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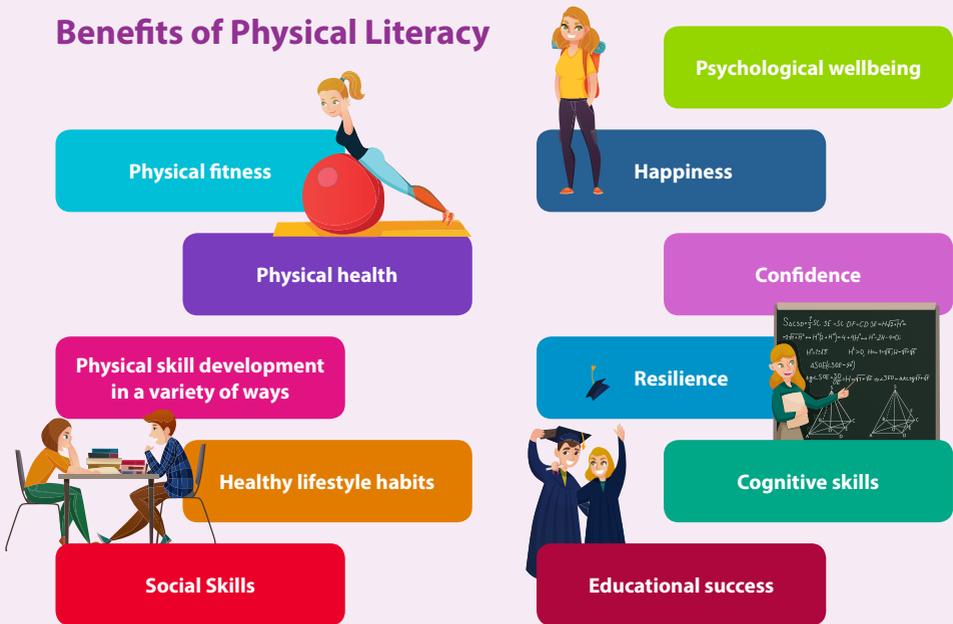


Introduction

This resource has been developed by primary teachers to bring your child's Physical Education experience home. The PE Homework - Active Every Day activities are designed to complement the activities that your child is learning in school.

Research shows that physical education, as an integral part of your child's education, provides vital opportunities for physical, social, emotional and intellectual development. Children who experience joy and fun through the medium of movement at school are more likely to continue to be active later in life if they have the opportunity to practise what they have learned in a wide range of environments, such as the home and community. This enables them to develop Physical Literacy.

Benefits of Physical Literacy



What does your child learn about in Physical Education?

The PE Curriculum meets the needs of your child for movement experiences, challenges and play. It aims to develop a desire for daily physical activity and encourages constructive use of free time and participation in physical activities in adult life. To fulfil these needs, Physical Education is built on the principles of variety and diversity, not of specialisation. It provides a wide variety of movement activities appropriate to the level of development of the child. The curriculum is divided into the following six strands:

Introduction



AQUATICS



ATHLETICS



DANCE



GAMES



GYMNASTICS



OUTDOOR &
ADVENTURE

How to use this resource

This resource provides a selection of activities that your child can choose from, based on the strand that they are exploring in their Physical Education class. The activities in this resource are differentiated across three levels - Level 1, Level 2 and Level 3.

- Level 1 is generally aligned to the Infant classes
- Level 2 is generally aligned to 1st, 2nd or 3rd classes
- Level 3 is generally aligned to 4th, 5th or 6th classes.

Select the activities that best suit the needs and abilities of your child. Children can move up or down through the levels if they wish. If there is more than one child in the household, they can help each other with their PE homework!

The activities outlined in this resource can be completed inside the home or outside in whatever space is available to the child. All activities can be completed individually by the child, or they can be adapted to include family members, neighbours or friends. Remember to warm-up before you start! You will find some fun warm-up activities on our website - www.scoilnet.ie/pdst/pehomework

Reflect on your progress

This resource invites your child to share what they have learned at school with their family members at home. Encourage your child to show you what they have learned, and to talk about their PE experiences. Your child may have a PE journal, or copybook. Invite your child to use their PE journal to reflect on their learning by

- writing about or drawing what they did in PE or what activity they completed for homework,
- setting movement goals and learning targets,
- keeping physical activity records or
- creating new games using the skills they are developing in PE.

A range of reflective templates and prompts are presented on page 107 of this activity book.

Children can print out the PE Homework Chart and display it in the home to track their progress. Alternatively, they can keep a note of the activities that they have completed in their PE journal. If they have a favourite activity, they can complete it more than once!

Introduction

This resource is designed to be fun and engaging for your child. By completing short, interesting, engaging physical activities every day, you are helping your child to develop healthy lifestyle habits that will support their wellbeing in body and mind. If your child associates fun and enjoyment with physical education lessons and gains a sense of achievement in practising their skills at home, they will develop the positive attitudes so necessary for continued participation in physical education lessons and physical activity for life.

For more resources to support your child's learning in physical education, and their physical literacy journey, see page 120 of this activity book or visit www.scoilnet.ie/pdst/pehomework

Here are a few ways that you can support your child on their physical literacy journey:

Be an active role model

Children learn from what they see others do. If they see you being active and enjoying a wide range of movement activities, chances are they'll want to be more active too!

Play with your child

Create opportunities to be active or play as a family. The activities don't have to be elaborate. Something as simple as a walk to the park is great! For lots of ideas about active play in the home, visit <https://www.gov.ie/en/campaigns/lets-play-ireland/>

Introduce children to a variety of movement activities

The more variety your child experiences, the more likely they are to find something that they really enjoy. Aim to involve your child in lots of different ways to be active such as team sports, yoga, walking, climbing, swimming/splashing, orienteering, dancing or cycling.

Encourage

Just like with reading and maths, physical literacy will take time to develop. Be patient and supportive while your child's brain and muscles grow and provide opportunities for practice.

Be an advocate

You can become involved in decisions about community design, community programmes and even physical education in your child's school. Advocate to your local council for more parks, footpaths and green spaces. Speak with your child's teacher, coach or instructor about how they are supporting your child in becoming physically literate.



Level 1 Activities

Teddy on the Move

Equipment Needed

A teddy, a soft toy or a beanbag (Make your own beanbag using a sock filled with some rice. Tie the sock with an elastic band.)

How to play

Can you balance your teddy or beanbag on the following body parts? First, perform the balances while standing on the spot and then while walking around.

palm of your hand | head | foot | shoulder | back of your neck | tummy

You can now make things a bit more exciting for your teddy. Throw your teddy up in the air and catch it with two hands and then with one hand. Throw your teddy up in the air and count how many claps of your hands you can do before you catch it. Try to beat your score!



Adapted from  [PSSI Lesson Plans - Junior Infants/Senior Infants Lesson 1 page 2](#)



Level 1 Activities

Traffic Lights

Equipment Needed

No equipment needed.

How to play

Invite someone at home to join you.

One person calls out directions, while the other follows the actions:

Green: jog or run around the space

Yellow: jump or hop on the spot

Red: stand still like a statue



Adapted from  [Move Well Move Often - Activity Book 1, page 26](#)



Level 1 Activities

Through the Gate

Equipment Needed

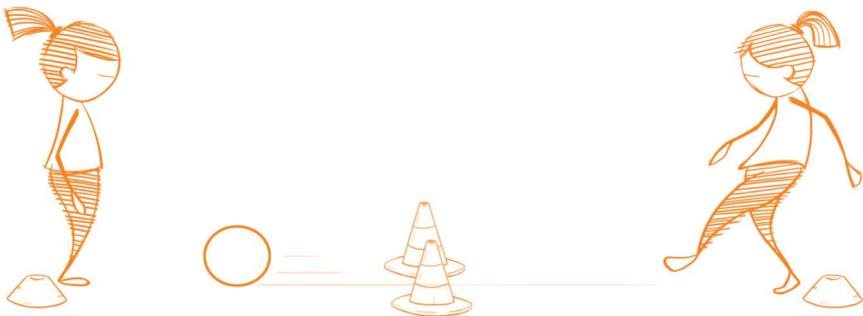
A ball, two cones to outline your gate, (alternatively you could use two cans, bottles or jumpers).

How to play

Set up a gate using the equipment that you have available. Stand with your ball two metres away from your gate. Try to kick your ball through the gate.

To make the game more challenging, stand further away from the gate or decrease the width of the gate.

If you have a partner at home you could try kicking the ball to each other through the gate.



Adapted from  [Move Well Move Often - Activity Book 1, page 178](#)



Level 1 Activities

What Time is it Mr. Wolf?

Equipment Needed

No equipment needed.

How to play

Invite someone at home to be Mr Wolf. They stand with their back to you, at a distance away. You ask the question 'What time is it Mr. Wolf?' If Mr. Wolf says 6 o'clock, take 6 steps towards them. If Mr. Wolf says, 'Dinner time', the wolf turns and chases you.



Adapted from  [Move Well Move Often - Activity Book 1, page 131](#)



Level 1 Activities

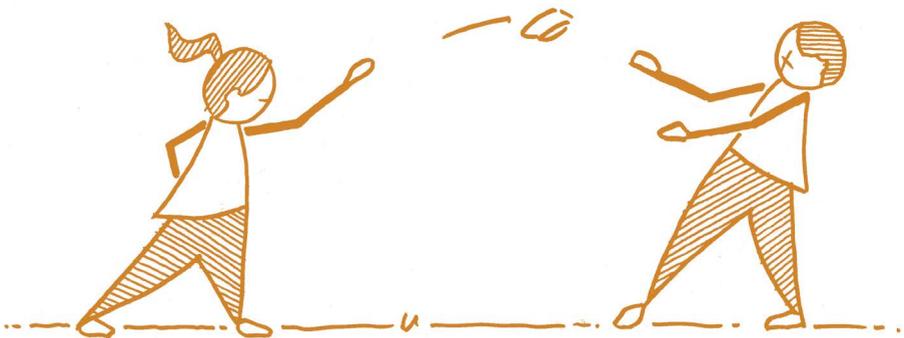
Get Creative

Equipment Needed

A cuddly toy, a teddy, or a small ball.

How to play

Using your favourite teddy, cuddly toy or small ball, can you make up a game for different ways of throwing (overarm, underarm) and catching (two hands, one hand) with someone in your house?





Level 1 Activities

Use your Imagination

Equipment Needed

A cuddly toy, a teddy, or a small ball.

How to play

Using your teddy, cuddly toy or small ball, hit an object (for example, a plastic bottle or a cardboard box) with an underarm throw. Can you do it two times in a row? Move five steps back and try it again.





Level 2 Activities

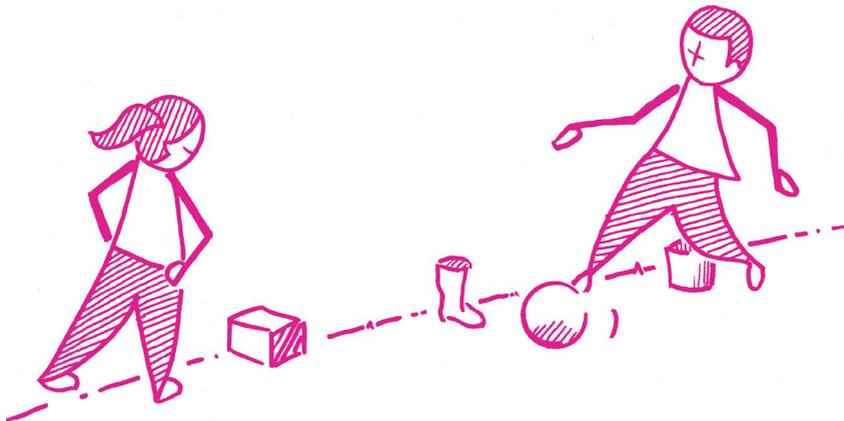
Under Control

Equipment Needed

A ball, six items to use as obstacles for example, soft toys, cans, bottles, tubs, small boxes or items of clothing.

How to play

Set up your obstacles in a straight line leaving 1 metre between obstacles. Dribble your ball with your feet or your hand, weaving around the obstacles. Alternatively, you can do this by striking the ball using a hurley or a small bat with a short handle.



Adapted from  [PE at Home \(DCU/PDST\) - Games, 1st/ 2nd Class, Video 4](#)



Level 2 Activities

Your Move

Equipment Needed

A ball or a rolled up pair of socks or a balloon.

How to play

Move the ball in the following ways:

- Around your waist
- Around your knees
- Make a figure of eight through your legs
- Bounce the ball between your legs from back to front and front to back
- Lift your leg and bounce the ball under it.



Adapted from  [PSSI Lesson Plans - 3rd/4th Lesson 1, Page 2](#)



Level 2 Activities

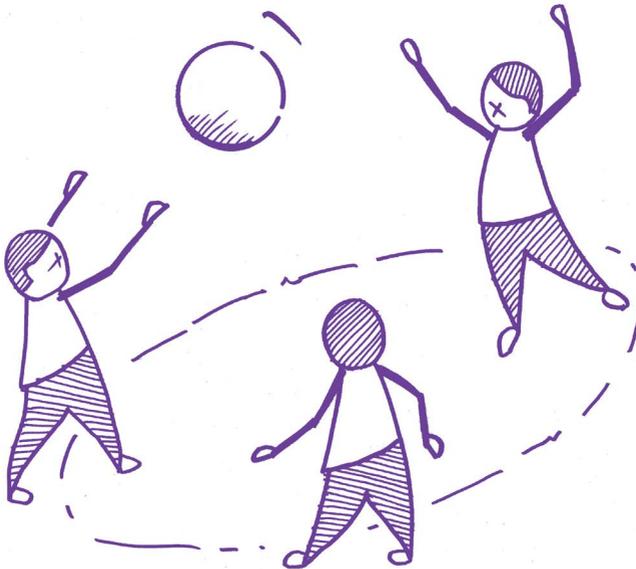
DONKEY

Equipment Needed

A ball or item to be passed such as a rolled up pair of socks.

How to play

Invite someone from your home to play the game DONKEY with you. Throw the ball over and back to the other people in the game. If you drop it you get the letter D and so on. The person who has the least amount of letters when the first person spells out the full word is the winner.



Adapted from  [PSSI Lesson Plans - 2nd Class, Warm up bank, page 7](#)



Level 2 Activities

Chinese Knee Boxing

Equipment Needed

No equipment needed.

How to play

Invite someone from home to stand opposite you. On a signal, try to tip the outside of the other person's knees with your hand. Each time you do, you win a point. Practise shuffling and dodging so that they can't tip your knees!



Adapted from  [PSSI Lesson Plans - 3rd - 6th Class, Warm up bank, page 8](#)



Level 2 Activities

Busy Brain Time

Equipment Needed

A cuddly toy, a teddy, or a large ball, items to use as obstacles such as plastic bottles or food cans.

How to play

Using a large ball, make a simple dribbling obstacle course. Dribble the ball around the obstacles. Dribble by touching the ball off the inside of one foot and then the other foot. Try to complete this challenge using a smaller ball.





