## Dé Chéadaoin 6ú-Obair

### Táblaí

8 × 10 = \_\_\_\_

6 ÷ 6 = \_\_\_\_

11 × 10 = \_\_\_\_

96 ÷ 12 = \_\_\_\_

56 ÷ 7 = \_\_\_\_

1 × 11 =

## **An Aimsir Chaite**

## An Dara Réimniú – Briathra Caol

Líon isteach an tábla:

| <b>Bail</b> igh | <b>Éir</b> igh | <b>Fáilt</b> igh |
|-----------------|----------------|------------------|
| mé              | mé             | mé               |
| tú              | tú             | tú               |
| sé              | sé             | sé               |
| sí              | sí             | sí               |
|                 |                |                  |
| sibh            | sibh           | sibh             |
| siad            | siad           | siad             |
| tú?             | tú?            | Ar tú?           |
| Níor mé.        | mé.            | mé.              |

#### Líon isteach na bearnaí:

- 1. (Cuidigh) \_\_\_\_\_\_ Eamonn an madra tinn.
- 2. (Dúisigh) \_\_\_\_\_ Eve go luath ar maidin.
- 3. (Oibrigh) \_\_\_\_\_\_ Amy sa bhanc an samhradh seo caite.
- 4. (Ar bailigh) \_\_\_\_\_ Cillian na leabhair don mhúinteoir?
- 5. (Níor éirigh) \_\_\_\_\_\_ Ryanna ag a sé a chlog.
- 6. (Imigh) \_\_\_\_\_\_ leis nuair a bhí an obair críochnaithe.
- 7. (Fáiltigh) \_\_\_\_\_\_ mé na cuairteoirí aréir.





# An Aimsir Chaite – **Freagraí** An Dara Réimniú – Briathra Caol

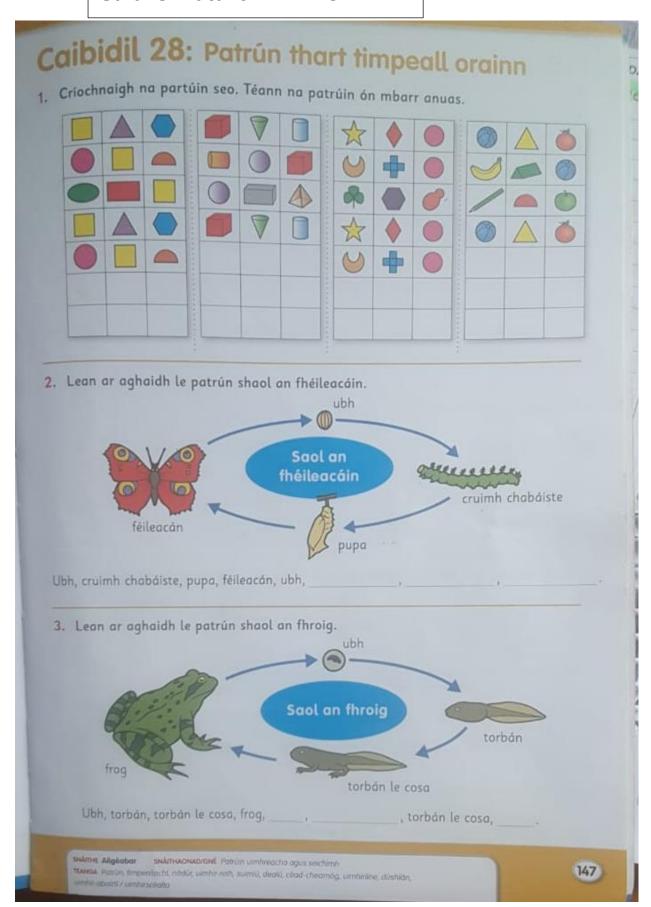
| <b>Bail</b> igh        | <b>Éir</b> igh         | <b>Fáilt</b> igh         |  |
|------------------------|------------------------|--------------------------|--|
| B <b>h</b> ailigh mé   | <b>D'</b> éirigh mé    | <b>D</b> 'fháiltigh mé   |  |
| B <b>h</b> ailigh tú   | <b>D'</b> éirigh tú    | <b>D</b> 'fháiltigh tú   |  |
| B <b>h</b> ailigh sé   | <b>D</b> 'éirigh sé    | <b>D</b> 'fháiltigh sé   |  |
| B <b>h</b> ailigh sí   | <b>D</b> 'éirigh sí    | <b>D</b> 'fháiltigh sí   |  |
| Bhailíomar             | D'éiríomar             | D'fháiltíomar            |  |
| B <b>h</b> ailigh sibh | <b>D</b> 'éirigh sibh  | <b>D</b> 'fháiltigh sibh |  |
| B <b>h</b> ailigh siad | <b>D</b> 'éirigh siad  | <b>D'fh</b> áiltigh siad |  |
| Ar bhailigh tú?        | Ar éirigh tú?          | Ar fháiltigh tú?         |  |
| Níor bhailigh mé.      | <b>Níor</b> éirigh mé. | Ar fháiltigh mé.         |  |

