

Rathpeacon N.S. Virtual Sports Week

Friday 12th June

Welcome to our final day of activities, we hope you've enjoyed them. All your videos have been fantastic! We love watching them!

Today, we would love if you would send in just **ONE** video of yourself (per family). The video should show you as you **catch** and **then throw/kick** a ball - that's it! This will work really well if everyone **receives the ball from their left** and **then throws / kicks it to their right**. For families, the first person can receive from the left - pass it around to siblings etc - the last person should pass it to their right.

Have a look at Ms Watson's example here: <https://youtu.be/Zr0AUAXkJpA>

We hope to join all of these short clips together in a video montage of the pupils and staff of Rathpeacon N.S. taking part in what has been a unique Sports Week. Send your video to: **rathpeaconweb@gmail.com**

Well done and thanks to everyone for taking part!

Prizes will be announced soon.

Equipment needed:

- a skipping rope & mat
- Helmet, hurley, sliotar or ball and goalposts (or else make the goalposts by putting two cones)
- Plastic cup with water
- Basketball
- Bucket and tennis ball

Activities:

1. Skipping - Ms. C. O' Neill: <https://youtu.be/6ZgOFHV7vn4>
2. Tumbles - Mr. Sheehan: https://youtu.be/FU5HS_FlesU
3. Taking shots challenge - Ms. Watson: <https://youtu.be/fTrrDQmydUU>
4. Water challenge - Mr O' Donoghue: <https://youtu.be/T76ygkXiglY>
5. Yoga - Ms. D. O' Neill: <https://youtu.be/-lHwUAbnHmw>

Basketball- Shooting drills: (for those who have a basketball ring)

Shooting: How many baskets can you get in a minute from any spot.

Have fun and have a great weekend!