



# FOGHLAIM SA BHAILE

## Home Learning

### CLÁR AMA SAMPLACH/SAMPLE TIMETABLE

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| 9.00  | <ul style="list-style-type: none"><li>• <b>Clár corpoideachas beo ag a 9 gach maidin ó Luain go Aoine</b> (a live PE program at 9am every morning Monday to Friday) <b>le Joe Wicks</b> <a href="https://www.youtube.com/channel/UCAxW1XT0iEJo0TYIRfn6rYQ">https://www.youtube.com/channel/UCAxW1XT0iEJo0TYIRfn6rYQ</a></li></ul> |
| 9.30  | <ul style="list-style-type: none"><li>• <b>Obair Scoile</b> /School work (GAEILGE &amp; ENGLISH)</li></ul>  |
| 10.00 | <ul style="list-style-type: none"><li>• <b>Cúla4 ar Scoil (TG4)</b></li></ul>   |
| 10.30 | <ul style="list-style-type: none"><li>• <b>SOS &amp; Obair Tí</b>/Break &amp; Chores</li></ul>  |
| 11.00 | <ul style="list-style-type: none"><li>• <b>RTÉ School Hub</b></li></ul>   |
| 12.00 | <ul style="list-style-type: none"><li>• <b>Obair Scoile</b> /School work (MATA)</li></ul>   |
| 12.30 | <ul style="list-style-type: none"><li>• <b>Lón &amp; Obair Tí</b>/Lunch and Housework</li></ul>   |
| 1.30  | <ul style="list-style-type: none"><li>• <b>Am Ciúin</b>/Quiet Time (reading, puzzles, jigsaws etc.)</li></ul>   |
| 2.30  | <ul style="list-style-type: none"><li>• <b>Obair Scoile</b> /School work (TIONSCNAMH/EALAÍN/EOLAÍOCHT/SCRÍOBH)</li></ul>  |
| 3.30  | <ul style="list-style-type: none"><li>• <b>Bí Gníomhach</b>/Get Active <a href="http://www.gonoodle.com">www.gonoodle.com</a></li></ul>   |
| 4.00  | <ul style="list-style-type: none"><li>• <b>Rogha Imeachtaí</b>/Choice of Activities<ul style="list-style-type: none"><li>○ Léamh/Reading</li><li>○ Ealaín/Art</li><li>○ Spórt/Sport</li><li>○ Ceol/Music</li><li>○ Scríobh, puzail/Writing, puzzles</li><li>○ Cluichí/games</li></ul></li></ul>                                   |

# CLÁR OIBRE/SCHOOL WORK PLAN

MÚINTEOIR: Laura-Ann

RANG: 3

Seachtain/Week 27/4 – 1/5/2020

TÉAMA/THEME: MO THÍR/MY COUNTRY - ÉIRE

|  | Luain<br><u>Gaeilge</u>   | Máirt<br><u>Gaeilge</u>   | Céadaoin<br><u>Gaeilge</u>  | Déardaoin<br><u>Gaeilge</u>   | Aoine<br><u>Gaeilge</u>  |
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| <b>Litearthacht</b><br>(Gaeilge & English) | <p><b>F+F:</b> lch 64 A+B</p> <p><b>Lasracha:</b></p> <ul style="list-style-type: none"> <li>- Léigh 44, 45, 46</li> <li>- ‘An Spáslong’</li> <li>- Freagair na ceisteanna bunaithe ar an scéal. <i>Answers the questions based on the story.</i></li> <li>- <b>Attached</b></li> </ul> | <p><b>F+F:</b> lch 65 C, D, E</p> <p><b>Taisce Tuisce (attm)</b></p> <ul style="list-style-type: none"> <li>- Léigh an scéal.</li> <li>- Déan na ceisteanna agus na tascanna ag úsáid abairtí iomlán. <i>(Complete the tasks and the questions using full sentences)</i></li> </ul> | <p><b>F+F:</b> lch 65 F+G</p> <p><b>Lasracha:</b></p> <ul style="list-style-type: none"> <li>- Léigh 44, 45, 46</li> <li>- Tabhair deireadh difriúil don scéal. <i>(Give the story a different ending)</i></li> </ul> | <p><b>F+F:</b> lch 66 H</p> <p><b>Gramadach(attm)</b></p> <ul style="list-style-type: none"> <li>- Lch gramadach bunaithe ar an Aimsir Chaite le na freagraí do na thuismitheoirí. <i>(Worksheet based on the past tense, with answer sheet for parents if needed)</i></li> </ul> | <p><b>F+F:</b> lch 66-Litriú</p> <p><b>Lasracha (attm)</b></p> <ul style="list-style-type: none"> <li>- Léigh 44, 45, 46</li> <li>- Cuardach focail <i>(word search based on story)</i></li> </ul> |