Level 2 Activities

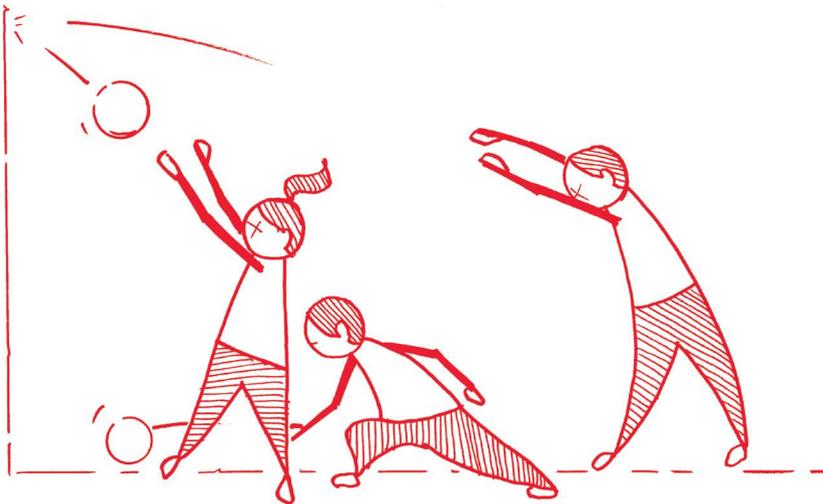
Thinking Cap On

Equipment Needed

A large ball, a teddy bear or a rolled up pair of socks.

How to play

Make up a game to practise different ways of throwing, catching and rolling against a wall in the playing area. Invite someone from home to play with you. Can you make a scoring system for your game? (for example, one point for a throw and catch, two points for a throw, clap and catch).





Level 3 Activities

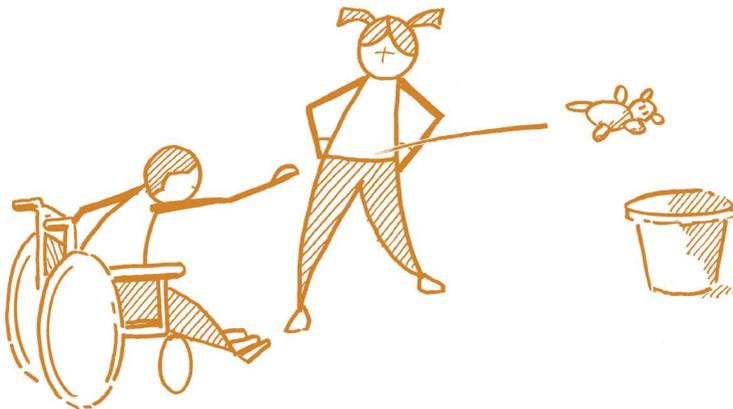
Target Practice

Equipment Needed

A ball or a rolled up pair of socks, items to mark targets on the wall, for example pieces of paper or cardboard.

How to play

Place your targets on the wall at various points or levels (high or low). Allocate a number of points to each target based on its difficulty. Using a kick from your hand or the ground, a chest pass, a strike with the hand or volley, strike one of the targets. Try standing further back from or closer to the targets. Try to beat your own score or challenge someone at home to beat your score.



Adapted from  [Beyond the Classroom - Throwing Video A](#)



Level 3 Activities

Wall Tennis

Equipment Needed

A tennis ball, a racquet.

How to play

Using a tennis ball and working with a partner or against a wall, practise a one versus one rally.

You may use a racquet or the palm of your hand. Bounce and strike the ball to begin. Count your strikes. Continue for as long as you can without dropping the ball.

Try to improve your score each time.

To make this game more challenging alternate your left and right hands when striking.



Adapted from  [PSSI Lesson Plans - 5th/6th Class, Lesson 7, page 3](#)



Level 3 Activities

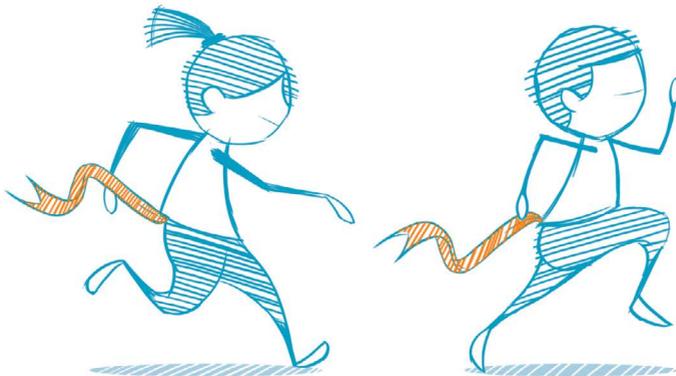
Tail-Tag

Equipment Needed

A t-shirt or a tea-towel to tuck into your waistband.

How to play

Invite one or more people in your house to join you. Tuck a t-shirt into your waistband. Chase each other and try to grab the other person's tail. If your tail is grabbed, do 10 jumping jacks. Start again!



Adapted from  [Move Well, Move Often - Book 2, page 30](#)



Level 3 Activities

Reaction Drop

Equipment Needed

Two tennis balls or two rolled up pairs of socks.

How to play

Invite someone at home to stand opposite you. One person holds two tennis balls at eye level and drops them. The other person tries to catch the balls.

- Allow a bounce or no bounce before you catch
- Catch one or both together
- Dropper calls 'left' or 'right' hand to catch
- Dropper stands up on a couch or chair, behind the catcher, and drops the balls in front of the catcher's view



Adapted from  [Move Well, Move Often - Book 2, page 144](#)



Level 3 Activities

Healthy Mind, Healthy Body

Equipment Needed

A small ball.

How to play

Using a small ball, create a throwing, catching, bouncing and striking sequence against a wall or with a partner.

For example:

- Throw - clap - catch
- Bounce - clap - catch
- Handpass - clap - catch

Challenge yourself to create a more difficult sequence. Challenge a partner.





Level 3 Activities

Happy Head and Happy Heart

Equipment Needed

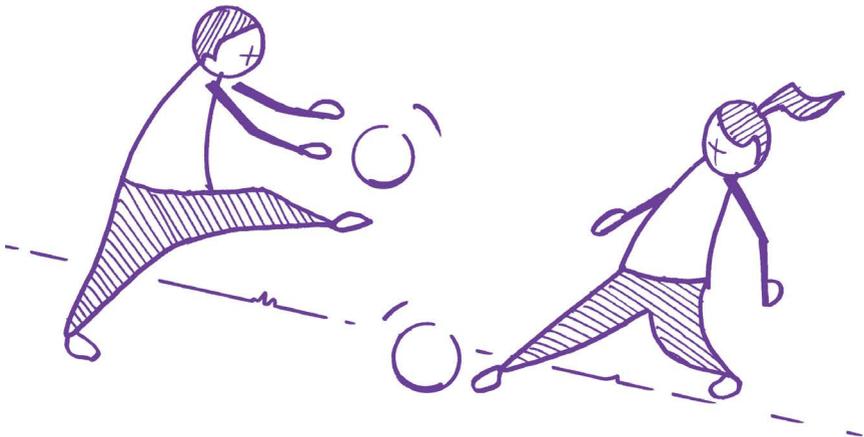
A large ball.

How to play

Using a large ball, create a game to practise different kicking skills.

- Kicking from the ground with the instep
- Kicking from the hand against a wall
- Kicking with someone from home

Can you increase or decrease the distance?





Level 1 Activities

RUNNING

Move Like An Animal

Equipment Needed

Two teddies, cuddly toys or cans of food.

How to play

Use your teddies as markers. Place them five metres apart. Run up and back from teddy to teddy ten times.

Try running like different animals such as a cheetah, a hippo or a chicken. Practise running at different speeds such as running after a bus, running out of water, backward running.



Adapted from  [Move Well, Move Often - Book 1 Page 27](#)



Level 1 Activities

RUNNING

Standing Starter Sprints

Equipment Needed

Two teddies, two t shirts.

How to play

Place two teddies ten metres apart. Stand at one teddy and invite someone at home to stand at the other. Practise “On your marks, set, go” with your partner calling out the commands. Sprint over to your partner. Swap roles.



Adapted from  [PSSI Lesson Plans - Infants Lesson 3 Page 4](#)



Level 1 Activities

JUMPING

Long Jump One

Equipment Needed

Two teddies or jumpers to mark the start and finish of your jump.

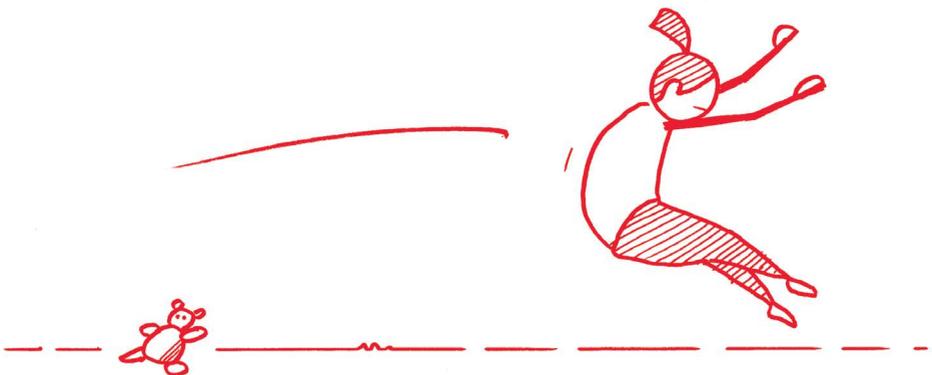
How to play

Place one teddy down as the starting point. Exploring jumping for distance:

- Jump two feet and land on two feet
- Jump one foot to land on two feet
- Jump one foot to land on one foot

Place another teddy down where you land.

Note which type of jump is your longest distance!



Adapted from  [Move Well, Move Often - Book 1 Page 79](#)



Level 1 Activities

JUMPING

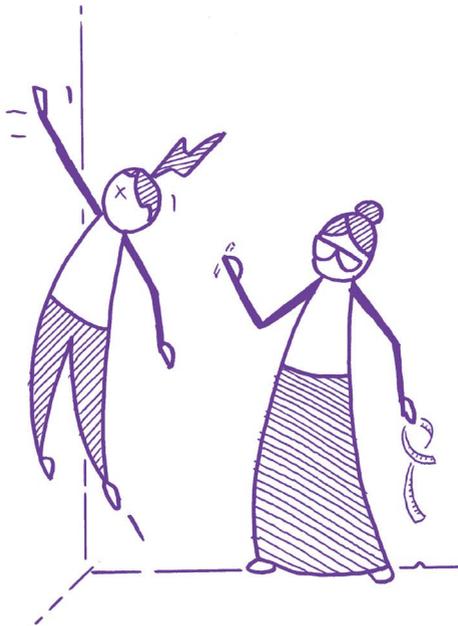
Vertical Jump

Equipment Needed

A piece of chalk or a pencil and a measuring tape.

How to play

Stand sideways to a wall in the playing area. Practise jumping up high and straight, to touch the wall. Invite someone from home to mark your jump height with chalk. Try to beat your previous height. Turn around and try on the other side reaching up with your other hand!



Adapted from  [Move Well Move Often - Jumping for Height Video](#)



Level 1 Activities

THROWING

How Far Can You Throw?

Equipment Needed

A teddy, a soft toy or a beanbag.

How to play

Invite someone at home to play with you, or play on your own. Stand at your starting line and throw as far as you can. How many different ways can you throw? (underarm, overarm, chest-pass, throw from each hand etc). Walk to where your teddy lands. Count your steps as you walk. Try to beat your score or your partner's score.



Adapted from  [Move Well, Move Often - Book 1 Page 160](#)



Level 1 Activities

THROWING

Flying Teddies

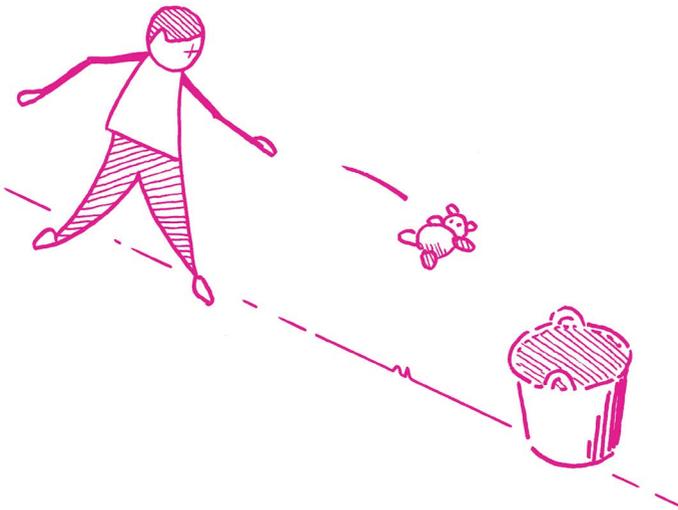
Equipment Needed

A teddy or a soft toy, a target for example a bin or a basket or a bucket or a hoop.

How to play

Place your target one metre away from you. Stand facing your target. Practise throwing your teddy into the target. How many different ways can you throw? (underarm, overarm, chest-pass, throw from each hand etc). Each time your teddy lands in the target, move the target one step further away from you.

Switch the rules around, for example, if you lose you become the chaser.



Adapted from  [Beyond the Classroom - Throwing Video C](#)



Level 2 Activities

RUNNING

Super Shuttle Runs

Equipment Needed

Three jumpers or three t-shirts.

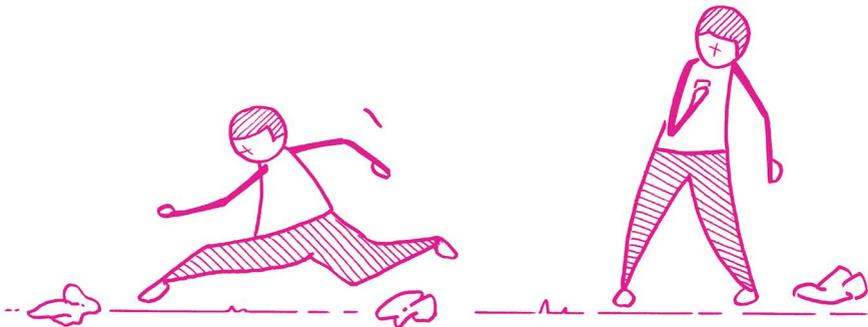
How to play

Place three jumpers on the ground five metres apart. Start at the first jumper, sprint out to the second and back to the first.

Next sprint out to the third jumper and back to the first.

Invite someone at home to time you. Try it again to beat your time!

Imagine that you are your favourite sportsperson!





Level 2 Activities

RUNNING

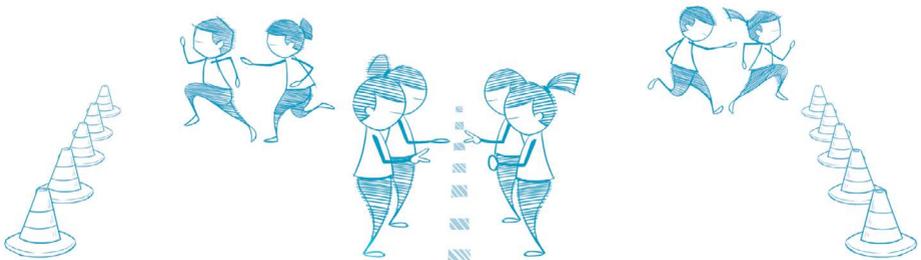
Rock Paper Scissors Tag

Equipment Needed

An open playing area and a den or safezone.

How to play

Invite someone at home to play Rock, Paper, Scissors with you. The winner of this game then chases and tries to catch the other person before they reach the den or safezone. If you catch the other person you receive a point. The first person to reach three points wins the game. Switch the rules around- if you lose Rock, Paper, Scissors you become the chaser.



