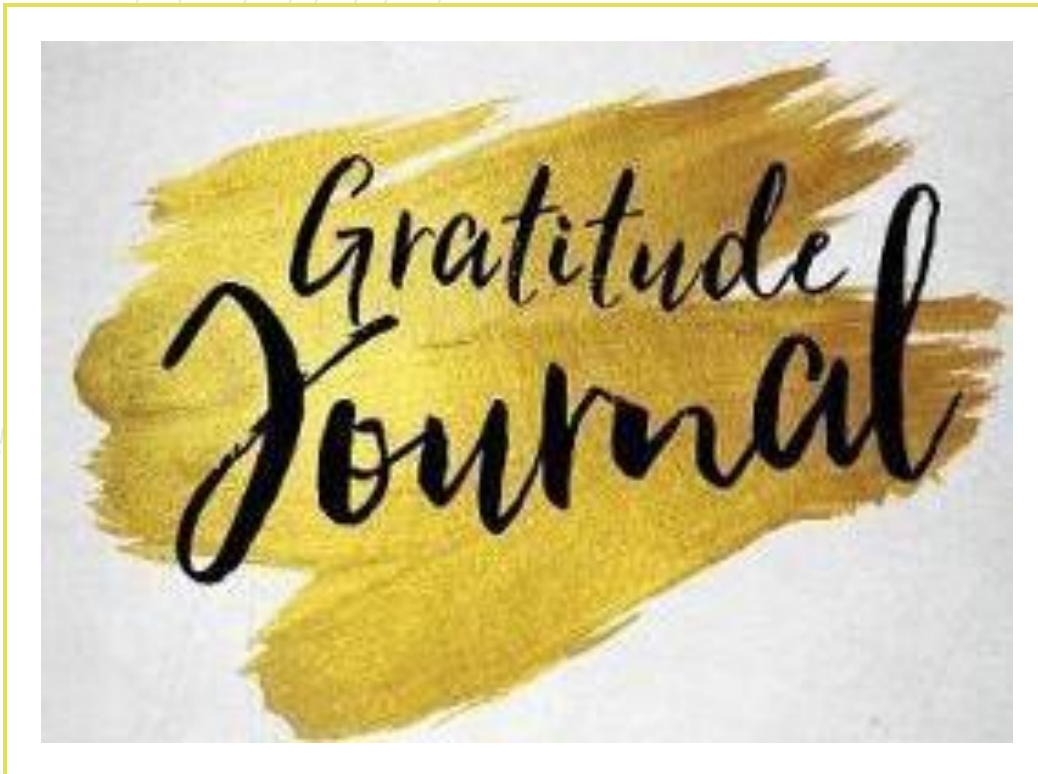


PLEASE DON'T HESITATE TO
CONTACT US IF YOU OR YOUR
SON HAVE ANY QUERIES. WE
ARE HAPPY TO ANSWER
QUESTIONS AND GIVE
FEEDBACK ON YOUR CHILD'S
WORK.



PLEASE INCLUDE THE
TEACHER'S NAME IN THE
SUBJECT LINE OF YOUR EMAIL.

Gratitude diary



- Keep a daily diary/journal during this remote learning period.
- Write in this journal every evening before bedtime
- Write 3 moments that you were grateful for from the day
- They can range from the exercise you got, the dinner you had, the conversations you had, the games you played, the help you received etc...

Worry box/jar

Find a small box/jar

Write/ draw any worries that you may have

Insert them into the box or the jar where they'll be free from your head

Someone at home can help and perhaps destroy those worries with you afterwards



Timetable activity and Routine



We teachers love routines!



It's important to keep a routine during the day when our regular routines have been disrupted.



We'd love you to send us your timetable if possible. There's an example on the next slide.



E.g schoolwork, exercise, walks, meals, family time, TV, screen time, board games etc...

Sample Timetable

Time	Activity	Tick when complete
09.00	Wake up, breakfast, wash, ready for schoolwork	
10.00	Schoolwork	
10.45	Break (snack/exercise etc..)	
11.00	Schoolwork (or make use of RTE Home School Hub)	
12.00	Get outside within a 2km range of house while maintaining social distancing. Bike rides, walks, jogs etc	
13.00	Lunch time. Help make lunch. Link in with friends.	
14.00	Schoolwork	
14.45	Break (snack/exercise)	
15.00	Finish schoolwork/ work on any creative or enjoyable activity	
16.00	Household chores/help	
17.00	Help with dinner	
17.45	Dinner time and tidy up	
Evening plan	Exercise, family time, relaxation, reading etc...	

This is just a sample plan which can be adapted to suit your routine at home. Remember to take frequent breaks, exercise and to stay in touch with your friends and other family members

Exercise



- Olympic boxer Kelly Harrington visited that school a few months ago as part of the "Dare to Believe" initiative.
- They have shared with us the home exercises of some high-performance Irish athletes. You can copy these exercises too, for a high intensity fitness session. View them here;
- <https://youtu.be/T-YgHRV8qxA>
- Choose an Olympic sport
- Follow the exercise for 20 secs
- Rest for 10secs and choose the next exercise
- There are 8 rounds in total which can be mixed and matched
- A few sports require equipment found at home



27 April – 3 May

Active HOME Week



- Active HOME week is launching on April 27th. Check the link below to follow activities you can do at home to keep active:
- <https://activeschoolflag.ie/index.php/active-home-week-2020/>



Joe Wicks

- Continue PE sessions with Joe Wicks every weekday. New workouts are uploaded daily and can be done at any time during the day!
- <https://www.youtube.com/channel/UCAxW1XT0iEJo0TYlRfn6rYQ>