|  | English  | English  | English   | English   | English   |
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|  | <p><b><u>My Spelling Booklet</u></b></p> <p>Week 21 p. 42-Monday</p> <p><b><u>Spellzone</u></b></p> <ul style="list-style-type: none"> <li>- Interactive link to practice this week's spellings. Can be used on tablet, phone, computer etc.</li> </ul> <div data-bbox="492 571 692 868" style="border: 1px solid black; padding: 5px;"> <p><a href="https://www.spellzone.com/word_lists/list-new.cfm?wordlist=1028551">https://www.spellzone.com/word_lists/list-new.cfm?wordlist=1028551</a></p> </div> | <p><b><u>My Spelling Booklet</u></b></p> <p>Week 21 p. 42-Tuesday</p> <p><b><u>Spellzone</u></b></p> <ul style="list-style-type: none"> <li>- Interactive link to practice this week's spellings. Can be used on tablet, phone, computer etc.</li> </ul> <div data-bbox="851 571 1050 868" style="border: 1px solid black; padding: 5px;"> <p><a href="https://www.spellzone.com/word_lists/list-new.cfm?wordlist=1028551">https://www.spellzone.com/word_lists/list-new.cfm?wordlist=1028551</a></p> </div> | <p><b><u>My Spelling Booklet</u></b></p> <p>Week 21 p. 43-Wed</p> <p><b><u>Spellzone</u></b></p> <ul style="list-style-type: none"> <li>- Interactive link to practice this week's spellings. Can be used on tablet, phone, computer etc.</li> </ul> <div data-bbox="1187 571 1386 868" style="border: 1px solid black; padding: 5px;"> <p><a href="https://www.spellzone.com/word_lists/list-new.cfm?wordlist=1028551">https://www.spellzone.com/word_lists/list-new.cfm?wordlist=1028551</a></p> </div> | <p><b><u>My Spelling Booklet</u></b></p> <p>Week 21 p. 43-Thurs</p> <p><b><u>Spellzone</u></b></p> <ul style="list-style-type: none"> <li>- Interactive link to practice this week's spellings. Can be used on tablet, phone, computer etc.</li> </ul> <div data-bbox="1523 571 1722 868" style="border: 1px solid black; padding: 5px;"> <p><a href="https://www.spellzone.com/word_lists/list-new.cfm?wordlist=1028551">https://www.spellzone.com/word_lists/list-new.cfm?wordlist=1028551</a></p> </div> | <p><b><u>Spellzone</u></b></p> <ul style="list-style-type: none"> <li>- Test yourself today</li> </ul> <div data-bbox="1881 571 2080 868" style="border: 1px solid black; padding: 5px;"> <p><a href="https://www.spellzone.com/word_lists/list-new.cfm?wordlist=1028551">https://www.spellzone.com/word_lists/list-new.cfm?wordlist=1028551</a></p> </div> |
|  | <p><b><u>Summer in Ireland (att'd)</u></b></p> <ul style="list-style-type: none"> <li>- Find 5 adjectives in the text and use them in a sentence.</li> </ul>   | <p><b><u>Summer in Ireland (att'd)</u></b></p> <ul style="list-style-type: none"> <li>- Read story</li> <li>- Answer questions 1-8</li> </ul>  | <p><b><u>Summer in Ireland (att'd)</u></b></p> <ul style="list-style-type: none"> <li>- Read story</li> </ul> <p><b><u>Ireland Alphabet Challenge (att'd)</u></b></p> <ul style="list-style-type: none"> <li>- Using the alphabet, write a word for each letter that relates to Ireland.</li> </ul>   | <p><b><u>If I Were the President of Ireland...(att'd)</u></b></p> <ul style="list-style-type: none"> <li>- Use the writing template attached to complete this task.</li> <li>- Are you happy/unhappy with certain rules that Ireland follows.</li> <li>- Is there any law/rule you</li> </ul>   | <p><b><u>Counties of Ireland (att'd)</u></b></p> <ul style="list-style-type: none"> <li>- Complete the <b><u>word search</u></b> on Counties of Ireland.</li> </ul>   |