Adapted from  [Move Well Move Often - Book 2 Page 28](#)



Level 2 Activities

JUMPING

Long Jump Two

Equipment Needed

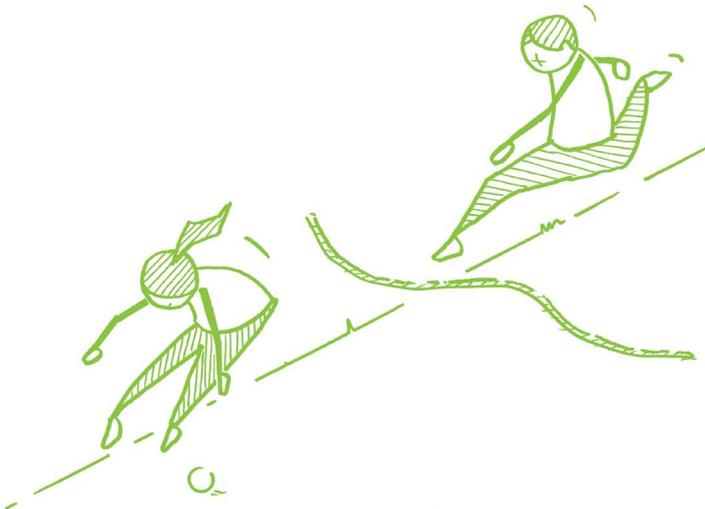
A length of rope or string and a teddy or jumper.

How to play

Use the rope as the start line on the ground. Practise:

- A standing long jump from the line
- Jumping two feet and landing two feet
- Running up to the line and jumping

Mark the distance of your jump with your teddy. Try to improve your distance.



Adapted from  [Move Well, Move Often - Jumping for Distance Video](#)



Level 2 Activities

JUMPING

Obstacle Jump

Equipment Needed

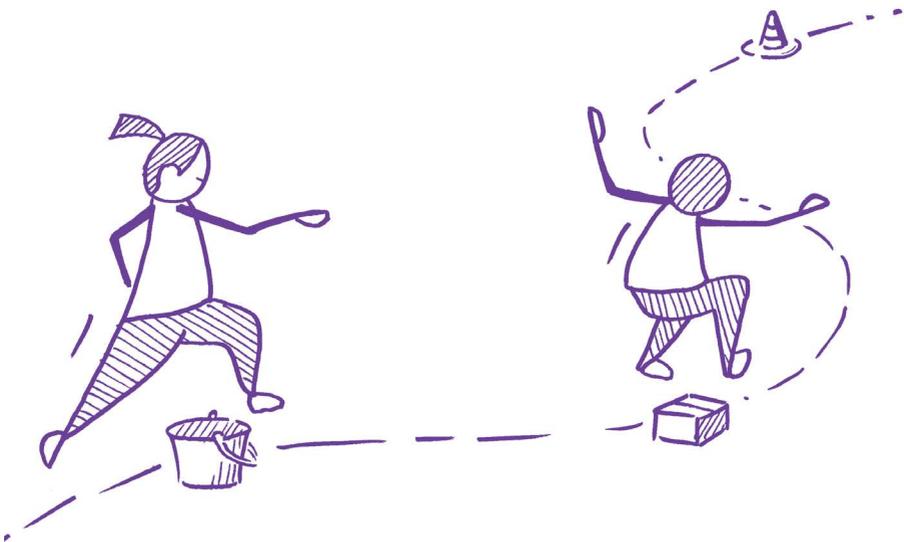
Four obstacles to jump over such as toys, jumpers or boxes.

How to play

Place your obstacles two metres apart in the playing area. Skip or run up to each obstacle and jump over it.

Try jumping

- From two feet to land on two feet
- On one foot to land on the same or other foot



Adapted from  [Move Well Move Often - Book 1 Page 78](#)



Level 2 Activities

THROWING

Tennis Ball Challenge

Equipment Needed

A tennis ball.

How to play

Stand one metre away from your wall. Practise your underarm and overarm throws to the wall and catch. How many can you do in one minute? To challenge yourself try to use your non-dominant arm. Challenge someone at home to beat your score.



Adapted from  [Move Well Move Often - Book 2 Page 159](#)



Level 2 Activities

THROWING

Step it Out

Equipment Needed

A tennis ball, a teddy or a beanbag.

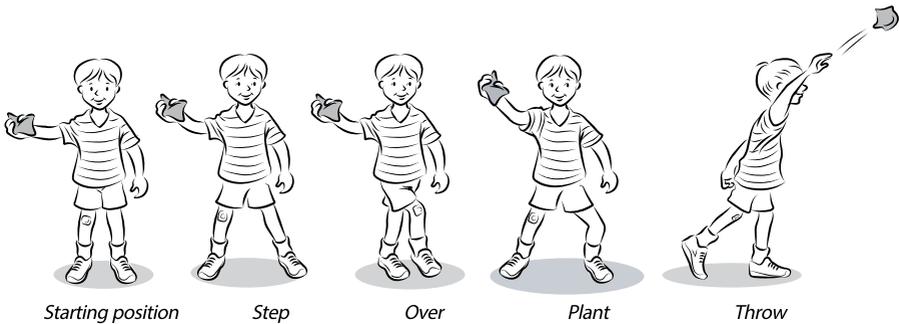
How to play

Practise the stepping sequence for throwing a javelin -step-over-plant-throw.

Walk to where your teddy lands. Count your steps as you walk.

Try to beat your score.

Invite someone at home to play with you.



Adapted from  [PSSI Lesson Plans - Athletics, 3rd/4th Class Lesson 3 page 3](#)



Level 3 Activities

RUNNING

Reaction Rocket Races

Equipment Needed

Two jumpers or two t shirts.

How to play

Lay out two jumpers ten metres apart in a playing area. Invite someone in your house to shout "GO". Get up and sprint from the following positions:

- Lying on your tummy
- Lying on your back
- Sitting on your bum
- Kneeling on the ground

Which one of these positions do you sprint the fastest from?



Adapted from  [PSSI Lesson Plans - 5th/6th Lesson 1 Page 2](#)



Level 3 Activities

RUNNING

Stamina Run

Equipment Needed

An open playing area, a stopwatch, a whistle.

How to play

Invite someone at home to run with you. Run at a pace that allows you both to run for five minutes without stopping.

While you run, discuss the following topics:

- Your favourite breakfast, lunch or dinner
- Your favourite movie, book or television programme
- Your favourite holiday, animal or musician



Adapted from  [Move Well Move Often - Book 3 Page 19](#)



Level 3 Activities

JUMPING

Triple Jump

Equipment Needed

A line of rope or string, an object to mark your distance for example a teddy or a jumper.

How to play

To learn how to do the triple jump, practise the following steps:

1: Jog, take off on one foot, land on the same foot (this is called a hop).

Practise this several times.

2: Jog, take off on one foot and land on the other foot (this is called a step).

Practise several times.

3: From a standing position, do the hop, then the step and then a jump as far as you can. Try to link the 3 moves together without any pauses.

4: From a jogging start, do the hop, then the step and then the jump as far as you can.

5: Using a start line of rope or string, jog up to the line then begin the hop, step and jump. Mark your distance from the start line with your teddy or jumper and try to beat your score!



Adapted from  [PSSI Lesson Plans - Athletics 5th/6th L4 p.4](#)



Level 3 Activities

JUMPING

Hurdle Jump

Equipment Needed

Two chairs and a sweeping brush or mop.

How to play

Set up your hurdle by placing two chairs facing each other about one metre apart in the playing area.

Place the brush resting across the two chairs to make a bar to jump over. It should be at about knee height.

Practise jogging up to the bar and jumping over it. Take off from one foot and land on the other.

How many hurdle jumps can you do without knocking the bar?



Adapted from  [PSSI Lesson Plans - Athletics 5th/6th L3 pg.3](#)



Level 3 Activities

THROWING

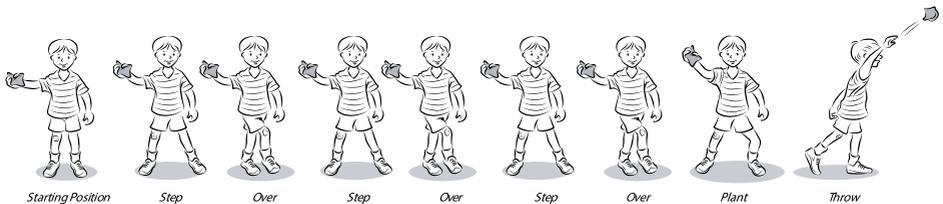
Run and Let Go

Equipment Needed

Something to throw such as a beanbag, a ball or a soft toy.
A piece of string, a scarf or a skipping rope to use as a throwing line.

How to play

In your playing area choose your start line. Place your throwing line five metres away.
Take a short, fast approach run and throw your ball as far as you can.
Walk to where your ball lands. Count your steps as you walk. Mark where your ball landed.
Try to improve your throwing distance each time.



Adapted from  [PSSI Lesson Plans - Athletics, 5th/6th Class Lesson 1 page 4](#)



Level 3 Activities

THROWING

Knock 'Em Down

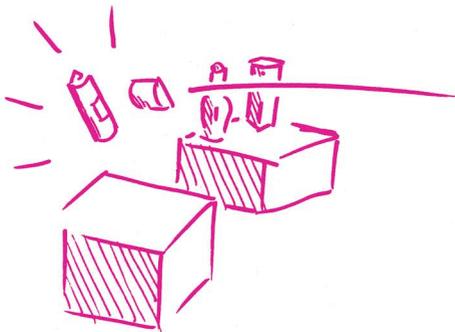
Equipment Needed

A ball or a beanbag, objects to use as targets for example empty plastic bottles or cans.

How to play

Place the targets five metres away from you. Throw overarm from a standing position trying to knock down the targets.

To increase the challenge throw with your non-dominant arm or increase your distance from the targets.



Adapted from  [Beyond the Classroom - Throwing Video B](#)



Level 1 Activities

Musical Statues

Equipment Needed

Music.

How to play

Play one of your favourite songs and dance freestyle. Ask someone to stop the music now and then during the song. Freeze and make a shape with your body, for example: a wide, narrow, twisty, small or curled shape.





Level 1 Activities

Follow the Leader Dance

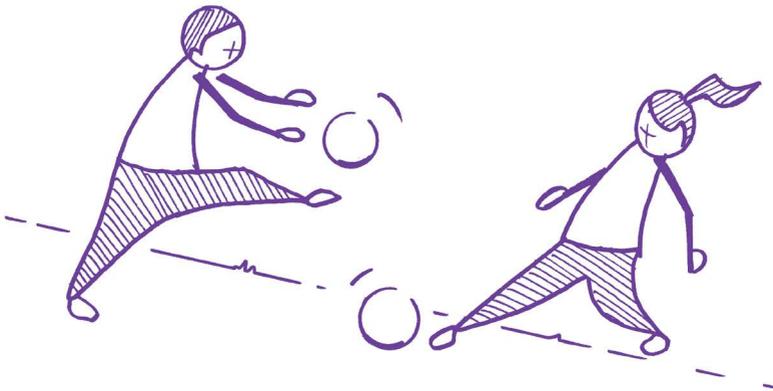
Equipment Needed

Music.

How to play

Play a piece of your favourite music (or why not try “The Lion Sleeps Tonight”). One person leads and the other person follows using movements such as skipping, jumping, hopping, side stepping, sliding or crawling to the music.

Can you dance like different animals of the jungle? - tiger, lion, snake, zebra, giraffe, frog.



Adapted from  [PSSI Lesson Plans - Junior Infants/Senior Infants Lesson 4 Page 3](#)



Level 1 Activities

Traffic Lights

Equipment Needed

Red, Orange and Green Circles (these can be made at home with paper and colours).

How to play

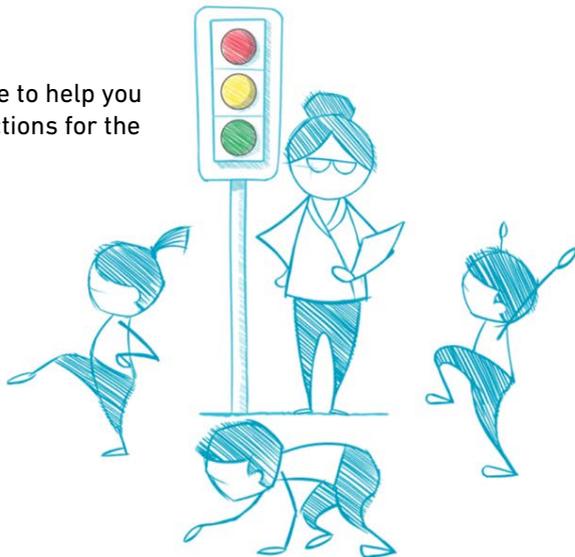
Play a piece of music (loud or soft) and move around the area. When someone at home holds up the different coloured cards do the following actions, while the music is playing:

Red: Stop

Orange: Walk

Green: Run

Invite someone at home to help you to make up different actions for the colours.



Adapted from  [Move Well Move Often - Book 1 Page 26](#)



Level 1 Activities

The Chicken Dance

Equipment Needed

Music.

How to play

Play the song “The Chicken Dance” and move along with the actions.



Adapted from  www.gonoodle.com



Level 1 Activities

Come to Me

Equipment Needed

Music.

How to play

Watch the video of this Folk Dance and copy the steps.

Formation:

Any number of couples with one person on the outside facing the person on the inside.

Part A

When the first chord strikes, one person bows and the other person curtsies. As the music plays, they sing "Come to Me, Come to Me, Come to Me" skipping inwards. Then they skip outwards, singing "Go from Me, Go from Me, Go from Me"

Part B

Joining the right arms at the elbow, skip clockwise, singing Tra la la la, Tra la la la, Tra la la la la la la, turning to finish in their places.

Part C

Facing each other, clap your own hands once, clap your partner's right hand, clap your own hands again and clap your partner's left hand. Repeat these actions again.

Part D

Joining the left arms at the elbow, skip anticlockwise singing Tra la la la, Tra la la la, Tra la la la la la la turning to finish in their places.



Adapted from  [PDST Folk Dance Resource](#)



Level 1 Activities

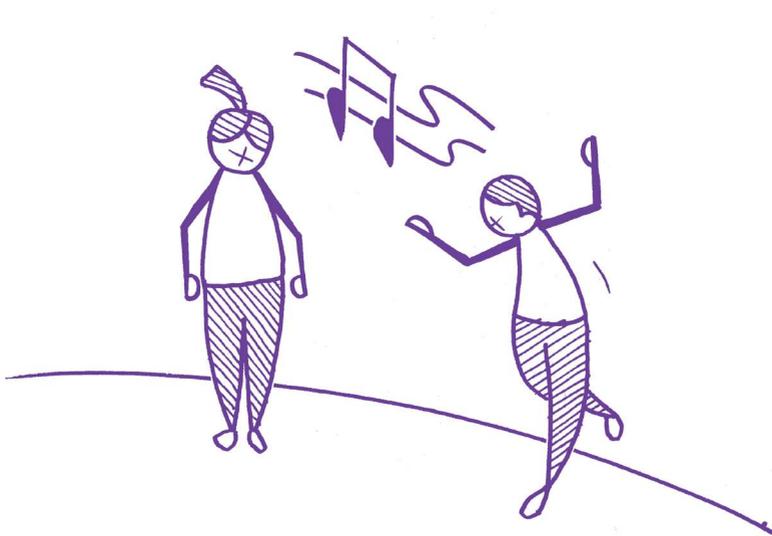
Skipping Statue Game

Equipment Needed

Music.

How to play

Invite someone at home to play Irish Reel music (this may be found online). Skip to a count of one, two, three to the music around the playing area. When the music stops, stand still. When the music stops, make a wide, narrow, straight or curled shape.