- 1. (Cuidigh) Chuidigh Eamonn an madra tinn.
- 2. (Dúisigh) Dhúisigh Eve go luath ar maidin.
- 3. (Oibrigh) D'oibrigh Amy sa bhanc an samhradh seo caite.
- 4. (Ar bailigh) Ar bhailigh Cillian na leabhair don mhúinteoir?
- 5. (Níor éirigh) Níor éirigh Ryanna ag a sé a chlog.
- 6. (Imigh) D'imigh leis nuair a bhí an obair críochnaithe.
- 7. (Fáiltigh) D'fháiltigh mé na cuairteoirí aréir.





### Gafa le Mata lch 147 1-3



## **Gafa le Mata lch 148 1 + 2**

# Patrúin ar an gcéad-chearnóg

| 1  | 2  | 3  | 4  | 5  | 6  | 7  | 8. | q  | 10 |
|----|----|----|----|----|----|----|----|----|----|
|    |    |    |    |    |    |    | 18 |    |    |
| 21 | 22 | 23 | 24 | 25 | 26 | 27 | 28 | 29 | 30 |
| 31 | 32 | 33 | 34 | 35 | 36 | 37 | 38 | 39 | 40 |
| 41 | 42 | 43 | 44 | 45 | 46 | 47 | 48 | 49 | 50 |
| 51 | 52 | 53 | 54 | 55 | 56 | 57 | 58 | 59 | 60 |
| 61 | 62 | 63 | 64 | 65 | 66 | 67 | 68 | 69 | 71 |
| 71 | 72 | 73 | 74 | 75 | 76 | 77 | 78 | 79 | 80 |
| 81 | 82 | 83 | 84 | 85 | 86 | 87 | 88 | 89 | 90 |
| 91 | 92 | 93 | 94 | 95 | 96 | 97 | 98 | 99 | 10 |

- 1. Úsáid céad-chearnág chun leanúint leis na seichimh seo. Clúdaigh na huimhreacha ar an gcéadchearnóg mar chabhair chun na patrúin a fheiceáil

  - (ь) 91, 82, 93, 84, 95,
  - (c) 61, 52, 53, 64, 55, 56, ..., ...
  - (d) 2, 12, 22, 23, 24, 34, 44, 45,
- 2. Úsáid an chéad-chearnóg mar chabhair chun iad seo a chríochnú. Cad I an riail i ngach cas?
  - (a) 2, 4, 6,

Riail: Suimigh 2 le gach uimhir.

(c) , 6, , 12, 15, ,

(e) 77, 70, 63, . . . . .

(g) 265, \_\_\_\_, 255, 250, \_\_\_\_.

Riail-

(b) 6, 12, 18,

(d) \_\_\_\_, \_\_\_, 24, 32, \_\_\_\_, 48, \_\_\_\_

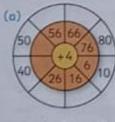
Kidit \_\_\_\_ 

Riall Kioit

(h) 312, 308, , 300, ,

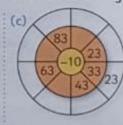
Rigil

3. Scríobh na huimhreacha atá in easnamh. Cad í an riail i ngach cás?

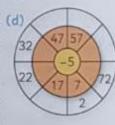


Riail Suimigh 4. Riail





Rigil



Riall

Tarraing an chéad uimhir eile sa phatrún seo. Scríobh.