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|             |   |   | <p><b>Counties of Ireland Poem(att'd)</b></p> <ul style="list-style-type: none"> <li>- Read the poem fully through.</li> <li>- Then read the 1<sup>st</sup> verse <b>3 times out loud</b></li> <li>- See can you remember the names of the counties and the province without looking at the poem</li> <li>- Repeat for each verse.</li> </ul>   | <p>would change as President?</p> <ul style="list-style-type: none"> <li>- Are there any new rules/laws/holidays you would add if you were President?</li> <li>- <b>Send on your writing when you are finished.</b></li> </ul>  |   |
|             | <b>DEAR TIME-15 MINS</b>  | <b>DEAR TIME-15 MINS</b>  | <b>DEAR TIME-15 MINS</b>  | <b>DEAR TIME-15 MINS</b>  | <b>DEAR TIME-15 MINS</b>  |
| <b>Mata</b> | <p><b>Mata Meabhrach:</b></p> <ul style="list-style-type: none"> <li>- Triail 69</li> <li>- Ceangailte freisin ná na freagraí do MM. <i>(Please find attached the Mata Meabhrach answers)</i></li> </ul> <p><b>Lch táblaí (att'd)</b></p> <ul style="list-style-type: none"> <li>- Cleachtadh a dhéanamh ar na táblaí-déan an lch iomlán. <i>(Practice your tables doing the full page, give yourself a score)</i></li> </ul> | <p><b>Mata Meabhrach:</b></p> <ul style="list-style-type: none"> <li>- Triail 70</li> <li>- Ceangailte freisin ná na freagraí do MM. <i>(Please find attached the Mata Meabhrach answers)</i></li> </ul> <p><b>Lch táblaí (att'd)</b></p> <ul style="list-style-type: none"> <li>- Cleachtadh a dhéanamh ar na táblaí-déan an lch iomlán. <i>(Practice your tables doing the full page, give yourself a score)</i></li> </ul> | <p><b>Mata Meabhrach:</b></p> <ul style="list-style-type: none"> <li>- Triail 71</li> <li>- Ceangailte freisin ná na freagraí do MM. <i>(Please find attached the Mata Meabhrach answers)</i></li> </ul> <p><b>Lch táblaí (att'd)</b></p> <ul style="list-style-type: none"> <li>- Cleachtadh a dhéanamh ar na táblaí-déan an lch iomlán. <i>(Practice your tables doing the full page, give yourself a score)</i></li> </ul> | <p><b>Mata Meabhrach:</b></p> <ul style="list-style-type: none"> <li>- Triail 72</li> <li>- Ceangailte freisin ná na freagraí do MM. <i>(Please find attached the Mata Meabhrach answers)</i></li> </ul> <p><b>Lch táblaí (att'd)</b></p> <ul style="list-style-type: none"> <li>- Cleachtadh a dhéanamh ar na táblaí-déan an lch iomlán. <i>(Practice your tables doing the full page, give yourself a score)</i></li> </ul> | <p><b>Mata Meabhrach:</b></p> <ul style="list-style-type: none"> <li>- Triail 73</li> <li>- Ceangailte freisin ná na freagraí do MM. <i>(Please find attached the Mata Meabhrach answers)</i></li> </ul> <p><b>Lch táblaí (att'd)</b></p> <ul style="list-style-type: none"> <li>- Cleachtadh a dhéanamh ar na táblaí-déan an lch iomlán. <i>(Practice your tables doing the full page, give yourself a score)</i></li> </ul> |