Level 2 Activities

Dance Mirrors

Equipment Needed

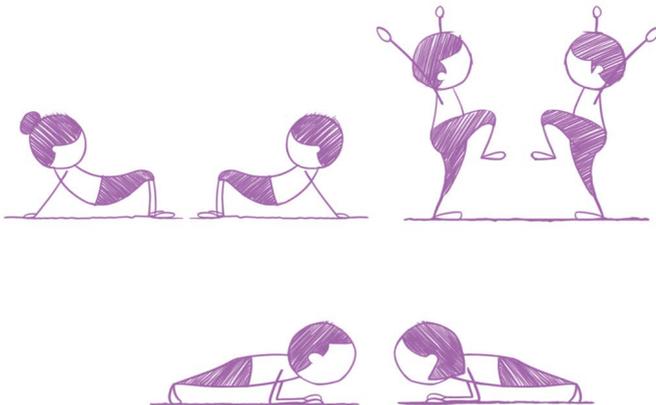
Music.

How to play

Play a song and create a dance which incorporates four or more different body shapes:

- A wide shape
- A narrow shape
- A curled shape
- A twisted shape
- A tall shape
- A small shape

Hold each shape for eight beats. Invite someone at home to create a dance sequence with you.



Adapted from  [PSSI Lesson Plans - 3rd/4th Lesson 2 Page 2](#)



Level 2 Activities

Crossing Corridor Dance

Equipment Needed

Music.

How to play

Play a song of your choice and stand five metres from your partner. Person A travels across to person B by running, walking, skipping, side stepping or backward jogging. Vary the level you are travelling at, for example a high or low level. Use different pathways such as straight, curved or zig zag.



Adapted from  [PSSI Lesson Plans - Junior Infants/Senior Infants Lesson 4 Page 3](#)



Level 2 Activities

Name Dance

Equipment Needed

Music.

How to play

Play your favourite piece of music. While the music is playing, use your feet to trace out the letters of your full name, age, where you live, favourite food or favourite holiday place.



Adapted from  [PSSI Lesson Plans - 3rd/4th Lesson 4 Page 3](#)



Level 2 Activities

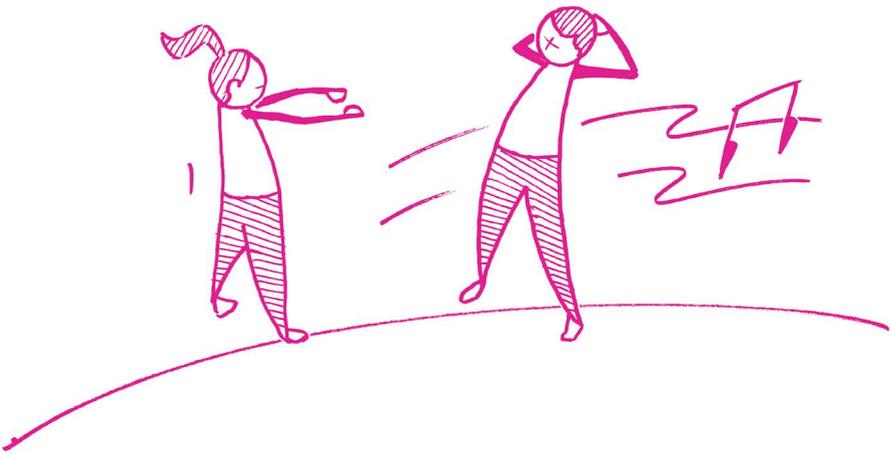
The Macarena

Equipment Needed

Music.

How to play

Play the song, the “Macarena” and move along to the following actions, in time to the music.



Adapted from  www.gonoodle.com



Level 2 Activities

The Shoemaker's Dance

Equipment Needed

Music.

How to play

Watch the video of the dance and copy the steps. Invite someone at home to do the dance with you.

Formation:

Form a double circle with one person facing the other. One person has their back to the centre of the room.

Part A

- 1) Clench fists and circle them around each other in a forward direction twice (as if "winding the thread").
- 2) Repeat circling in the opposite direction.
- 3) Hold arms in across bend position and pull hands away from each other twice (as if "pulling the thread" to secure a knot).
- 4) Clap own hands 3 times.
- 5) Repeat part A.

Begin by teaching the dance, section by section. Initially walk through part A, then dance through the section without the music and then with the music.

Part B

- 1) Hold inside hands with partner facing around in circle. Skip in line of direction for 8 steps.
- 2) Change hands and skip around the circle in the opposite direction for 8 steps.
- 3) Repeat the whole dance.



Adapted from  [PSSI Lesson Plans - 3rd/4th Lesson 4 Page 3](#)



Level 2 Activities

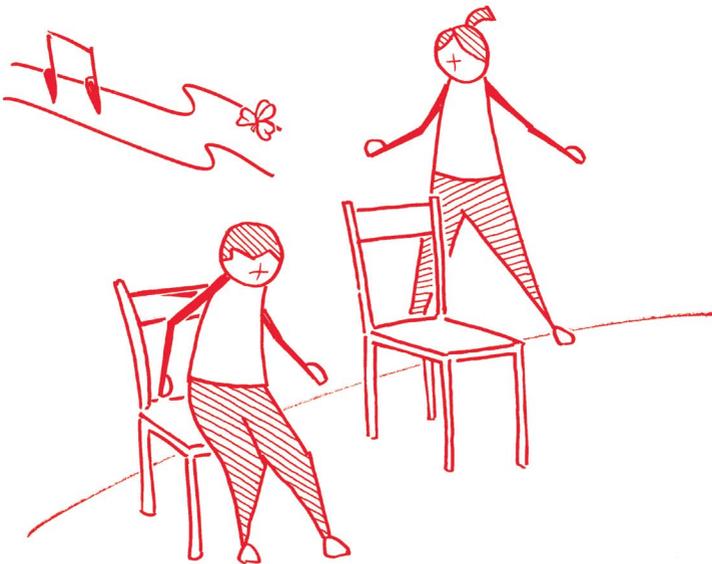
Side Stepping Musical Chairs

Equipment Needed

Music, chairs.

How to play

Set out some chairs and standing arms length apart, side step to Irish Reel music. When the music stops, sit on a chair. As the game goes on, remove chairs from the playing area until there are less chairs than dancers. Dancers must be quick to claim a chair when the music stops!



Adapted from  [Move Well Move Often - Book 2 Page 101](#)



Level 3 Activities

Dice Dance

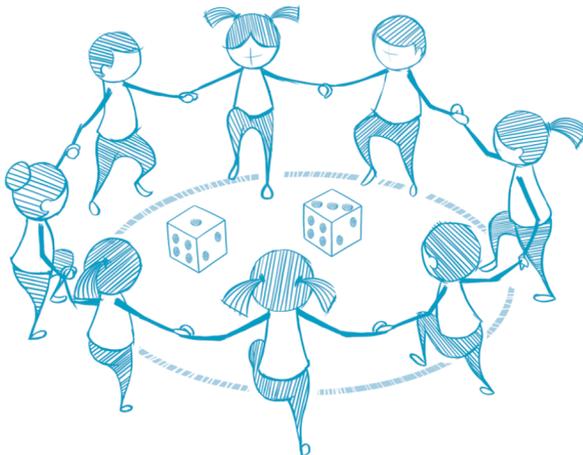
Equipment Needed

A dice, music.

How to play

Play a piece of music. Roll a dice. If it lands on...

1. Travel for eight beats
2. Hold a shape for eight beats
3. Move two body parts only
4. Freestyle for eight beats
5. Travel at a low level for eight beats
6. Travel at a high level for eight beats



Adapted from  [PSSI Lesson Plans - 5th/6th Lesson 1 Page 2](#)



Level 3 Activities

Shape Outline

Equipment Needed

Music.

How to play

Play a piece of slow music that you like. Do the following actions to the music:

- Make a shape (eight beats)
- Hold the shape (eight beats)
- Change into a different shape (eight beats)
- Include five different shapes in your dance, such as a narrow, curled, straight, twisted, wide or symmetrical shape.



Adapted from  [PSSI Lesson Plans - 5th/6th Lesson 2 Page 2](#)



Level 3 Activities

Pretty Prop Dance

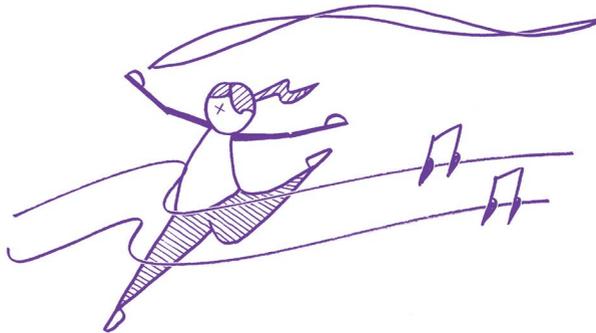
Equipment Needed

Music, scarf, sarong, toilet roll or cloth.

How to play

Play a piece of music and using your scarf in your hand:

- Trace letters or numbers through the air
- Travel with the scarf
- Throw and catch the scarf
- Create your own dance



Adapted from  [PSSI Lesson Plans - 5th/6th Lesson 4 Page 2](#)



Level 3 Activities

Choose your Song!

Equipment Needed

Music.

How to play

Choose a song of your choice and dance freestyle on your own or with someone at home.



Adapted from  www.gonoodle.com



Level 3 Activities

La Vinca

Equipment Needed

Music, scarf, sarong, toilet roll or cloth.

How to play

Watch the video and copy the steps. Can you teach someone the dance?

Formation:

A dance for two. One person holds the other, like in a waltz formation. One person stands with their back to the centre of the room.

Bars 1-8 : 16 sliding steps clockwise

Bar 9: Loose hold and 3 stamps facing partner

Bar 10: Clap own hands 3 times

Bar 11: Shake right forefinger at partner 3 times

Bar 12: Turn right around with 3 running steps

Bar 13-16: Repeat Bars 9-12

Repeat the whole dance.



Adapted from  [PDST Folk Dance Resource](#)



Level 3 Activities

Practising “Luascadh”

Equipment Needed

Music.

How to play

With someone at home, face each other and clasp your right hands together in front of your chest. Hold your partner’s right elbow with your left hand. Place your right foot to centre. Lean back and swing together in a clockwise direction. Practise the movement to Irish Reel music.



Adapted from  [PDST Folk Dance Resource](#)



Shadow Move

Equipment Needed

Small obstacles such as soft toys, cushions or other small items.

How to play

Place various small obstacles within the playing area. Invite someone at home to shadow your movements. Include movements such as running, stopping, skipping or rolling. Perform these at various levels (high, middle, low). Lead your partner to jump over the obstacles in the playing area. Include different ways of jumping, for example, two feet to two feet, one foot to two feet, one foot to the other foot, one foot to the same foot.



Adapted from  [Move Well, Move Often - Book 1, page 129](#)



Walk the Line

Equipment Needed

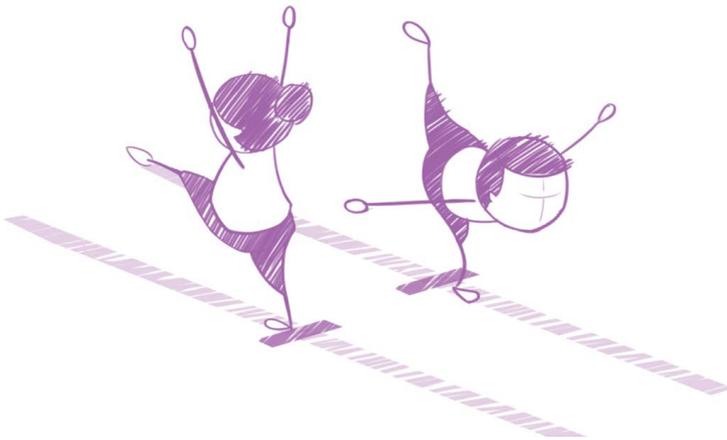
A line on the ground (this could be a line on your kitchen tiles, wooden floors, on the footpath, in the garden or use chalk to draw a line in the playing area).

How to play

Walk along a line on the ground, one foot in front of the other. Imagine that you are a tightrope walker.

Include some of these balancing activities

- Turn fully around in the middle of the line without losing balance or toppling off the line.
- Stretch out your arms in front of you and stand on one foot with your eyes closed.
- Hold a wide shape for a count of three as you balance on the line.
- Play a clapping game or 'Rock, paper, scissors' with someone opposite you.



Adapted from  [Move Well, Move Often - Book 1, page 114](#)



Ready to Roll

Equipment Needed

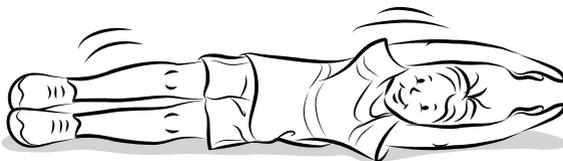
A soft surface such as a carpet, mat or grassy area.

How to play

Perform some of the following rolls travelling both left and right along the area.

- A pencil roll- Begin by lying on your back. Stretch your body out as long as you can and roll in a straight line.
- An egg roll- Lie on your back and tuck your body up as tight as you can and roll across the area.

How fast can you do the roll? Can you have a rolling race with someone at home?



Adapted from  [The Fun Gym Circuit - Page 11](#)



Rocking and Rolling

Equipment Needed

A soft surface such as a carpet, mat or grassy area.

How to play

Lie on the floor on your back in a tucked position. Rock back and forth along your spine.

Can you do this while singing 'Row, row, row your boat' or another of your favourite rhymes?

Rock and roll to a standing position.

Can you do this beginning with your feet apart and finishing with your feet together?

Try to do this beginning with your feet together and finishing with your feet apart.



Adapted from  [PDST Gymnastics Skills Card 7 - Forward Roll- Preliminary activities, page 15](#)



Crabs and Octopuses

Equipment Needed

A soft surface such as a carpet, mat or grassy area.

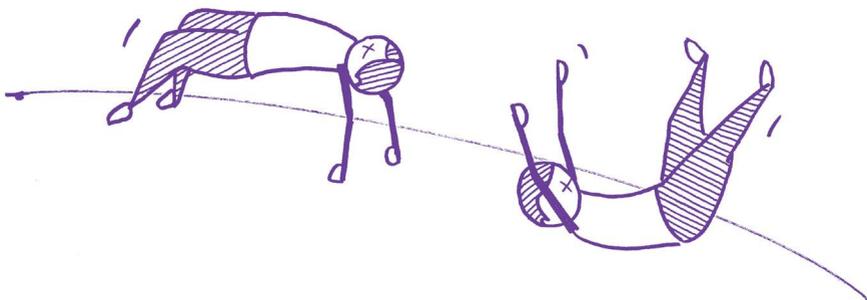
How to play

Can you try to move like a crab or an octopus?

To move like a crab, start by squatting down close to the ground. Lean backwards and place your hands on the ground behind you. You should look like a table top. Now walk sideways, moving your left hand and foot together followed by your right hand and foot together. Hold your bottom off the ground and keep your back straight.

Have a race with someone at home.

To move like an octopus, start in the seated position on the floor. Lift both legs off the ground at the same time while wiggling your legs and arms.



Adapted from  [PDST Gymnastics Workshop - Rolling, page 6, 7](#)



Seashore Sequence

Equipment Needed

No equipment needed.

How to play

Imagine that you are at the seashore. Think about what you see, hear, smell and touch.

Imagine that you are moving on the sand or in the water and create a sequence that includes the following:

- Travel for ten seconds- walk, crawl, skip, hop
- A balance on two body parts
- A jump of your choice
- A wide shape like a starfish or octopus
- A roll of your choice

Invite someone at home to complete your sequence with you.





Rope Shape and Jump

Equipment Needed

A skipping rope or some string.

How to play

Use your skipping rope to make a shape such as a square, triangle or rectangle on the ground in the playing area. Jump from corner to corner using different jumping techniques. For example, jump two feet to two feet, one foot to two feet, one foot to the other foot, one foot to two feet.

