

## Junior and Senior Infants Sports Week

- 1. Zumba-** join this Zumba class, dance and sing along to the song "I like to move it, move it"  
<https://www.youtube.com/watch?v=ymigWt5TOV8>
- 2. Balloon Finger Balancing** - try to balance a balloon on finger as long as possible. Challenge: Record the length of time your daughter balances balloon.
- 3. Party Freeze Dance-** dance around to the song, follow the instructions and freeze when the music stops.  
<https://www.youtube.com/watch?v=2UcZWXvgMZE>
- 4. Tick tock dance-** pick a dance from tick tock learn it and send video on WhatsApp to Ms Fitzgerald 083-8822037
- 5. Throwing and catching-** using a ball practise throwing and catching, juggling, figure eight around legs, throw against a wall, throw into a bucket
- 6. Scavenger hunt** - go on a hunt around the house/garden. How many of the following items can you find?
  - Toilet rolls
  - Spoons
  - Tea towels
  - Toothbrushes
  - Flowers
  - Stones
  - Leaves
  - Sticks
  - Insects