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|  | <p><i>out of 10 with a nice comment also)</i></p> <ul style="list-style-type: none"> <li>- You can also continue with the game <b>'Hit the Button'</b> to practice tables</li> <li>- If you want an extra challenge, time yourself doing each list and see if you can beat it the next time-record your times under each list.</li> </ul> <p><b>Gafa le Mata (att'd)</b><br/> <b>Answers attached also</b></p> <ul style="list-style-type: none"> <li>- Lch 156-Meáchan (<i>Weight</i>)</li> <li>- Déan 1 + 2</li> <li>- Faigh rud éigin sa teach atá ar 1kg, cur é i lámh amháin agus cuir na rudaí sa bhosca (e.g cás peann luaidhe) i lámh eile agus dean tomhais an bhfuil an rud-cas peann luaidhe, níos lú/níos mó/ thart ar 1kg.</li> </ul> | <p><i>out of 10 with a nice comment also)</i></p> <ul style="list-style-type: none"> <li>- You can also continue with the game <b>'Hit the Button'</b> to practice tables</li> <li>- If you want an extra challenge, time yourself doing each list and see if you can beat it the next time-record your times under each list.</li> </ul> <p><b>Gafa le Mata (att'd)</b></p> <ul style="list-style-type: none"> <li>- Lch 157-Meáchan</li> <li>- Déan 1, 2, 3</li> <li>- <i>(do as much or as little as you deem necessary for your child, no pressure)</i></li> </ul> <p>Also <b>attached</b> in Monday's Word Document is direction from the teacher's manual to assist with tasks or ideas/resources</p> | <p><i>out of 10 with a nice comment also)</i></p> <ul style="list-style-type: none"> <li>- You can also continue with the game <b>'Hit the Button'</b> to practice tables</li> <li>- If you want an extra challenge, time yourself doing each list and see if you can beat it the next time-record your times under each list.</li> </ul> <p><b>Gafa le Mata (att'd)</b></p> <ul style="list-style-type: none"> <li>- Lch 158-Meáchan</li> <li>- Déan 1, 2, 3, 4</li> <li>- <i>(do as much or as little as you deem necessary for your child, no pressure)</i></li> </ul> <p>Also <b>attached</b> in Monday's Word Document is direction from the teacher's manual to assist with tasks or ideas/resources</p> | <p><i>out of 10 with a nice comment also)</i></p> <ul style="list-style-type: none"> <li>- You can also continue with the game <b>'Hit the Button'</b> to practice tables</li> <li>- If you want an extra challenge, time yourself doing each list and see if you can beat it the next time-record your times under each list.</li> </ul> <p><b>Gafa le Mata (att'd)</b></p> <ul style="list-style-type: none"> <li>- Lch 159-Meáchan</li> <li>- Déan 1 + 2</li> <li>- <i>(if your child is able and feeling up to it, by all means carry on)</i></li> </ul> <p>Also <b>attached</b> in Monday's Word Document is direction from the teacher's manual to assist with tasks or ideas/resources</p> | <p><i>out of 10 with a nice comment also)</i></p> <ul style="list-style-type: none"> <li>- You can also continue with the game <b>'Hit the Button'</b> to practice tables</li> <li>- If you want an extra challenge, time yourself doing each list and see if you can beat it the next time-record your times under each list.</li> </ul> <p><b>Gafa le Mata (att'd)</b></p> <ul style="list-style-type: none"> <li>- Lch 160-Siúl Siar (<i>Revision</i>)</li> <li>- Seans go bhfuil cúpla cinn casta anseo ach dean an méid atá said in ann. (<i>Possibility of a few tricky problems on this page, but give it a go and do what you can.</i>)</li> </ul> |