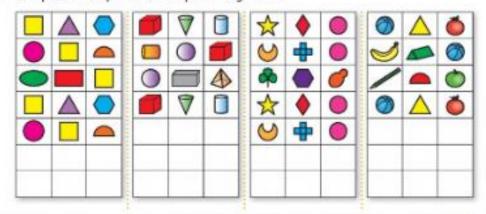
0



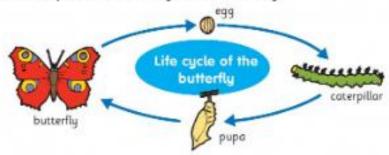
10

## Chapter 28: Pattern all around us

1. Complete these patterns, The patterns go down.

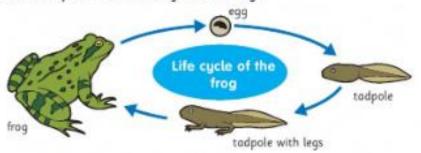


2. Continue the pattern of the life cycle of the butterfly.



Egg, caterpillar, pupa, butterfly, egg, ,

3. Continue the pattern of the life cycle of the frog.



Egg, tadpole, tadpole with legs, frog, \_\_\_\_\_, tadpole with legs, \_\_\_\_\_

### English Version p. 148 1 + 2

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### Patterns on the hundred square 1 2 3 4 5 5 7 8 9 10 1. Use a hundred square to continue these sequences. 11 12 13 14 15 16 17 18 19 20 Cover the numbers on the hundred square to help 21 22 23 24 25 26 27 28 29 30 you see the pattern. 32 33 34 35 36 37 38 39 40 42 43 44 45 46 47 48 49 50 (a) 70, 59, 48, 37, \_\_\_\_, \_\_\_, 51 52 53 54 55 56 57 58 59 60 (b) 91, 82, 93, 84, 95, \_\_\_\_, \_\_\_ 61 62 63 64 65 66 67 68 69 70 72 73 74 75 76 77 78 79 80 (c) 61, 52, 53, 64, 55, 56, \_\_\_\_, \_\_\_, \_\_\_. (d) 2, 12, 22, 23, 24, 34, 44, 45, \_\_\_\_, \_\_\_, 2. Use the hundred square to help you complete these. What is the rule in each case? (a) 2, 4, 6, \_\_\_\_, \_\_\_, \_\_\_\_ (b) 6, 12, 18, \_\_\_\_, \_\_\_\_, \_\_\_\_ Rule: Add 2 to each number. Rule (c) \_\_\_, 6, \_\_\_, 12, 15, \_\_\_, \_\_\_(d) \_\_\_, \_\_\_, 24, 32, \_\_\_, 48, \_\_\_ (e) 77, 70, 63, , , . (f) 99, 90, , , , Ruly (g) 265, \_\_\_, 255, 250, \_\_\_, \_\_. (h) 312, 308, \_\_\_, 300, \_\_\_, \_\_\_. Rule Rule: 3. Write the missing numbers. What is the rule in each case? (d) Rule Add 4. Challenge Draw the next number in this pattern. Write.

## **European Landmarks**

Europe is one of the seven continents. The other six are North America, South America, Africa, Asia, Australasia and Antarctica. Some of the countries in Europe are the United Kingdom, France, Holland and Greece. Throughout Europe, you can find a variety of famous landmarks that bring millions of tourists to the continent every year. Here are three famous human landmarks.

#### Terrific Tower

The Eiffel Tower can be found in Paris, France, and was completed on 31st March 1889. It took just over two years to build. Until 1930, it was the tallest building in the world, being 324 metres tall. This is the same as an 81-storey building! Seven million tourists visit every year, making it the most-visited paid monument in the world. There is even a smaller copy of the tower in Las Vegas, USA.





#### **Mysterious Stones**

The mysterious Stonehenge can be found in the English countryside in Wiltshire. People believe that the stones were erected around 5,000 years ago, but nobody is certain why. It is also a mystery of how the enormous stones got there, with many believing that the stones were brought to Wiltshire from over 200 miles away. How was this achieved without trucks or cars? The mystery of the stones brings almost a million visitors every year, with its busiest day on 21st June for the Summer Solstice.