Remember to land correctly in the toe-ball-heel formation.

Stand in the middle of your shape and jump to land facing another side of the shape, for example, a $\frac{1}{4}$ or $\frac{1}{2}$ turn.



Adapted from  [Move Well, Move Often - Activity Book, page 130](#)



Body Part Balances

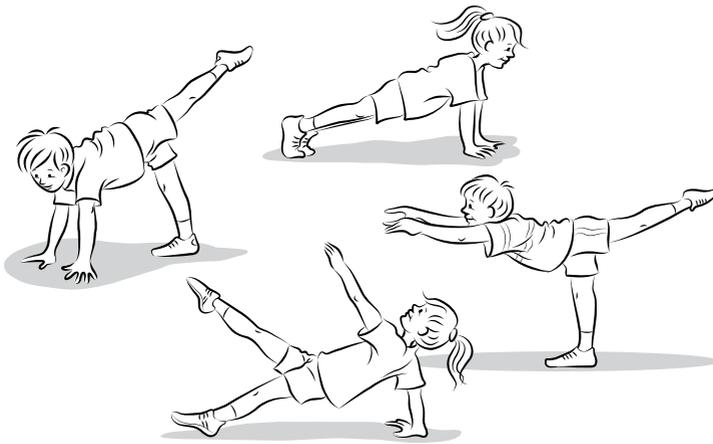
Equipment Needed

A soft surface such as a carpet, mat or grassy area.

How to play

Try some of the following individual balances. Hold them for five seconds without wobbling. Practice them in front of someone at home or in front of a mirror.

- Balance on smaller body parts for example two hands and one foot, one hand and one foot, two knees and one hand.
- Balance on one, two, three, four or five body parts.
- Arm balance- Sit on the ground with your legs stretched out in front of you and your back straight. Point your toes. Place your hands down by the side of your body. Press the palms of your hands down onto the ground and lift your bottom off the floor. Take the weight on your heels and hands.



Adapted from  [PSSI Lesson Plans - Gymnastics, 3rd/4th Class, Lesson 3, pages 3, 4](#)



Dazzling Dish

Equipment Needed

A soft surface such as a carpet, mat or grassy area.

How to play

Can you roll to make a shape like a dish?

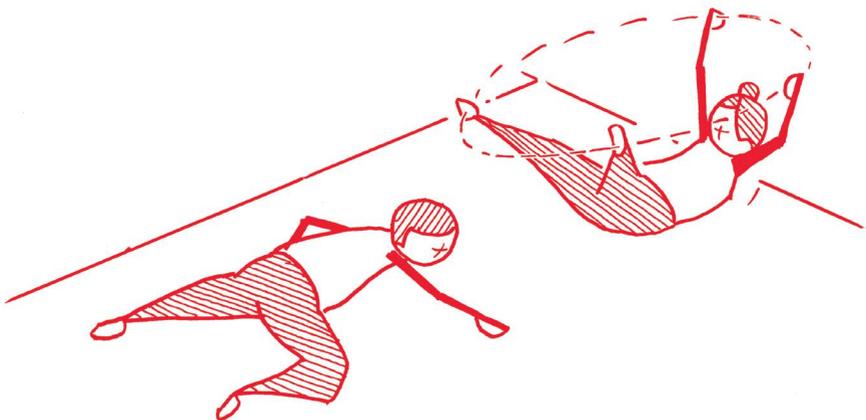
Remember the following points:

Lie on your back with your lower back pressed into the floor. Lift your shoulders, arms and legs to make a dish or bowl shape. Keep them as straight as possible.

Turn your head and look under your arm to roll onto your tummy into a 'Superman' position.

Keep your arms close to your ears with your head lifted and palms facing outwards. Squeeze your legs together.

Roll again onto your back into a dish or bowl position.



Adapted from  [PDST Gymnastics Skills - Card 3, Dish/ Arched Back Roll, page 6](#)



Forward Fun

Equipment Needed

A soft surface such as a carpet, mat or grassy area.

How to play

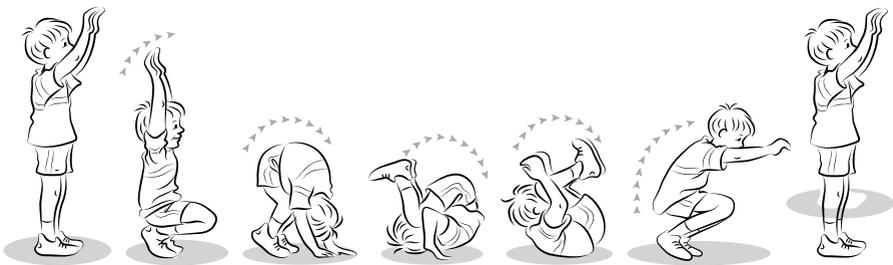
Practise the forward roll.

Remember the following points:

Stand with your feet apart and place the palms of your hands flat on the mat or soft ground. Keep your hips high, tuck your head in and look backwards through your legs.

Push up and forward from your feet. Roll like a ball onto your shoulders and upper back, to arrive on your feet.

Keep your head off the ground as you roll.



Adapted from  [PDST Gymnastics Skills - Card 7, Forward Roll, page 14](#)



Animal Antics

Equipment Needed

A soft surface such as a carpet, mat or grassy area.

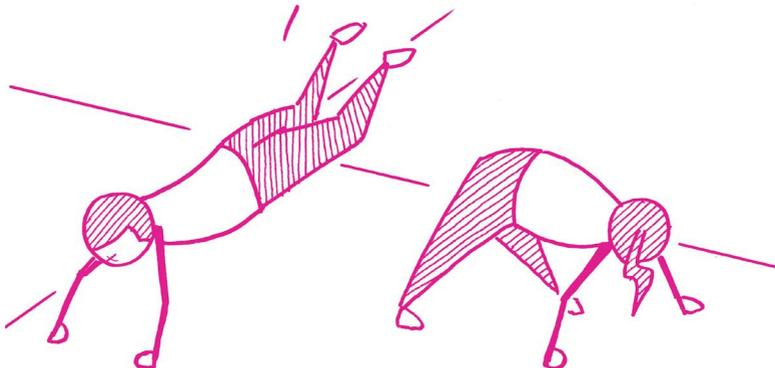
How to play

Can you kick like a donkey or walk like a bear?

To kick like a donkey start in a standing position, lean over and put both hands and both feet on the ground. When the area around you is clear, jump with your legs and kick behind you, leaving your hands on the ground.

To walk like a bear, begin in a standing position. Bend over and put both of your hands on the ground.

Walk forward with the same leg and arm- move your right arm and right leg forward together, then your left leg and arm together, then repeat. Now try moving your left hand and right leg together followed by your right hand and left leg. For an additional challenge, try keeping your legs and arms straight.



Adapted from  [PDST Gymnastics Workshop - Rolling, page 6, 7](#)



Bring a Story to Life

Equipment Needed

No equipment needed.

How to play

Imagine that you are a character from your favourite book or a story that you have read at home or in school. Recreate a scene involving this character which includes the following sequence:

- Three ways of travelling for example running, skipping, hopping or crawling
- Rock and roll or a forward roll
- A change in direction and level
- Two balances

Invite someone at home to take part with you.





Memory Mat

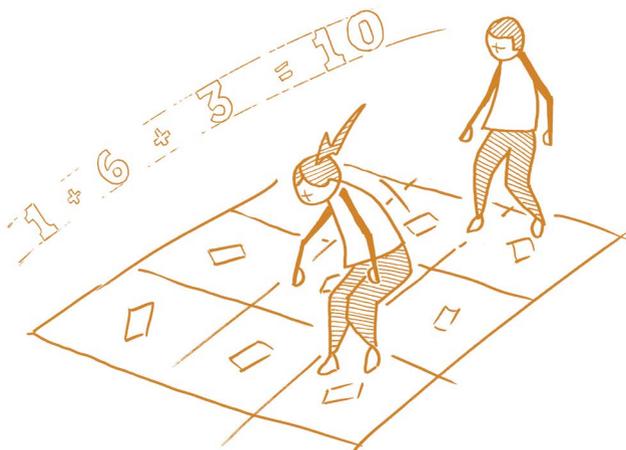
Equipment Needed

Playing cards or numbers written on pieces of paper (one to ten), skipping ropes or string or draw out a grid on the playing area using chalk.

How to play

Set up your playing area as in the illustration below. Design your own sequence for example four, six, two, seven. Jump and land correctly in this sequence around the squares.

Choose a target number. Jump around the squares adding the numbers as you jump until you have reached your target.



Adapted from  [PDST PE at Home Videos - Landing, Home Activity C](#)



Balance With a Buddy

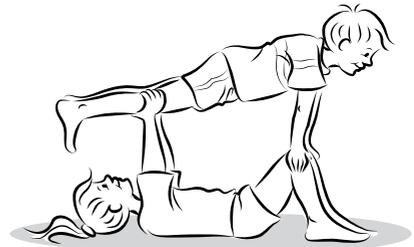
Equipment Needed

A soft surface such as a carpet, mat or grassy area.

How to play

Try some of the following pair balances with someone at home.

- Sinking movement
- Seesaw movement
- Arabesque
- Wine glass
- Horizontal pairs
- Hands and knees balance
- Create a pair balance of your own



Adapted from  [PSSI Lesson Plans - Third and Fourth Class, Lesson 4, pages 3, 4, 5](#)



Teddy Bear, Teddy Bear, Turn Around

Equipment Needed

A soft surface such as a carpet, mat or grassy area.

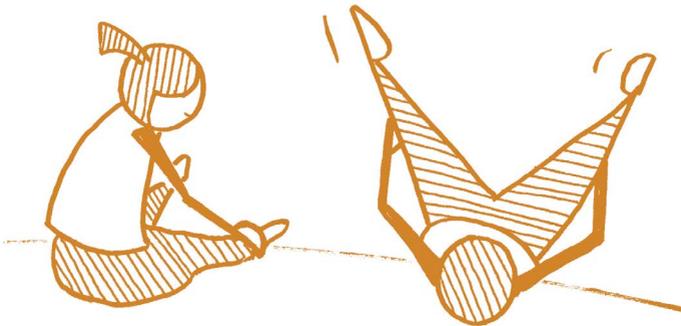
How to play

Can you roll like a teddy bear?

Sit on the floor with your legs straight, spread apart. Sit tall and place your hands behind your knees .

Lean to the left, drawing your right leg upwards. Roll sideways across your back and shoulder. Keep your legs spaced apart throughout the roll.

Finish in a straddle shape facing the opposite direction from where you started.



Adapted from  [PDST Gymnastics Skills - Card 4, Straddle/Teddy Bear Roll, page 8](#)



Bond, James Bond

Equipment Needed

A soft surface.

How to play

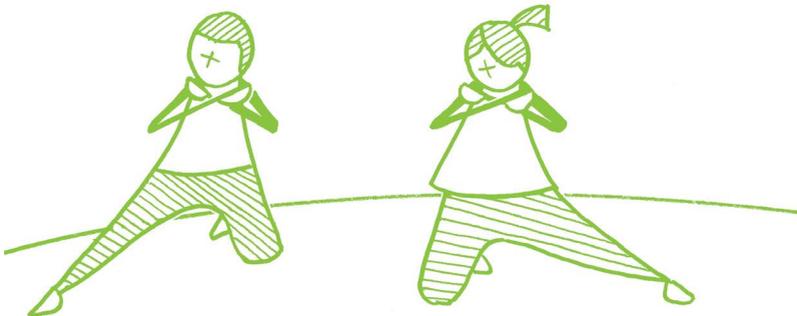
Imagine you are James Bond or any of your favourite superheroes.

Begin by kneeling on the floor. Extend your right leg to the side, creating an upside down v shape with your legs.

Place each hand on the front of the opposite shoulder.

Begin the roll by rolling onto your left shoulder, over your back and onto your opposite shoulder. You will finish the roll kneeling on the opposite leg to which you started kneeling. The other leg will be extended fully as before.

Try to roll in the opposite direction.



Adapted from  [PDST Gymnastics Skills - Card 5, James Bond/ Shoulder Roll, page 10](#)



Are You an Inchworm or a Gorilla?

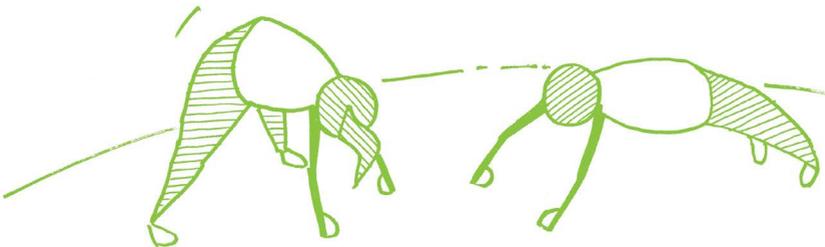
Equipment Needed

A soft surface such as a carpet, mat or grassy area.

How to play

To crawl like an inchworm, begin in a standing position and bend over with your hands and feet touching the floor. Try touching the floor as close to your toes as you can. Slowly walk your hands away from your feet, as far as you can. Finally walk your feet back to your hands, always keeping your hands on the ground. Repeat this until you have walked across the room or playing area.

To walk like a gorilla, begin in a squatted position with your fists clenched in front of your chest. Walk, at first, in a straight line while staying in the squatted position. For an added challenge, try beating your chest with your fists as you walk.



Adapted from  [PDST Gymnastics Workshop - Rolling, page 7](#)



Partner Sequence

Equipment Needed

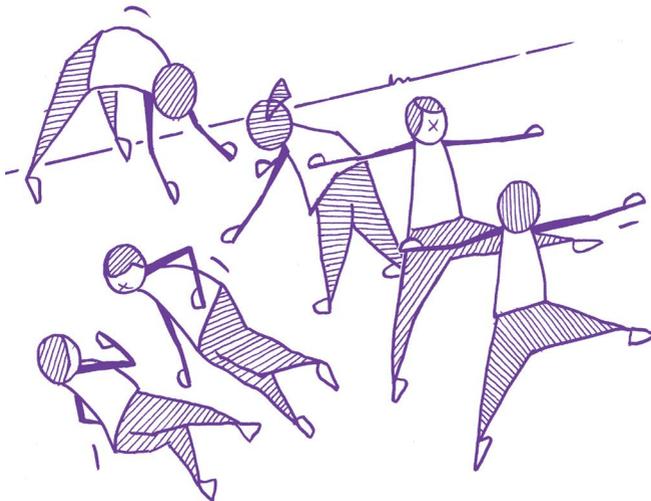
No equipment needed.

How to play

With someone at home create and perform a partner sequence. You can mirror the same body movements as your partner (symmetrical) or you can move opposite body movements to your partner (asymmetrical).

Include the following in your sequence

- A partner balance
- Two different jumps, try to include a $\frac{1}{4}$ or $\frac{1}{2}$ turn in one of these
- Asymmetrical travel
- A roll
- An animal walk





WALKING

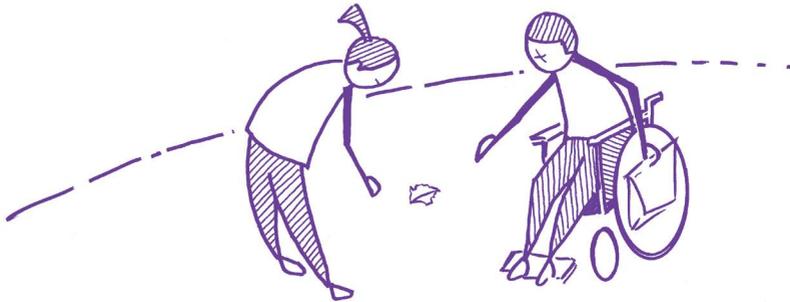
Colour Hunt

Equipment Needed

A sandwich bag.