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|  | <p><i>For activity 1, find something in the house that weighs 1kg (flour, sugar etc.).</i></p> <p><i>Hold the 1kg item in one hand and hold the objects-one at a time-from the grid in your other hand (e.g. pencil case) and decide whether you think the object-your pencil case- weighs more than/ less than/ or around 1kg.</i></p> <p><i>Tick the box accordingly.</i></p> <p><i>If there is an object in the grid that you don't have, simply add in your own example or move onto the next one.</i></p> <ul style="list-style-type: none"> <li>- <i>(do as much or as little as you deem necessary for your child, no pressure)</i></li> </ul> <p><b>The English version of these pages are attached along with helpful images.</b></p> <p>Also <b>attached</b> in Monday's Word Document is direction</p> | <p>for extra learning activities.</p> <p><b>The English version of these pages are attached.</b></p> | <p>for extra learning activities.</p> <p><b>The English version of these pages are attached.</b></p> | <p>for extra learning activities.</p> <p><b>The English version of these pages are attached.</b></p> |  |
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|                        | from the teacher's manual and an extra worksheet to assist with tasks or ideas/resources for extra learning activities.   |   |  |  |  |
| <b>OSIE &amp; OSPS</b> | <p><b><u>Taisceadán Todhcaí (att'd)</u></b></p> <ul style="list-style-type: none"> <li>- Déan lch 6</li> <li>- <i>Do page 6 page of the Time Capsule attached.</i></li> </ul> <p><b><u>Éire</u></b><br/>(photographs) <b>(att'd)</b></p> <ul style="list-style-type: none"> <li>- Féach ar an ghrianghraf ar Éire fadó agus anois</li> <li>- Dean comparáid orthu.</li> <li>- Déan liosta ar 6 difriochtaí agus 6 cosúlachtaí d'Éirinn anois agus fadó.</li> </ul> <p><i>Look at the images of Ireland many years ago</i></p> | <p><b><u>Taisceadán Todhcaí (att'd)</u></b></p> <ul style="list-style-type: none"> <li>- Déan lch 7</li> <li>- <i>Do page 7 of the Time Capsule attached.</i></li> </ul> <p><b><u>Éire</u></b><br/>(rivers + cities) <b>(att'd)</b></p> <ul style="list-style-type: none"> <li>- Déan meitseáil leis na cathracha agus na habhainneacha</li> <li>- Faigh amach cén abhainn a bhaineann le pé cathair in Éirinn.</li> <li>- Líon isteach an gréille bunaithe ar do fhreagraí.</li> </ul> | <p><b><u>Taisceadán Todhcaí (att'd)</u></b></p> <ul style="list-style-type: none"> <li>- Déan lch 8</li> <li>- <i>Do page 8 of the Time Capsule attached.</i></li> </ul> <p><b><u>Éire</u></b><br/>(provinces + counties) <b>(att'd)</b></p> <ul style="list-style-type: none"> <li>- Gearr amach agus greamaigh na contaetha don chúige ceart.</li> </ul> <p><b>***B'fhéidir go gcabhraíonn an dán Béarla ón inniú***</b></p> <p><i>Cut out and glue each county to its correct province. They don't have to be in the correct position on the map, just in the correct province.</i></p> | <p><b><u>Taisceadán Todhcaí (att'd)</u></b></p> <ul style="list-style-type: none"> <li>- Déan lch 9</li> <li>- <i>Do page 9 of the Time Capsule attached.</i></li> </ul> <p><b><u>Éire</u></b><br/>(photographs) <b>(att'd)</b></p> <ul style="list-style-type: none"> <li>- Féach ar an ghrianghraf ar seomra ranga in Éirinn fadó agus anois</li> <li>- Dean comparáid orthu.</li> <li>- Déan liosta ar 5 difriochtaí agus 2 cosúlachtaí do na seomra ranga anois agus fadó</li> </ul> | <p><b><u>Taisceadán Todhcaí (att'd)</u></b></p> <ul style="list-style-type: none"> <li>- Déan lch 10</li> <li>- <i>Do page 10 of the Time Capsule attached.</i></li> </ul> <p><b><u>Éire</u></b><br/>(Irish Jersey) <b>(att'd)</b></p> <ul style="list-style-type: none"> <li>- Tarraing/Líon isteach an geansaí peile de rudaí a d'aithníonn Éire duit.</li> </ul> <p><i>Draw/Fill in the Irish Jersey of all the things that remind you of Ireland and <b>Send in your picture when you're finished.</b></i></p> |

