

3rd and 4th Class SPORTS DAY!

Have a go at these Sports Day Challenges! Send on your photos/videos to msmcquaid4@gmail.com or jcurtin@stjosephsfinglas.net , or WhatsApp to 083 8822037.

Monday 22nd May 2020!

SCAVENGER HUNT!

Go on a scavenger hunt, you can try the indoor or outdoor challenge! Take photographs when you find things and tick them off your list as you go. You could even get the whole family involved!

Outdoor Scavenger Hunt

COLLECT ALL OF THE FOLLOWING ITEMS IN A BAG OR BASKET. CHECK THE BOXES AS YOU FIND EACH ONE.

- 5 LEAVES THAT LOOK DIFFERENT
- A STICK THAT IS LONGER THAN YOUR HAND
- A ROCK WITH SPOTS ON IT
- A FLOWER
- A FLAT ROCK
- 10 BLADES OF GRASS
- SOMETHING YOU LOVE TO PLAY WITH
- A PIECE OF TRASH YOU CAN RECYCLE
- SOMETHING THAT IS BROWN
- SOMETHING THAT IS HEAVY
- SOMETHING THAT IS VERY LIGHT
- SOMETHING THAT NEEDS SUN TO LIVE
- AN ITEM SMALLER THAN YOUR THUMB
- SOMETHING THAT STARTS WITH "M"
- SOMETHING THAT SMELLS GOOD

Ready for snack? Make sure everything gets put back where it belongs!

Indoor Scavenger Hunt

COLLECT ALL OF THE FOLLOWING ITEMS IN A BAG OR BASKET. CHECK THE BOXES AS YOU FIND EACH ONE.

- A TOY WITH WHEELS
- A BOOK WITH THE FIRST LETTER OF YOUR NAME IN THE TITLE
- A PAIR OF MATCHING SOCKS
- 4 THINGS THAT ARE GREEN
- SOMETHING VERY SOFT
- A TOY SMALLER THAN YOUR HAND
- SOMETHING ROUND
- A BOOK WITH NUMBERS IN IT
- 5 LEGOS THAT ARE ALL DIFFERENT
- A PHOTO OF SOMEONE YOU LOVE
- AN ITEM YOU CAN SEE YOURSELF IN
- AN ITEM THAT MAKES YOU FEEL COZY
- A TOY THAT HAS 3 DIFFERENT COLORS
- A MOVIE THAT HAS "S" IN THE TITLE
- YOUR SNUGGLIEST STUFFED ANIMAL

Ready for snack? Make sure everything gets put back where it belongs!

TUESDAY 23RD May 2020

ALPHABET FITNESS: Try to spell your name and do an exercise to match each letter!

TIKTOK DANCE: Learn 'The Cars that go Boom' dance. Send on videos of your performances!

what's your name? fit activity for kids

SPELL OUT YOUR FULL NAME AND COMPLETE THE ACTIVITY LISTED FOR EACH LETTER. FOR A GREATER CHALLENGE INCLUDE YOUR MIDDLE NAME & DO EACH ONE TWICE! FOR VARIETY YOU CAN USE A FAVORITE CHARACTER'S NAME OR A FAMILY MEMBER'S NAME.

A jump up & down 10 times

N pick up a ball without using your hands

B spin around in a circle 5 times

O walk backwards 50 steps and skip back

C hop on one foot 5 times

P walk sideways 20 steps and hop back

D run to the nearest door and run back

Q crawl like a crab for a count of 10

E walk like a bear for a count of 5

R walk like a bear for a count of 5

F do 3 cartwheels

S bend down and touch your toes 20 times

G do 10 jumping jacks

T pretend to pedal a bike with your hands for a count of 17

H hop like a frog 8 times

U roll a ball using only your head