#### Colourful Cathedral

St. Basil's Cathedral can be found in Moscow, Russia and is shaped like flames, though many of the towers look like colourful ice cream cones. St. Basil's is the only cathedral of its kind; no others before or after have looked like that, which is why so many people flock to the famous landmark every year. It was built from 1555-61. This cathedral's cool design and colours are often mistaken for the Kremlin, the home of the Russian president.



#### Glossary

Monument - A statue or building to remember an important person or time.

Landmark - An object that is well known and easily remembered. Continent - A group of countries.

Storey - A level in a building, such as ground floor, first floor, etc.

Erect - To put something together or build.







# **European Landmarks Questions**

| Which of the following is not a continent   | t? Tick <b>one</b> .   |   |   |  |
|---|--|---|---|--|
| ○ Antarctica  | 0  | Asia  |   |  |
| ○ Africa  | 0  | Albania   |   |  |
| When was the Eiffel Tower completed?  |  |   |   |  |
|   |  |   |   |  |
| How tall is the Eiffel Tower? Tick <b>two</b> .   |  |   |   |  |
| 81 storeys  | 0  | 324 miles   |   |  |
| O 324 metres  | 0  | 81 metres   |   |  |
| When is Stonehenge the busiest?   |  |   |   |  |
| ○ 12 <sup>th</sup> July   | 0  | 21st June   |   |  |
| ○ 21# July  | 0  | 12 <sup>th</sup> June   |   |  |
| Tick the boxes to say whether the senten  | ices are true  | or false.   |   |  |
| Sentence  |  |   | True  | False  |
| The Eiffel tower is the tallest building in t   | he world.  |   |   |  |
|   |  |   |   |  |
| No one knows for sure why Stonehenge  |  |   |   |  |
|   | e was built.   | lin'  |   |  |
| No one knows for sure why Stonehenge  | e was built.<br>is the 'Krem   | lin'  |   |  |
| No one knows for sure why Stonehenge<br>Another name for St Basil's Cathedral   | e was built.<br>is the 'Krem<br>ıssia.   | lin'  |   |  |
| No one knows for sure why Stonehenge<br>Another name for St Basil's Cathedral<br>St Basil's Cathedral can be found in Ru  | e was built.<br>is the 'Krem<br>issia.<br>ry year?   |   | 'mysterious'.   |  |
| No one knows for sure why Stonehenge<br>Another name for St Basil's Cathedral<br>St Basil's Cathedral can be found in Ru<br>How many people go to Stonehenge ever | e was built.<br>is the 'Krem<br>issia.<br>ry year?   |   | 'mysterious'.   |  |
| No one knows for sure why Stonehenge<br>Another name for St Basil's Cathedral<br>St Basil's Cathedral can be found in Ru<br>How many people go to Stonehenge ever | e was built.<br>is the 'Krem<br>issia.<br>ry year?   |   | 'mysterious'.   |  |
| No one knows for sure why Stonehenge<br>Another name for St Basil's Cathedral<br>St Basil's Cathedral can be found in Ru<br>How many people go to Stonehenge ever | e was built.<br>is the 'Krem<br>issia.<br>ry year?   |   | 'mysterious'.   |  |
| No one knows for sure why Stonehenge<br>Another name for St Basil's Cathedral<br>St Basil's Cathedral can be found in Ru<br>How many people go to Stonehenge ever | e was built.<br>is the 'Krem<br>issia.<br>ry year?   |   | 'mysterious'.   |  |
|   | Antarctica Africa When was the Eiffel Tower completed?  How tall is the Eiffel Tower? Tick two. 81 storeys 324 metres When is Stonehenge the busiest? 12th July 21st July Tick the boxes to say whether the senten | <ul> <li>○ Antarctica</li> <li>○ Africa</li> <li>○ When was the Eiffel Tower completed?</li> <li>How tall is the Eiffel Tower? Tick two.</li> <li>○ 81 storeys</li> <li>○ 324 metres</li> <li>○ When is Stonehenge the busiest?</li> <li>○ 12th July</li> <li>○ 21th July</li> <li>○ 21th July</li> <li>○ Completed?</li> </ul> | O Antarctica O Asia O Africa O Albania When was the Eiffel Tower completed?  How tall is the Eiffel Tower? Tick two. O 81 storeys O 324 miles O 324 metres O 81 metres When is Stonehenge the busiest? O 12th July O 21st June O 21st July O 12th June Tick the boxes to say whether the sentences are true or false.  Sentence | <ul> <li>○ Antarctica</li> <li>○ Africa</li> <li>○ Albania</li> <li>When was the Eiffel Tower completed?</li> <li>How tall is the Eiffel Tower? Tick two.</li> <li>○ 81 storeys</li> <li>○ 324 miles</li> <li>○ 324 metres</li> <li>○ 81 metres</li> <li>When is Stonehenge the busiest?</li> <li>○ 12th July</li> <li>○ 21th June</li> <li>○ 21th June</li> <li>○ 12th June</li> <li>○ 12th June</li> <li>○ 15th June&lt;</li></ul> |