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|                          | <p>and the image of Ireland nowadays.<br/>Compare the images.<br/>List 6 differences and 6 similarities of Ireland now and then.</p>  | <p>Match the cities to the rivers that flow through them.<br/>Find out which river is associated with each of the cities.<br/>Fill in the grid using the information you have found.</p>  | <p>But feel free to try them in the correct county area as an extra challenge.</p> <p><b>***The English poem attached today may be of help to you***</b></p>  | <p>Look at the images of a classroom in Ireland many years ago and a typical classroom nowadays.<br/>Compare the images.<br/>List 5 differences and 2 similarities of classrooms then and what you have in your classroom now.</p>  |  |
| <b>Ceol/Ealaín/Dráma</b> | <p><b>Draw with Don Conroy</b></p> <ul style="list-style-type: none"> <li>- Lean treoracha ó Don Conroy chun sicín a tharraingt.</li> <li>- <b>Follow Don Conroy's instructions on how to draw a chicken and send in your picture on Friday</b> (This can be done on any day of choice)</li> </ul> <p><a href="https://www.youtube.com/watch?v=Rlr-LtOfkMM">https://www.youtube.com/watch?v=Rlr-LtOfkMM</a></p> | <p><b>Amhráin na bhFiann</b></p> <ul style="list-style-type: none"> <li>- Lean an fístéip chun Amhráin na bhFiann a chleachtadh.</li> </ul> <p><i>Follow the video/words to practice Amhráin na bhFiann.</i></p> <p><a href="https://www.youtube.com/watch?v=gWn1JQ8VI80">https://www.youtube.com/watch?v=gWn1JQ8VI80</a></p> | <p><b>Lus an Chromchinn (sample attached)</b></p> <ul style="list-style-type: none"> <li>- Tóg Lus an Chromchinn nó aon bláth eile muna bhfuil Lus an Chromchinn agat sa bhaile/ghairdín.</li> <li>- Cuir lch bán thar leath den bláth.</li> <li>- Líon isteach an leath eile ar an lch.</li> <li>- <i>Take a daffodil or any other flower if you don't have a daffodil handy at home/in the garden.</i></li> <li>- <i>Cover half of the flower with a blank white page.</i></li> <li>- <i>Fill in the other half on the white page.</i></li> </ul> | <p><b>Amhráin na bhFiann</b></p> <ul style="list-style-type: none"> <li>- Lean an fístéip chun Amhráin na bhFiann a chleachtadh.</li> </ul> <p><i>Follow the video/words to practice Amhráin na bhFiann.</i></p> <p><a href="https://www.youtube.com/watch?v=gWn1JQ8VI80">https://www.youtube.com/watch?v=gWn1JQ8VI80</a></p> | <p><b>Art Hub</b></p> <ul style="list-style-type: none"> <li>- Lean treoracha an fístéip chun Laochra Sláintiúila a tharraingt.</li> </ul> <p><i>Follow the instructions of the video below to draw a Health Hero. Send in your picture on Friday</i></p> <p><a href="https://www.youtube.com/watch?v=xMXJtiaNTac&amp;t=1s">https://www.youtube.com/watch?v=xMXJtiaNTac&amp;t=1s</a></p> |



