

Rathpeacon N.S. Virtual Sports Week

Tuesday 9th June:

Hello again,

We hope you enjoyed yesterday.

Again you can pick and choose the activities you'd like to do. Get your family involved!

We'd love to see pictures and videos of you doing these activities. Please send them to: **rathpeaconweb@gmail.com**

There are prizes going for the most enthusiastic pupils.

Equipment needed:

- bowl & a pair of socks, ball or beanbag
- football & basketball
- hurley, ball or sliotar, 5 cones
- a skipping rope & mat
- book, pen and paper

Activities:

1. Target Challenge - Ms Buckley- <https://youtu.be/uGjNyLZNZO0>
2. Soloing- Mr Sheehan <https://youtu.be/7bvSu3OJehc>
3. Dribbling- Ms Watson- <https://youtu.be/asZIaxFz-TQ>
4. Basketball - Ms Dennehy-
throw & catch <https://youtu.be/I8bYDPGfJ5k>
figure of 8 <https://youtu.be/JZLqHDa4Fvw>
5. Skipping- Ms C O' Neill- <https://youtu.be/OE1QRoZidNU>
6. Balance Challenge- Mr O Donoghue- <https://youtu.be/Ynv5Q2E3Rac>
7. Match the shape- Ms Griffin- <https://youtu.be/4t97tZkEnWQ>
8. Yoga - Ms D O' Neill- <https://youtu.be/Zo-jCpn5Bew>

More activities tomorrow!

Have fun!