## European Landmarks **Answers**

| 1. | Wh  | ich of the following is not a continent? Tick | one.          |                       |
|----|-----|---|---------------|-----------------------|
|    | 0   | Antarctica                                    | $\circ$       | Asia                  |
|    | 0   | Africa  | $\mathcal{Q}$ | Albania               |
| 2. | Wh  | en was the Eiffel Tower completed?            |               |                       |
|    | _   |   |               |                       |
| 3. | Hov | v tall is the Eiffel Tower? Tick <b>two</b> . |               |                       |
|    | Ø   | 81 storeys                                    | $\circ$       | 324 miles             |
|    | Ø   | 324 metres                                    | $\circ$       | 81 metres             |
| 4. | Wh  | en is Stonehenge the busiest?                 |               |                       |
|    | 0   | 12th July                                     | $\mathcal{G}$ | 21st June             |
|    | 0   | 21# July                                      | $\circ$       | 12 <sup>th</sup> June |
|    |     |   |               |                       |

5. Tick the boxes to say whether the sentences are true or false.

| Sentence   | True | False |
|--|------|-------|
| The Eiffel tower is the tallest building in the world. |      | ✓     |
| No one knows for sure why Stonehenge was built.        | ✓    |       |
| Another name for St Basil's Cathedral is the 'Kremlin' |      | ✓     |
| St Basil's Cathedral can be found in Russia.           | ✓    |       |

How many people go to Stonehenge every year?
 Almost 1 million tourists visit Stonehenge every year.

7. Explain in your own words why Stonehenge is considered to be 'mysterious'. Pupil's own response, such as: I think Stonehenge is considered mysterious because no one knows why it was built. Also, people have no idea how the stones were moved so far across the country without trucks or cars to help.





# An Eoraip

### Treoracha:

Scríobh isteach an focal Gaeilge do gach tír.

| 4 | 41 | 27  |
|---|----|-----|
|   | 14 | 21. |
|   |    |     |







# Freagraí

|     |                 |                       |                      | `  |
|-----|-----------------|-----------------------|----------------------|--|
| 1.  | Éire            | 15. An Danmhairg      | 30. An tSlóvaic      | 387918c->  |
| 2.  | AnRíocht        | 16. An Fhionlainn     | 31. Aan Eilvéis      |  |
|     | Aotntaithe      | 17. An Ghréig         | 32. An tSeirbia      | Egimme 3   |
| 3.  | An Fhrainc      | 18. An Laitvia        | 33. An Mhacadóin     | The state of the s |
| 4.  | An Ghearmáin    | 19. An Liotuáin       | 34. An Mholdóiv      | All the state of t |
| 5.  | An Ísiltír      | 20. An Eastóin        | 35. An Íoslainn      |  |
| 6.  | An Bheilg       | 21. Poblacht na Seice | 36. An Bhoisnia agus | THE STATE OF THE S |
| 7.  | An Spáinn       | 22. An Bhealarúis     | an Heirseagaivéi     |  |
| 8.  | An Phortaingéil | 23. An Bhulgáir       | 37. Montainéagró     | E. 2. 2. 2. 2. 2. 2. 2. 2. 2. 2. 2. 2. 2.  |
| 9.  | Lucsamburg      | 24. An Rómáin         | 38. An Albáin        | £ 2 3 63. 1 " Jumphy   |
| 10. | An Pholainn     | 25. An Úcráin         |                      |  |
| 11. | An Ostair       | 26. An Chróit         |                      |  |
| 12. | An Iodáil       |                       |                      |  |
| 13. | An Iorua        | 27. An tSlóivéin      |                      |  |
| 14  | An tSualainn    | 28. An Ungáir         |                      | B - S - S - S - S - S - S - S - S - S -  |
|     |                 | 29. An Rúis           |                      | · co   |