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|--------------------------------|---|---|---|---|---|
|                                |   |   | <ul style="list-style-type: none"> <li>- <i>When you are done, put the real flower together with the part you drew and see how they look together (as in the photo) Send in your picture when you're finished.</i></li> </ul>   |   |   |
| <b>Rudaí Breise (Roghnach)</b> | <p><b>An Míle Laethiúil/ The Daily Mile</b> – ná imigh ró-fhada! <i>don't go too far!</i></p> <p><i>Keep a record of how many miles you've done over the course of being at home and we will put the miles together to see how far we have run from Ireland over the course of the next few weeks.</i></p> <p><i>Remember to keep an eye on your PB / Personal Best</i></p> <p><b><u>Kahoot Quiz</u></b></p> <ul style="list-style-type: none"> <li>- Tráth na gceist don pháiste nó don chlann (<i>short quiz for student or the whole family</i>)</li> </ul> <p><b>Give yourself a username and click: <u>OK GO</u></b></p> | <p><b>An Míle Laethiúil/ The Daily Mile</b> – ná imigh ró-fhada! <i>don't go too far!</i></p> <p><i>Keep a record of how many miles you've done over the course of being at home and we will put the miles together to see how far we have run from Ireland over the course of the next few weeks.</i></p> <p><i>Remember to keep an eye on your PB / Personal Best</i></p> <p><b><u>Kahoot Quiz</u></b></p> <ul style="list-style-type: none"> <li>- Tráth na gceist don pháiste nó don chlann (<i>short quiz for student or the whole family</i>)</li> </ul> <p><b>Give yourself a username and click: <u>OK GO</u></b></p> | <p><b>An Míle Laethiúil/ The Daily Mile</b> – ná imigh ró-fhada! <i>don't go too far!</i></p> <p><i>Keep a record of how many miles you've done over the course of being at home and we will put the miles together to see how far we have run from Ireland over the course of the next few weeks.</i></p> <p><i>Remember to keep an eye on your PB / Personal Best</i></p> <p><b><u>Kahoot Quiz</u></b></p> <ul style="list-style-type: none"> <li>- Tráth na gceist don pháiste nó don chlann (<i>short quiz for student or the whole family</i>)</li> </ul> <p><b>Give yourself a username and click: <u>OK GO</u></b></p> | <p><b>An Míle Laethiúil/ The Daily Mile</b> – ná imigh ró-fhada! <i>don't go too far!</i></p> <p><i>Keep a record of how many miles you've done over the course of being at home and we will put the miles together to see how far we have run from Ireland over the course of the next few weeks.</i></p> <p><i>Remember to keep an eye on your PB / Personal Best</i></p> <p><b><u>Kahoot Quiz</u></b></p> <ul style="list-style-type: none"> <li>- Tráth na gceist don pháiste nó don chlann (<i>short quiz for student or the whole family</i>)</li> </ul> <p><b>Give yourself a username and click: <u>OK GO</u></b></p> | <p><b>An Míle Laethiúil/ The Daily Mile</b> – ná imigh ró-fhada! <i>don't go too far!</i></p> <p><i>Keep a record of how many miles you've done over the course of being at home and we will put the miles together to see how far we have run from Ireland over the course of the next few weeks.</i></p> <p><i>Remember to keep an eye on your PB / Personal Best</i></p> <p><b><u>Kahoot Quiz</u></b></p> <ul style="list-style-type: none"> <li>- Tráth na gceist don pháiste nó don chlann (<i>short quiz for student or the whole family</i>)</li> </ul> <p><b>Give yourself a username and click: <u>OK GO</u></b></p> |