How to play

Choose two of your favourite colours. Walking around your home, garden or neighbourhood, find small objects of your chosen colours and place them into your bag. Ensure you respect the local environment.



Adapted from [PSSI Outdoor and Adventure - Walking Activities and Outdoor Challenges p.2](#)



Level 1 Activities

WALKING

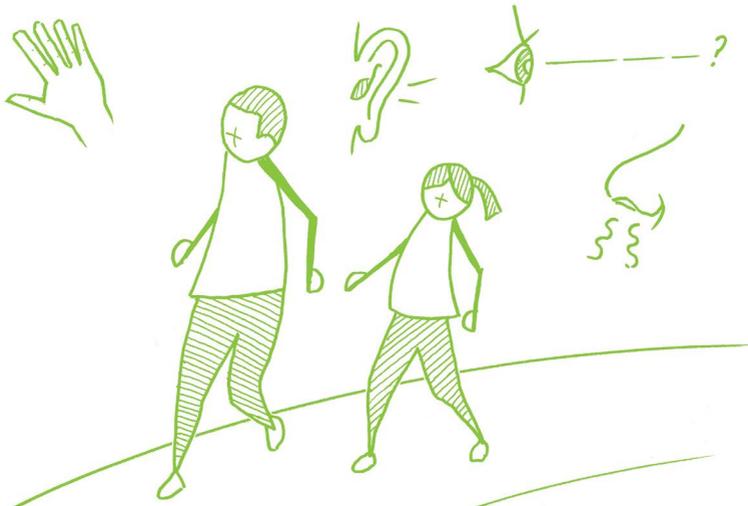
One Kilometre Walk

Equipment Needed

No equipment needed.

How to play

Go for a one kilometre walk with someone from your home. Talk about what you see, hear, smell and touch along the way.





Level 1 Activities

ORIENTEERING

Compass Directions

Equipment Needed

A page and a marker.

How to play

Write a big letter N on the page. Stick the page on a wall in a room in your home. This is the North wall. Practise spinning around like a compass and pointing out where the other walls of West, East and South are. Someone at home gives directions to guide you, for example-

- Face north
- Skip five steps east
- Take five jumps west
- Take five hops south.

Swap roles.



Adapted from  [PSSI Outdoor and Adventure - JI/SI Lesson 1 pg.2](#)



Level 1 Activities

ORIENTEERING

Hide the Teddy

Equipment Needed

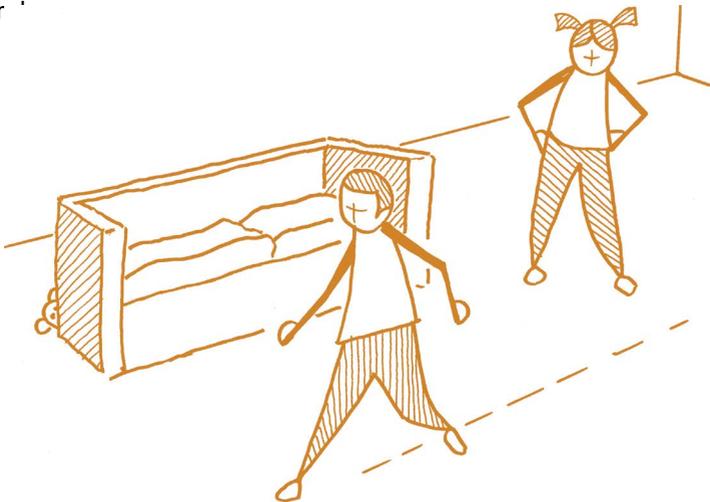
Your favourite teddy or small toy.

How to play

Hide your favourite teddy or small toy somewhere in your home. Give directions to someone at home to help them to find it. You may only use the following instructions

- Steps left
- Steps right
- Straight ahead
- Backwards.

Swap r





Level 1 Activities

CO-OPERATIVE CHALLENGES

Balloon in the Air

Equipment Needed

A balloon or a large ball.

How to play

Invite someone at home to play with you. Pass the ball or balloon to each other, trying to keep it from touching the ground. You may use your hands, knees, feet or head to strike the balloon rather than catch it.





Level 1 Activities

CO-OPERATIVE CHALLENGES

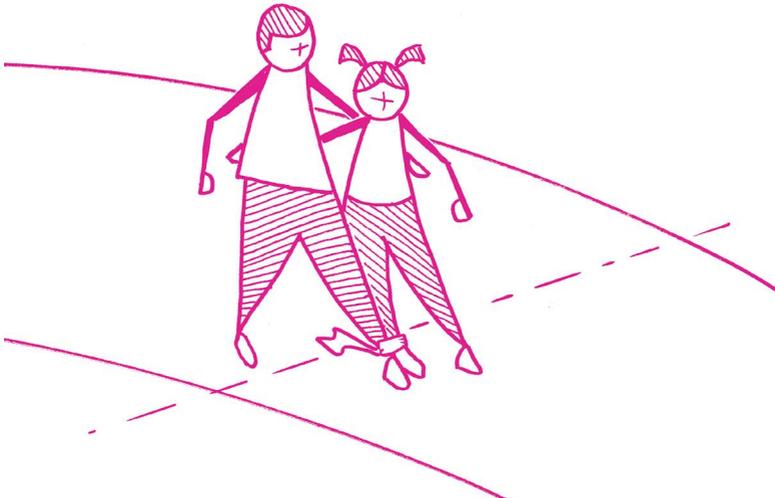
Three-Legged Walk

Equipment Needed

A scarf or a belt.

How to play

Invite someone at home to stand next to you on your left side. Ensure both of you are facing the same direction. Tie a scarf or belt around your left leg and their right leg, at the ankle. You must work together to walk across the playing area. Try to both take your steps at the same time.





WALKING

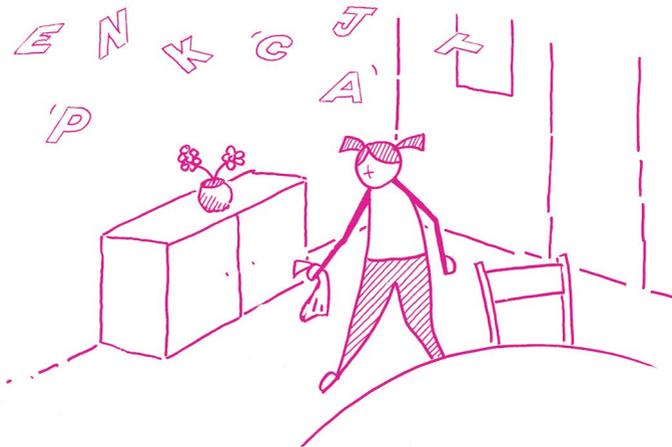
Scavenger Hunt

Equipment Needed

A sandwich bag.

How to play

Choose ten letters from the alphabet. Walk around inside or outside your home and collect small objects with names beginning with each letter. Store these objects in your sandwich bag. Invite someone at home to pick different letters and try the activity.



Adapted from [PSSI Outdoor and Adventure - Walking Activities and Outdoor Challenges p.3](#)



WALKING

Walking I Spy

Equipment Needed

No equipment needed.

How to play

Go for a two kilometre walk with someone from home. Play I Spy as you walk. Person A chooses an object that they see and calls out "I spy with my little eye something beginning with ___" (letter, for example A,B,C). Person B has three attempts to guess this object. Swap roles.





Level 2 Activities

ORIENTEERING

Slimy Snake Walk

Equipment Needed

A blank page and a pencil.

How to play

In your garden or a safe outdoor space, imagine you are a snake and you have a long slimy body trailing behind you. Walk around the space remembering exactly where you stepped. Draw a map of the space on your page. On the map, draw the trail of slime you left behind from your snake walk. Invite someone from home to use your map to walk the same slime trail.



Adapted from  [PSSI Outdoor and Adventure - 1st/2nd class, Lesson 3, pg. 2](#)



Level 2 Activities

ORIENTEERING

Treasure Hunt

Equipment Needed

Six small objects to hide, a blank page.

How to play

List the objects on a page. Hide the objects around your home or garden. Invite someone at home to go on a treasure hunt to find the objects. Guide them by telling them when they are hot (close to the treasure) or cold (far from the treasure). When they have found everything, swap roles.





Level 2 Activities

CO-OPERATIVE CHALLENGES

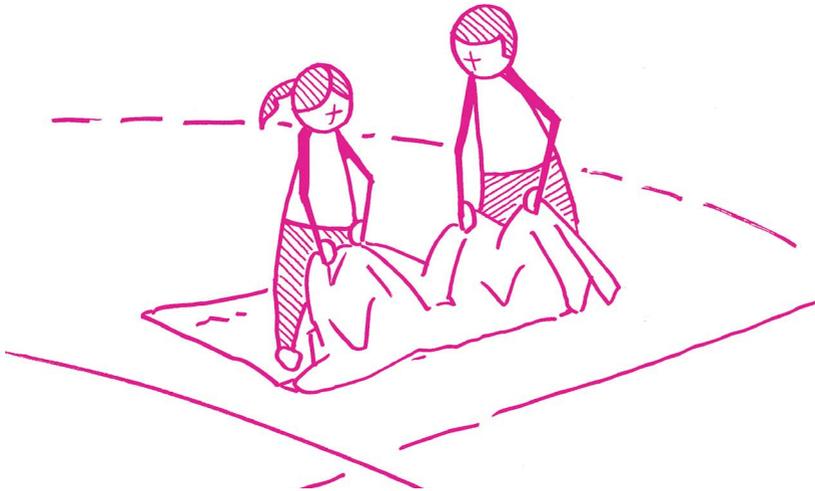
Turn the Sheet

Equipment Needed

A bed sheet or a blanket.

How to play

Invite someone at home to try this challenge with you. Place the sheet flat on the ground. Both participants stand on the sheet. Try to turn the sheet over to the other side, without either person stepping off the sheet onto the ground.



Adapted from [PSSI Outdoor and Adventure - Walking Activities and Outdoor Challenges p.8](#)



Level 2 Activities

CO-OPERATIVE CHALLENGES

The Floor is Lava

Equipment Needed

Two cushions or pillows to stand on.

How to play

Invite someone at home to play this game with you. Set a start point and a finish point across a space in the playing area. Working with your partner you must cross the space together without touching the floor, using only the two cushions to stand on. Two people can stand on one cushion but if a foot touches the floor, you must both complete an action such as five jumping jacks or five bunny hops.



Adapted from  [PSSI Outdoor and Adventure - Walking Activities and Outdoor Challenges p.8](#)



Level 3 Activities

WALKING

Local Walk

Equipment Needed

No equipment needed.

How to play

Choose a space in your local area that is safe to walk. Pick four features or locations in that space such as buildings, monuments, trees or streets that you would like to walk to. Make a plan of how to walk to all of them in one trip. Time how long it takes you. Estimate the distance and number of steps you have walked.





Level 3 Activities

WALKING

Alphabet Twos

Equipment Needed

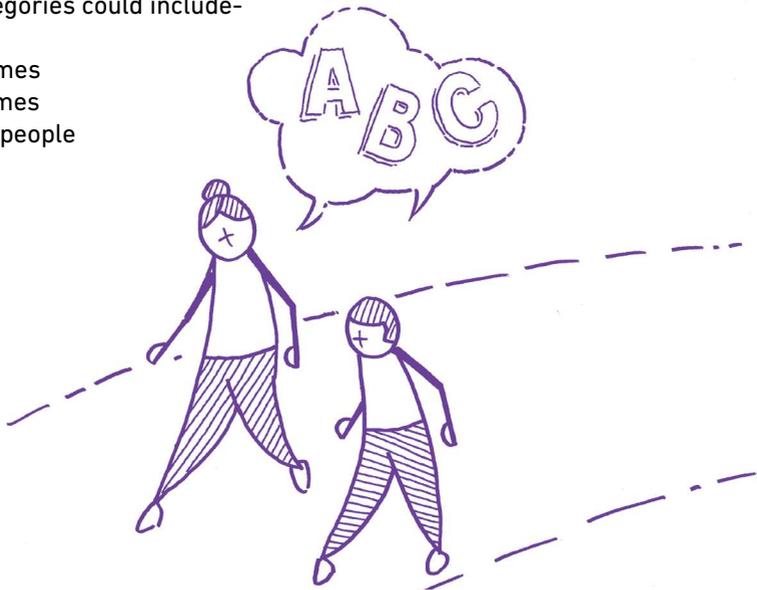
No equipment needed.

How to play

Go for a three kilometre walk with someone from home. Have a game of Alphabet Twos as you walk. Choose a category such as countries. The first person names a country beginning with A, the other person also names a country beginning with A. Continue onto countries beginning with B, C, D moving through the alphabet.

Other categories could include-

- Foods
- Boys names
- Girls names
- Famous people





Level 3 Activities

ORIENTEERING

Obstacle Course Orienteering

Equipment Needed

Objects and toys to act as obstacles, a blank page and a pencil, a stopwatch.

How to play

Design an obstacle course in your garden or in a safe space inside your home. The course should have five obstacles to jump over, crawl under or run around. Draw a map, mark each obstacle on it and specify the path to follow. Invite someone at home to complete your course using the map. Use a stopwatch to time them. Try to beat their score.





Level 3 Activities

ORIENTEERING

Class Challenge

Equipment Needed

A blank page, a pencil and a stopwatch.

How to play

Draw a map of your school grounds from a birds eye view. Mark in all the features on the map such as cars, football pitches, basketball hoops, and walls. Design a course for one of your school-friends to race. Include a starting point, five points to reach on the course and a finishing point. Submit your Race Map to your teacher and challenge your class to complete your course in the fastest time possible.





Level 3 Activities

CO-OPERATIVE CHALLENGES

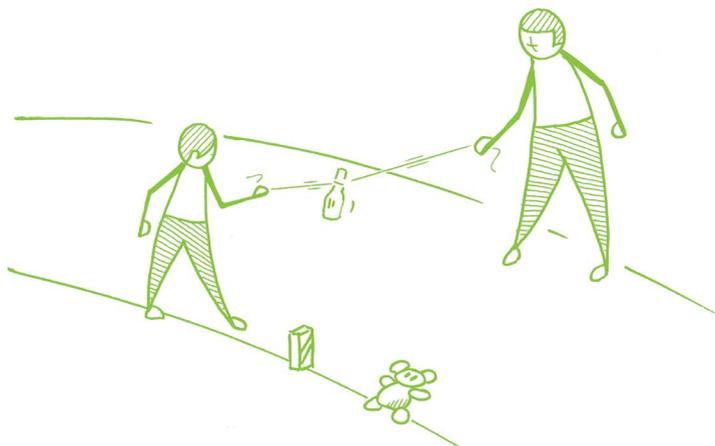
String Pick Up

Equipment Needed

A long length of thin rope or string, three objects such as a plastic bottle, a teddy bear and a milk carton.

How to play

Invite someone at home to help you complete the challenge. Place the objects five metres away from your start line. Each person holds an end of the string. Run out to the objects and pick one up using only the string to wrap around it tightly. Keep your two hands on the string throughout the challenge. Carry the object back to the start point without letting it fall. Repeat for the other two objects.