## **Maths Answers**

|       |  |  |  | 7  | hird Class – Teacher's                   |
|-------|--|--|--|--|--|
|       | Challenge: €2-20   |  |  |  | - cochers                                |
|       |  | 1/2  | (g) 260, 245, 240.<br>Subtract 5 from each   | (d) 12, 6, 3,  | Lagrania e                               |
|       | PAGE 146   | THE STATE OF   | uumber   | Divide each number by  | (e) (i) X<br>(ii) X                      |
|       | 1,   | 7 1  | (h) 304, 296, 292, 200   | 2.   | (iii) /                                  |
|       | (a) 50c, 10c, 2c   | Total Control  | Subtract 4 from each   | (e) 449, 443, 437.   | (iv) X                                   |
| -     | - (b) 65 00 2c   |  | number.  | Subtract 6 from each number.   | (f) (i) ✓                                |
|       | (b) €5, €2, €1, 20c, 10c, 5c<br>(c) €5, €2, €3, 50   |  | 3,   | (f) 580, 470, 360,   | (ii) X                                   |
|       | 50 30 20c 30c  | S 100  | ) (a)  | Subtract 110 from each   | (V) 2                                    |
|       | (d) 65 65  | al Silver  | 6+4=10   | number.  |  |
|       | (d) €5, €2, 50c, 10c, 5c, 2c<br>(e) €2, €2, 50c, 20c, 20c, 1c<br>(f) €5, €2, €3, 30c, 20c, 1c  |  | 16+4=20  | (g) 530, 480, 430.   | 2.                                       |
|       | (f) 65 63 50c, 20c, 20c, 1c  | 67   | 26 + 4 = 30  | Subtract 50 from each number.  | (a) 24                                   |
|       | (f) €5, €2, €2, 20c, 5c, 2c<br>2.  | THE REAL PROPERTY.   | 36 + 4 = 40  | The second secon | (b) 11                                   |
|       | (a) €5.40  | 0  | 46 + 4 = 50  | (h) 333, 222, 111.<br>Subtract 11 from each  | (c) 20                                   |
|       | (b) €6-30  | A STREET   | 56 + 4 = 60<br>66 + 4 = 70   | number.  | (d) 76                                   |
|       | (6) 60-30  |  | 76 + 4 = 80  | 2.   | (e) 136                                  |
|       | (c) €7.08  | B. Carlot  | See  | (a) 2, 2 ½, 3  | (f) 55                                   |
|       | (d) €8-25  |  | (b)  | Add 1/2  |  |
|       | (e) €9·20  | Contract of the last of the la | 8+7=15   | (b) 2 ¼, 2 ½   | 3.                                       |
|       | (f) €4.57  |  | 18 + 7 = 25  | Add ¼  | (a) +                                    |
| 9,    | (g) €7-01  | 9/30   | 28 + 7 = 35  | (c) 2 ½kg, 3kg   | (b) -                                    |
| У,    | (h) €9.10  |  | 38 + 7 = 45  | Add ½kg  | (c) +                                    |
|       | The state of the s |  | 48 + 7 = 55<br>58 + 7 = 65   | (d) 1 ¼m, 1 ½m   | 100000                                   |
| 10,   | 3. €2:30   |  | 68 + 7 = 75  | Add %m   | (d) +                                    |
|       |  |  | 78 + 7 = 85  |  | (e) +                                    |
|       | 4. €0-60   | -  |  | 3.   | (f) -                                    |
|       | Chall  |  | (c)  | (a) 740, 770   | N  |
|       | Challenge: €8:35   | -  | 23 - 10 = 13   | (b) 610, 590   | 4.                                       |
|       |  |  | 33 - 10 = 23   | Subtract 5   | (a) x, +                                 |
|       | PAGE 147   | area   | 43 - 10 = 33   | (c) 714, 414   | (b) -, +                                 |