[https://kahoot.it/challenge/e1a54dba-ae64-4ac5-bdeb-4686a3e681f1\\_1587666287792](https://kahoot.it/challenge/e1a54dba-ae64-4ac5-bdeb-4686a3e681f1_1587666287792)

### **Cosmic Kids Yoga**

- Brú an nasc chun fístéipeanna spraoiúil le fad difriúil ag chleachtadh yoga agus annál.

*Click the link below to view different lengths of fun videos practicing yoga poses and breathing exercises.*

<https://www.youtube.com/user/CosmicKidsYoga>

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|  | <u>What's your name fit activity</u>   | <u>What's your name fit activity</u>   | <u>What's your name fit activity</u>   | <u>What's your name fit activity</u>   | <u>What's your name fit activity</u>   |
|--|--|--|--|--|--|
|  | <p><b><u>Cleachtaí gníomhacha (att'd)</u></b></p> <ul style="list-style-type: none"> <li>- Pictiúr ceangailte le gníomhachtaí bainte le gach litir den aibitír.</li> <li>- Litrígh amach d'ainm iomlán ag leanúint na gníomhaíochtaí sin.</li> </ul> <p><b>***If you have the letter M in your name, change it to a front roll/tumble</b></p> <p><i>The picture attached has a set of exercises link with each letter of the alphabet.<br/>Use your full name to complete the exercises.</i></p> | <p><b><u>Cleachtaí gníomhacha (att'd)</u></b></p> <ul style="list-style-type: none"> <li>- Pictiúr ceangailte le gníomhachtaí bainte le gach litir den aibitír.</li> <li>- Litrígh amach d'ainm iomlán ag leanúint na gníomhaíochtaí sin.</li> </ul> <p><b>***If you have the letter M in your name, change it to a front roll/tumble</b></p> <p><i>The picture attached has a set of exercises link with each letter of the alphabet.<br/>Use your full name to complete the exercises.</i></p> | <p><b><u>Cleachtaí gníomhacha (att'd)</u></b></p> <ul style="list-style-type: none"> <li>- Pictiúr ceangailte le gníomhachtaí bainte le gach litir den aibitír.</li> <li>- Litrígh amach d'ainm iomlán ag leanúint na gníomhaíochtaí sin.</li> </ul> <p><b>***If you have the letter M in your name, change it to a front roll/tumble</b></p> <p><i>The picture attached has a set of exercises link with each letter of the alphabet.<br/>Use your full name to complete the exercises.</i></p> | <p><b><u>Cleachtaí gníomhacha (att'd)</u></b></p> <ul style="list-style-type: none"> <li>- Pictiúr ceangailte le gníomhachtaí bainte le gach litir den aibitír.</li> <li>- Litrígh amach d'ainm iomlán ag leanúint na gníomhaíochtaí sin.</li> </ul> <p><b>***If you have the letter M in your name, change it to a front roll/tumble</b></p> <p><i>The picture attached has a set of exercises link with each letter of the alphabet.<br/>Use your full name to complete the exercises.</i></p> | <p><b><u>Cleachtaí gníomhacha (att'd)</u></b></p> <ul style="list-style-type: none"> <li>- Pictiúr ceangailte le gníomhachtaí bainte le gach litir den aibitír.</li> <li>- Litrígh amach d'ainm iomlán ag leanúint na gníomhaíochtaí sin.</li> </ul> <p><b>***If you have the letter M in your name, change it to a front roll/tumble</b></p> <p><i>The picture attached has a set of exercises link with each letter of the alphabet.<br/>Use your full name to complete the exercises.</i></p> |