CO-OPERATIVE CHALLENGES

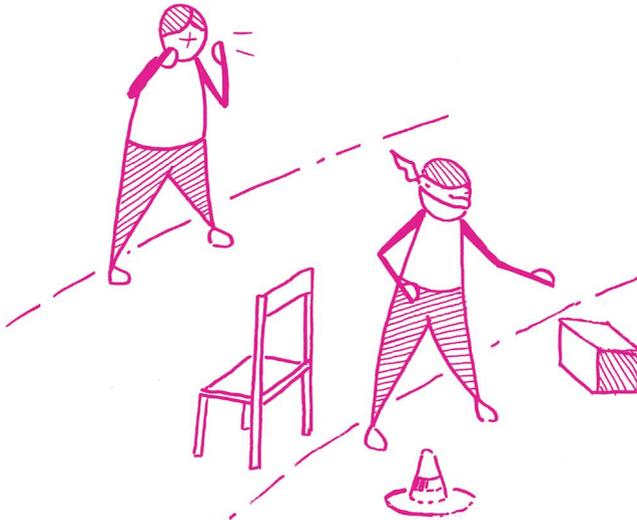
Blindfold Walk

Equipment Needed

A scarf or a tie to use as a blindfold. Obstacles such as a bag, a box and a chair.

How to play

Invite someone at home to help you complete the challenge. In a safe indoor or outdoor space, mark a start point and a finish point. Place your chosen obstacles on the ground between these two points. Tie a blindfold over your eyes. Listen closely to the other person's directions as they guide you around the obstacles. To complete the challenge, you must reach the finish point without bumping into anything. Swap roles.



Adapted from [PSSI Outdoor and Adventure - Walking Activities and Outdoor Challenges p.9](#)

PE Homework Charts

PDST Games PE Homework Active Every Day
 PE activities are detailed on pages 7-24 of the PE Homework Active Every Day chart. All of the activities in this resource can be completed individually or with a partner in your home.

Level 1	Level 2	Level 3
Teddy on the Move <i>Equipment Needed</i> A teddy, a soft toy or a beanbag. Make your own jumping castle or rock. Binge with those with the elastic bands. Through the Gate <i>Equipment Needed</i> A ball, two cones for gates, two hoops, alternatively you could use four cones, bottles, two jumpers. Traffic Lights <i>Equipment Needed</i> No equipment needed. What Time is it Mr Wolf? <i>Equipment Needed</i> No equipment needed. Get Creative <i>Equipment Needed</i> A teddy, toy teddy or a small ball. Use your Imagination <i>Equipment Needed</i> Claddy toy teddy or small ball.	Under Control <i>Equipment Needed</i> A ball, six cones to use as obstacles. For example, soft toys, cans, bottles, tubs, small shoes or lines of clothing. Your Move <i>Equipment Needed</i> A ball or a rolled up pair of socks or a ribbon. DONKEY <i>Equipment Needed</i> A ball or item to be passed. Target Practice <i>Equipment Needed</i> A ball or rolled up pair of socks, items to mark targets on the wall for example pieces of paper or cardboard. Wall Tennis <i>Equipment Needed</i> A tennis ball. Tail-Tag <i>Equipment Needed</i> An elastic band to stick in.	Memory Mat <i>Equipment Needed</i> Playing cards, a partner, a stopwatch, a starting signal or a starting whistle. Balance With a Buddy <i>Equipment Needed</i> A soft surface. Teddy Bear, Teddy Bear, Turn Around <i>Equipment Needed</i> A soft surface. Bond, James Bond <i>Equipment Needed</i> A soft surface. Are you an Inchworm or a Spittle? <i>Equipment Needed</i> A soft surface. Partner Sequence <i>Equipment Needed</i> No equipment needed.

PDST Athletics PE Homework Active Every Day
 PE activities are detailed on pages 27-44 of the PE Homework Active Every Day chart. All of the activities in this resource can be completed individually or with a partner in your home.

Level 1	Level 2	Level 3
Move Like an Animal <i>Equipment Needed</i> Two hula hoops, clothes, toys or cans of food. Standing Starter Sprint <i>Equipment Needed</i> Two hula hoops, two shirts. Long Jump One <i>Equipment Needed</i> A soft surface.	Super Shuttle Runs <i>Equipment Needed</i> Three jumpers or shirts. Rock Paper Scissors Tag <i>Equipment Needed</i> An open playing area and a sign for safe zone. Long Jump Two <i>Equipment Needed</i> A length of rope or string, a ball or a partner. Obstacle Jump <i>Equipment Needed</i> Four obstacles to jump over such as a table or boxes. THROWING Ball Challenge <i>Equipment Needed</i> A ball. Step it Out <i>Equipment Needed</i> A tennis ball, teddy or beanbag. Knock 'Em Down <i>Equipment Needed</i> A ball or a beanbag, objects to use as targets for example empty plastic bottles or cans.	Reaction Rocket Races <i>Equipment Needed</i> Two jumpers or two shirts. Stamina Run <i>Equipment Needed</i> An open playing area, stopwatch, whistle. Triple Jump <i>Equipment Needed</i> A line of eight or nine, an object to mark your distance for example a teddy or a jumper. Hurdle Jump <i>Equipment Needed</i> A newspaper, brush or rope and two chairs. Run and Let Go <i>Equipment Needed</i> Something to throw such as a beanbag, a ball or a soft toy. Knock 'Em Down <i>Equipment Needed</i> A ball or a beanbag, objects to use as targets for example empty plastic bottles or cans.

PDST Gymnastics PE Homework Active Every Day
 PE activities are detailed on pages 50-60 of the PE Homework Active Every Day chart. All of the activities in this resource can be completed individually or with a partner in your home.

Level 1	Level 2	Level 3
Shadow Move <i>Equipment Needed</i> Search cushions or soft toys, cushions of other shapes. Walk the Line <i>Equipment Needed</i> A line on the ground. Items could be a ball, toy teddy, ribbon, hoop, cone in the middle or in the ground. Ready to Roll <i>Equipment Needed</i> A soft surface. Rocking and Rolling <i>Equipment Needed</i> A soft surface. Crabs and Octopuses <i>Equipment Needed</i> A soft surface. Seashore Sequence <i>Equipment Needed</i> No equipment needed. Animal Antics <i>Equipment Needed</i> A soft surface. Bring a Story to Life <i>Equipment Needed</i> No equipment required. Forward Fun <i>Equipment Needed</i> A soft surface. Bond, James Bond <i>Equipment Needed</i> A soft surface. Are you an Inchworm or a Spittle? <i>Equipment Needed</i> A soft surface. Partner Sequence <i>Equipment Needed</i> No equipment required.	Rope Shape and Jump <i>Equipment Needed</i> A skipping rope or a rope. Body Part Balances <i>Equipment Needed</i> A soft surface. Dazzling Dish <i>Equipment Needed</i> A soft surface. Forward Fun <i>Equipment Needed</i> A soft surface. Bond, James Bond <i>Equipment Needed</i> A soft surface. Are you an Inchworm or a Spittle? <i>Equipment Needed</i> A soft surface. Partner Sequence <i>Equipment Needed</i> No equipment required.	Memory Mat <i>Equipment Needed</i> Playing cards, a partner, a stopwatch, a starting signal or a starting whistle. Balance With a Buddy <i>Equipment Needed</i> A soft surface. Teddy Bear, Teddy Bear, Turn Around <i>Equipment Needed</i> A soft surface. Bond, James Bond <i>Equipment Needed</i> A soft surface. Are you an Inchworm or a Spittle? <i>Equipment Needed</i> A soft surface. Partner Sequence <i>Equipment Needed</i> No equipment required.

PDST Dance PE Homework Active Every Day
 PE activities are detailed on pages 67-76 of the PE Homework Active Every Day chart. All of the activities in this resource can be completed individually or with a partner in your home.

Level 1	Level 2
Musical Statues <i>Equipment Needed</i> Music. Follow the Leader Dance <i>Equipment Needed</i> Music. Traffic Lights <i>Equipment Needed</i> Red, Orange and Green lights. You can be made at home with paper and colours. The Chicken Dance <i>Equipment Needed</i> Music. Come to Me <i>Equipment Needed</i> Music. Skiping Statue Game <i>Equipment Needed</i> Music.	Dance Mirrors <i>Equipment Needed</i> Music. Crossing Corridor Dance <i>Equipment Needed</i> Music. Name Dance <i>Equipment Needed</i> Music. The Macarons <i>Equipment Needed</i> Music. The Shoemakers Dance <i>Equipment Needed</i> Music. La Vica <i>Equipment Needed</i> Music. Choose your Song! <i>Equipment Needed</i> Music. Practising "Lubscadh" <i>Equipment Needed</i> Music.

PDST Orienteering PE Homework Active Every Day
 PE activities are detailed on pages 87-96 of the PE Homework Active Every Day chart. All of the activities in this resource can be completed individually or with a partner in your home.

Level 2	Level 3
WALKING Local Walk <i>Equipment Needed</i> None. Walking I Spy <i>Equipment Needed</i> None. Alphabet Two <i>Equipment Needed</i> None. Slimy Snake Walk <i>Equipment Needed</i> A black pipe and a marker, a black pipe and a pencil. Hide the Teddy <i>Equipment Needed</i> A teddy or soft toy. Treasure Hunt <i>Equipment Needed</i> Hula hoops, hula hoops and small toys to hide in. Class Challenge <i>Equipment Needed</i> A black pipe, a pencil and a paperclip. String Pick Up <i>Equipment Needed</i> A long length of string or thin rope and some elastic or hair to stick up. Blindfold Walk <i>Equipment Needed</i> A blindfold, a hula hoop, a pencil and a paperclip.	Obstacle Course Orienteering <i>Equipment Needed</i> Five or six objects to use as targets for example empty plastic bottles or cans. Class Challenge <i>Equipment Needed</i> A black pipe, a pencil and a paperclip. String Pick Up <i>Equipment Needed</i> A long length of string or thin rope and some elastic or hair to stick up. Blindfold Walk <i>Equipment Needed</i> A blindfold, a hula hoop, a pencil and a paperclip.



Level 1

Teddy on the Move

Equipment Needed

A teddy, a soft toy or a beanbag (Make your own beanbag using a sock filled with some rice. Tie the sock with an elastic band).



Through the Gate

Equipment Needed

A ball, two cones to outline your gate, alternatively you could use two cans, bottles, two jumpers



Traffic Lights

Equipment Needed

No equipment needed.



What Time is it Mr Wolf?

Equipment Needed

No equipment needed.



Get Creative

Equipment Needed

A cuddly toy, teddy, or a small ball.



Use your Imagination

Equipment Needed

Cuddly toy, teddy, or small ball.



Level 2

Under Control

Equipment Needed

A ball, six items to use as obstacles for example, soft toys, cans, bottles, tubs, small boxes or items of clothing.



Your Move

Equipment Needed

A ball or a rolled up pair of socks or a balloon.



DONKEY

Equipment Needed

A ball or item to be passed.



Chinese Knee Boxing

Equipment Needed

No equipment needed.



Busy Brain Time

Equipment Needed

A cuddly toy, teddy, or a small ball (plastic bottles, cans of food, other household items).



Thinking Cap On

Equipment Needed

A large ball.



Level 3

Target Practice

Equipment Needed

A ball or a rolled up pair of socks, items to mark targets on the wall, for example pieces of paper or cardboard.



Wall Tennis

Equipment Needed

A tennis ball.



Tail-Tag

Equipment Needed

A t-shirt/tea-towel to tuck in.



Reaction Drop

Equipment Needed

Two tennis balls or rolled up pairs of socks.



Healthy Mind Healthy Body

Equipment Needed

A small ball.



Happy Head and Happy Heart

Equipment Needed

A large ball.





Level 1

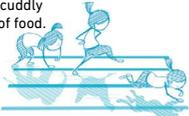
Level 2

Level 3

Move Like An Animal

Equipment Needed

Two teddies, cuddly toys or cans of food.



Standing Starter Sprints

Equipment Needed

Two teddies, two t-shirts.



Super Shuttle Runs

Equipment Needed

Three jumpers or t-shirts.



Rock Paper Scissors Tag

Equipment Needed

An open playing area and a den or safezone.



Reaction Rocket Races

Equipment Needed

Two jumpers or two t-shirts.



Stamina Run

Equipment Needed

An open playing area, stopwatch, whistle.

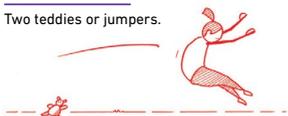


JUMPING

Long Jump One

Equipment Needed

Two teddies or jumpers.



Long Jump Two

Equipment Needed

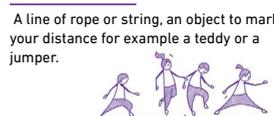
A length of rope or string and a teddy or jumper.



Triple Jump

Equipment Needed

A line of rope or string, an object to mark your distance for example a teddy or a jumper.



Vertical Jump

Equipment Needed

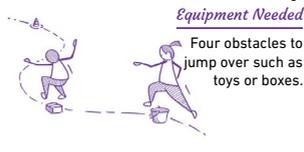
A piece of chalk or a pencil and a measuring tape.



Obstacle Jump

Equipment Needed

Four obstacles to jump over such as toys or boxes.



Hurdle Jump

Equipment Needed

A sweeping brush or mop and two chairs.



THROWING

How Far Can You Throw?

Equipment Needed

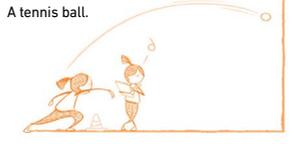
A teddy or soft toy or a beanbag.



Tennis Ball Challenge

Equipment Needed

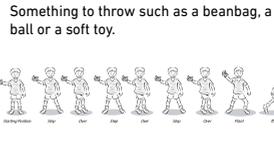
A tennis ball.



Run and Let Go

Equipment Needed

Something to throw such as a beanbag, a ball or a soft toy.



Flying Teddies

Equipment Needed

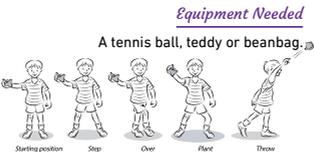
A teddy or a soft toy, a target for example a bin or a basket or a bucket or a hoop.



Step it Out

Equipment Needed

A tennis ball, teddy or beanbag.



Knock 'Em Down

Equipment Needed

A ball or a beanbag, objects to use as targets for example empty plastic bottles or cans.





Dance

Level 1

Musical Statues

Equipment Needed

Music.



Follow the Leader Dance

Equipment Needed

Music.



Traffic Lights

Equipment Needed

Red, Orange and Green Circles (can be made at home with paper and colours).



The Chicken Dance

Equipment Needed

Music.



Come To Me

Equipment Needed

Music.



Skipping Statue Game

Equipment Needed

Music.

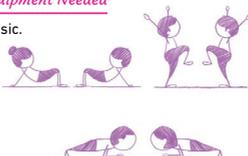


Level 2

Dance Mirrors

Equipment Needed

Music.



Crossing Corridor Dance

Equipment Needed

Music.



Name Dance

Equipment Needed

Music.



The Macarena

Equipment Needed

Music.



The Shoemakers Dance

Equipment Needed

Music.



Side stepping musical chairs

Equipment Needed

Music, chairs.



Level 3

Dice Dance

Equipment Needed

Music.



Shape Outline

Equipment Needed

Music.



Pretty Prop Dance

Equipment Needed

Music, a scarf, sarong, toilet roll or cloth.



Choose you Song!

Equipment Needed

Music.



La Vinca

Equipment Needed

Music.



Practising "Luascadh"

Equipment Needed

Music.





Gymnastics

Level 1

Shadow Move

Equipment Needed

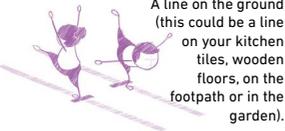
Small obstacles such as soft toys, cushions of other small items.



Walk the Line

Equipment Needed

A line on the ground (this could be a line on your kitchen tiles, wooden floors, on the footpath or in the garden).



Ready to Roll

Equipment Needed

A soft surface.



