



Active HOME Week

27 April – 3 May



60 Minutes



Make it FUN!

Children and young people need at least 60 minutes of physical activity every day
World Health Organization

Please remember, at all times, to follow the government COVID-19 advice. If exercising outdoors, keep within 2 km from home, keeping 2 m distance from others.

Date	Activity 1	Activity 2	Activity 3	Activity 4	Total Time
Monday 27 April	Walk up Slieveravan	Bicycle 5 km cycle	Run 2 km	Trampoline Horse Riding 2 hrs.	
Tuesday 28 April	Timed obstacle course	Tide Top Dance, & Prachise	Trampoline Circuits with Carrock Dippers	Run 2 km Bicycle.	
Wednesday 29 April	Timed obstacle course	Bicycle	2 km Run	Horse Riding 1- 2 hrs.	
Thursday 30 April	Horse Riding 1 hr	2 km Run	Trampoline Bicycle	Circuits 30 mins.	
Friday 1 May	Trampoline Bicycle	2 km Run	Horse Riding 1 1/2 hrs	Obstacle course	
Saturday 2 May	2 km Run	Pilates 30 minutes	Horse Riding	Walk up the woods	
Sunday 3 May	Walk up Slieveravan	Horse Riding Trampoline.	Obstacle course	2 km Run Bicycle	

I DID IT!	I was active for 60 MINUTES every day
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Robyn O'Reilly
Max O'Reilly

Pupil name

Class/Teacher



Active School Flag is a Department of Education and Skills initiative supported by Healthy Ireland.