Rocking and Rolling

Equipment Needed

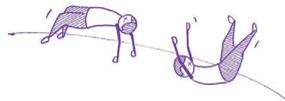
A soft surface.



Crabs and Octopuses

Equipment Needed

A soft surface.



Seashore Sequence

Equipment Needed

No equipment needed.



Level 2

Rope Shape and Jump

Equipment Needed

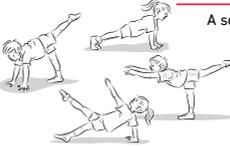
A skipping rope or some string



Body Part Balances

Equipment Needed

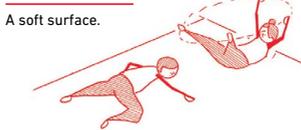
A soft surface.



Dazzling Dish

Equipment Needed

A soft surface.



Forward Fun

Equipment Needed

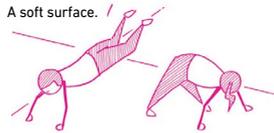
A soft surface.



Animal Antics

Equipment Needed

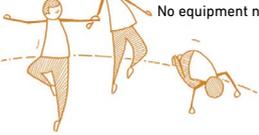
A soft surface.



Bring a Story to Life

Equipment Needed

No equipment needed.



Level 3

Memory Mat

Equipment Needed

Playing cards or numbers written on pieces of paper, skipping ropes or string or draw out a grid using chalk.



Balance With a Buddy

Equipment Needed

A soft surface.



Teddy Bear, Teddy Bear,

Turn Around

A soft surface.



Bond, James Bond

Equipment Needed

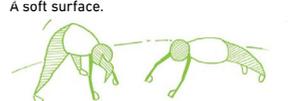
A soft surface.



Are you an inchworm

or a gorilla?

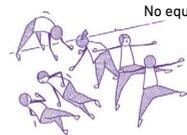
A soft surface.



Partner Sequence

Equipment Needed

No equipment needed.





Level 1

Level 2

Level 3

WALKING

Colour Hunt

Equipment Needed

A sandwich bag.



Scavenger Hunt

Equipment Needed

A sandwich bag.



Local Walk

Equipment Needed

None.



1km walk

Equipment Needed

None.



Walking I Spy

Equipment Needed

None.



Alphabet Twos

Equipment Needed

None.



ORIENTEERING

Compass Directions

Equipment Needed

A blank page and a marker.



Slimy Snake Walk

Equipment Needed

A blank page and a pencil.



Obstacle Course Orienteering

Equipment Needed

Five or six objects or toys to act as obstacles, a blank page, a pencil and a stopwatch.



Hide the Teddy

Equipment Needed

A teddy or small toy.



Treasure Hunt

Equipment Needed

Household objects and small toys to hide.



Class Challenge

Equipment Needed

A blank page, a pencil and a stopwatch.



CO-OPERATIVE CHALLENGES

Balloon in the Air

Equipment Needed

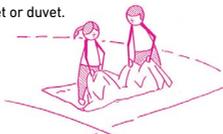
One balloon or large ball.



Turn The Sheet

Equipment Needed

A bed sheet or duvet.



String Pick Up

Equipment Needed

A long length of string or thin rope and some objects or toys to pick up.



Three-Legged Walk

Equipment Needed

A scarf or long football socks as a blindfold.



The Floor Is Lava

Equipment Needed

Two cushions or pillows to stand on.



Blindfold Walk

Equipment Needed

A scarf or long football socks to act as a blindfold.



Reflect on Your Progress

The following templates are designed to support your child in reflecting on their experiences engaging with Physical Education and Physical Activity both at school and in the home. Developing your child's understanding and appreciation of movement and activity is an important aspect of their Physical Education experience that will support them in becoming active for life.

These templates can be used in the following ways:

1. Each template can be printed out and completed as a worksheet (downloadable versions available from www.scoilnet.ie/pdst/pehomework)
2. The child can draw the templates into their PE journal or write their responses to the prompts in their PE journal
3. The child can answer the questions verbally with an adult in the home

The Primary PE Curriculum Strands



AQUATICS



ATHLETICS



DANCE



GAMES



GYMNASTICS



OUTDOOR &
ADVENTURE

The following templates are differentiated across three levels - Level 1, Level 2 and Level 3. Select the template that best suits the needs of your child - Level 1 is generally aligned to the infant classes, Level 2 is generally aligned to 1st, 2nd or 3rd classes, Level 3 is generally aligned to 4th, 5th or 6th classes.

- Weekly Physical Activity Record
- PE Strand Reflection Templates
- Post-activity Reflection Templates
- PE Weekly Reflection Sheet

Weekly Physical Activity Record

Name: _____ Date: _____

Colour in the star if you took part in some physical exercise.

MON	SCHOOL ★	LUNCH ★	AFTERNOON ★	EVENING ★
TUES	SCHOOL ★	LUNCH ★	AFTERNOON ★	EVENING ★
WED	SCHOOL ★	LUNCH ★	AFTERNOON ★	EVENING ★
THURS	SCHOOL ★	LUNCH ★	AFTERNOON ★	EVENING ★
FRI	SCHOOL ★	LUNCH ★	AFTERNOON ★	EVENING ★
SAT	MORNING ★	AFTERNOON ★	EVENING ★	
SUN	MORNING ★	AFTERNOON ★	EVENING ★	

Weekly Record

- 1-5 Stars → *You're a Star!*
- 6-10 Stars → *You're a Shooting Star!*
- 11+ → *You're a Superstar!*

Weekly Physical Activity Record

Name: _____ Date: _____

Colour in the different pictures on each day you took part in some physical exercise.

MON	SCHOOL 	LUNCH 	AFTERNOON 	EVENING 
TUES	SCHOOL 	LUNCH 	AFTERNOON 	EVENING 
WED	SCHOOL 	LUNCH 	AFTERNOON 	EVENING 
THURS	SCHOOL 	LUNCH 	AFTERNOON 	EVENING 
FRI	SCHOOL 	LUNCH 	AFTERNOON 	EVENING 
SAT	MORNING 	AFTERNOON 	EVENING 	
SUN	MORNING Draw Your Own	AFTERNOON Draw Your Own	EVENING Draw Your Own	

Weekly Record

 = _____  = _____  = _____  = _____

 = _____  = _____ *Your Design* = _____

Weekly Physical Activity Record

Name: _____ Date: _____

Colour in the different flags on each day you took part in some physical activity. You might use your school colours, club colours, county, provincial or country colours, or design your own!

MON	SCHOOL 	LUNCH 	AFTERNOON 	EVENING 
TUES	SCHOOL 	LUNCH 	AFTERNOON 	EVENING 
WED	SCHOOL 	LUNCH 	AFTERNOON 	EVENING 
THURS	SCHOOL 	LUNCH 	AFTERNOON 	EVENING 
FRI	SCHOOL 	LUNCH 	AFTERNOON 	EVENING 
SAT	MORNING 	AFTERNOON 	EVENING 	
SUN	MORNING 	AFTERNOON 	EVENING 	

PE Strand Reflection Template

Strand: _____

Write down any words you've learned about:

Draw a picture of you doing some:



Colour in how you feel when you do:



Happy



Scared



Sad



Angry

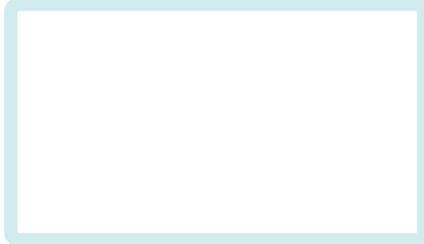


Worried



Cool

Draw a picture of your best movement from:



Colour in the body parts you used doing this movement:



Draw a picture of your favourite activity:



PE Strand Reflection Template

Strand: _____

Write down any words you've learned about:

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

Choose some feelings you get when you are doing:

- Happy*
- Excited*
- Nervous*
- Calm*
- Sad*
- Confident*
- Frustrated*

Draw a picture of your best movement or skill from:



Colour in the body parts you used doing this movement:



Looking at your chart choose your favourite activities:

1	_____
2	_____

PE Strand Reflection Template

Strand: _____

Write down some verbs, adverbs and nouns associated with:

Verbs

Adverbs

Nouns

List the emotions you feel when doing these activities and explain why you feel this way:

Draw a picture of you performing your best skill or movement from:

Label and colour in the body parts you used performing this skill or movement:



Looking at your chart, choose your favourite activities and explain why you chose them:

1 _____

2 _____

Post-activity Reflection Template

The activity I completed was

I completed it

On my own



With someone else



1. *How did this activity make you feel in your mind and body?*



I feel happy



I have more energy



I feel tired



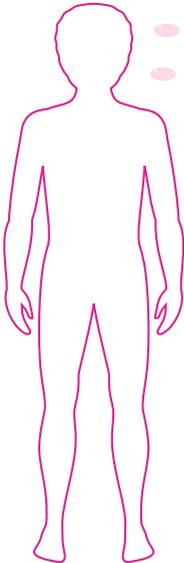
I feel like doing this again



I feel sad

2. *I used the following body parts:*

Please circle or colour in



3. *What did you find easy or difficult about the activity?*

4. *Does this activity remind you of another game you have played?*

5. *I would like to do this activity again*

Yes

No

Post-activity Reflection Template

The activity I completed was

I completed it

On my own



With someone else



1. How did this activity make you feel in your mind and body?



I feel happy



I feel motivated



I have more energy



I feel better than when I started



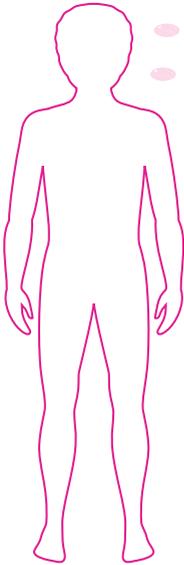
I feel worried and unsure about something



I did not enjoy this activity

2. I used the following body parts:

Please circle or colour in



3. What did you find easy or difficult about the activity?

4. Does this activity remind you of another game you have played?

5. I would like to do this activity again

Yes

No

Post-activity Reflection Template

The activity I completed was

I completed it

On my own



With someone else



1. How did this activity make you feel in your...

Mind

Body

2. I used the following body parts:

Please circle or colour in

3. What did you find easy or difficult about the activity?

4. Can you practise this skill on another way or with another activity?

5. I would like to do this activity again

Yes

No

PE Weekly Reflection Sheet

A picture of me

This week I learned

-
-
-
-

My favorite activity was

I did this at home

I did this at playtime

I played with...

I'm proud of...

Next week I'd like to...

Further Resources

To support your child's learning in Physical Education and the development of Physical Literacy

The following resources are all available from www.scoilnet.ie/pdst/pehomework

Resource	Developed by
Primary Physical Education Curriculum <i>An overview of the Physical Education Curriculum in the Primary School</i>	NCCA
Primary Physical Education Teacher Guidelines <i>Guidance for teachers facilitating a broad and balanced PE programme</i>	NCCA
Move Well, Move Often - Developing the physically literate child through the lens of Fundamental Movement Skills <i>Videos, Activity Books and Assessment Templates</i>	PDST
Beyond the Classroom - supporting your child's physical literacy journey at home <i>Activity Book and Video Clips for developing Fundamental Movement Skills at home</i>	PDST
Physical Education Lesson Plans <i>Including suggestions for Warm-Up and Cool-Down activities</i>	PSSI
120 Non-Contact Activities for Physical Education <i>Including suggestions for Warm-up and Cool-down activities</i>	PDST

Glossary of Terms:

NCCA - National Council for Curriculum and Assessment

PDST - Professional Development Service for Teachers

PSSI - Primary School Sports Initiative

PE - Physical Education

FMS - Fundamental Movement Skills

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Traffic Lights	10	https://www.scoilnet.ie/uploads/resources/21778/21501.pdf
Through the Gate	11	https://www.scoilnet.ie/uploads/resources/21867/21590.pdf
What Time is it Mr Wolf	12	https://www.scoilnet.ie/uploads/resources/21831/21554.pdf
Get Creative	13	No link (new activity)
Use Your Imagination	14	No link (new activity)
Level 2		
Under Control	15	https://vimeo.com/427702880
Your Move	16	https://pssi.pdst.ie/pdf/gam/gam_c_1.pdf
DONKEY	17	https://pssi.pdst.ie/pdf/gen/gen_1_warmup.pdf
Chinese Knee Boxing	18	https://pssi.pdst.ie/pdf/gen/gen_1_warmup.pdf
Busy Brain Time	19	No link (new activity)
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Tail Tag	23	https://www.scoilnet.ie/uploads/resources/22362/22085.pdf
Reaction Drop	24	https://www.scoilnet.ie/uploads/resources/22440/22163.pdf
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Long Jump One	29	https://www.scoilnet.ie/uploads/resources/21827/21550.pdf
Vertical Jump	30	https://vimeo.com/214481650
How Far Can You Throw	31	https://www.scoilnet.ie/uploads/resources/21855/21578.pdf
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Tennis Ball Challenge	37	https://www.scoilnet.ie/uploads/resources/22448/22171.pdf
Step it Out	38	https://pssi.pdst.ie/pdf/ath/ath_c_2.pdf
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Reflection Rocket Races	39	https://pssi.pdst.ie/pdf/ath/ath_d_1.pdf
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Traffic Lights	47	https://www.scoilnet.ie/uploads/resources/21778/21501.pdf
The Chicken Dance	48	www.gonoodle.com
Come to Me	49	http://player.vimeo.com/video/52561505
Skipping Statue Game	50	No link (new activity)
Level 2		
Dance Mirrors	51	https://pssi.pdst.ie/pdf/dan/dan_c_2.pdf
Crossing Corridor Dance	52	https://pssi.pdst.ie/pdf/dan/dan_c_3.pdf
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Crabs and Octopuses	67	https://pdst.ie/sites/default/files/Gymnastics%20Rolling%20Workshop%20-%20Teacher%20Support%20Materials%202018.pdf
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Forward Fun	72	https://pdst.ie/sites/default/files/Gymnastics%20Roll%20Cards.pdf
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String Pick up	97	No link (new activity)
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Suggested Music for Dance Activities

Happy - Pharrell Williams

Best Day of My Life - American Authors

Pink Panther Theme - Henry Mancini

You're Welcome - Dwayne Johnson

You've Got a Friend in Me - Randy Newman

Can't Stop the Feeling! - Justin Timberlake

Chicken Dance - Electric Slide Music Makers

Macarena - Los Del Rio

Best Years of Our Lives - Baha Men

The Entertainer - Joplin

Dance Monkey - Tones And I

I'm A Believer - Smash Mouth

All Star - Smash Mouth

We're All in This Together - High School Musical Cast

Let it Go - From 'Frozen' / Soundtrack

I Like to Move It - will.i.am

Skomagerstykket - Ejnar Bjerneboe med rytmer (Shoemaker's Dance)

Kilfenora Reels: Connemara Stocking - The Westmeath Hunt - Kilfenora Ceili Band (Luascadh)

Come to Me - the National Folk Dance Players

Man in the Mirror - Michael Jackson

The Lion Sleeps Tonight - The Tokens

Here is a link to a suitable playlist

Spotify Playlist - PDST PE Homework

<https://open.spotify.com/>

[playlist/3kt0wKkHdZ2PSblaxQm4ny?si=pp5snaNcQ0Wwk67XrU8Q8g](https://open.spotify.com/playlist/3kt0wKkHdZ2PSblaxQm4ny?si=pp5snaNcQ0Wwk67XrU8Q8g)



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Dublin West Education Centre
Ionad Oideachais Bhaile Átha Cliath Thiar



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agus Scileanna
Department of
Education and Skills

www.scoilnet.ie/pdst/pehomework