|       | 2. caterpillar, pupa,  |  | 53 - 10 = 43   | Subtract 100   | (c) +, +                                 |
|       | butterfly.   | 6.1  | 63 - 10 = 53<br>73 - 10 = 63   | (d) 784, 744, 704  | (d) -, x                                 |
| -1    |  |  | 83 - 10 = 63   | Subtract 20  | I TOTAL CONTROL OF THE PARTY             |
| 3     | 3. egg, tadpole, frog.   | 65   | 93 - 10 = 83   |  |  |
|       | sar mapone, mog.   |  |  | Challenge: 25  | PAGE 151                                 |
| -     | W  | 61   | (c)  |  | 1. Friday, Thursday,                     |
| 11000 | PAGE 148   |  | 7 - 5 = 2  | PAGE 150   | Wednesday, Tuesday                       |
| - 1   | •  | G 100  | 17 - 5 = 12  | (a) (i) X  | Monday                                   |
| (a    | a) 26, 15, 4.  |  | 27 - 5 = 22  | (ii) 🗸   |  |
| (t    | b) 86, 97, 88.   | G 100  | 37 - 5 = 32  | (iii) X  | 2. November, October,                    |
| 17552 | 67, 58, 59.  |  | 47 - 5 = 42  | (iv) x   | August, July, June, N                    |
| 1200  | 1) 46, 56, 66.   |  | 57 - 5 = 52  |  | April, March, Februa                     |
| 1u    | 1) 40, 30, 00.   |  | 67 - 5 = 62  | (b) (i) X  | January                                  |
| 2.    |  |  | 77 - 5 = 72  | (ii) X   |  |
|       |  |  |  | (iii) X  | 3.                                       |
| (a)   | ) 8, 10, 12, 14.   |  | Challenge: 15  | (iv) /   | (b) 5                                    |
| (b)   | ) 24, 30, 36, 42, 48.  |  |  | 1  | (c) 23rd                                 |
|       | Add 6 to each number.  |  | PAGE 149   | - (c) (i) 🗸  | (d) 26th                                 |
| (c)   | 3, 9, 18, 21.  |  | 1.   | (ii) X   | 31 A A A A A A A A A A A A A A A A A A A |
|       | Add 3 to each number.  |  |  | (iii) X  | (e) Thursday                             |
| (4)   | 8, 16, 40, 56.   |  | (a) 10, 13, 16, 19, 22.  | (iv) X   | (f) Monday                               |
| 14/   | Add 8 to each number.  |  | Add 3 to each number.  |  | (g) Friday                               |
|       |  |  | (b) 16, 32, 64.  | (d) (i) X  | (h) Tuesday, 12th                        |
|       | 56, 49, 42.  |  | Multiply each number   | (ii) X   | the ruceday, 12th                        |
|       | Subtract 7 from each   |  | by 2.  | (iii) /  | 4.4                                      |
|       | number.  |  | (c) 27, 81.  | (iv) X   | 4.5                                      |
|       | 81, 72, 63, 54, 45.  |  | Multiply each number   |  |  |
|       | Subtract 9 from each   |  | by 3.  |  |  |
| П     | number.  |  | DESCRIPTION OF THE PROPERTY OF | 1 - 1  |  |
|       |  | THE RESERVE THE PERSON NAMED IN  |  | I.   |  |



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.

- jump up & down 10 times
- spin around in a circle 5 times
- hop on one foot 5 times
- run to the nearest door and run back
- walk like a bear for a count of 5
- do 3 cartwheels
- do 10 jumping jacks
- hop like a frog 8 times
- balance on your left foot for a count of 10
- J balance on your right foot for a count of 10
- march like a toy soldier for a count of 12
- pretend to jump rope for a count of 20
- M do 3 somersaults

- pick up a ball without using your hands
- walk backwards 50 steps and skip back
- walk sideways 20 steps and hop back
- crawl like a crab for a count of 10
- walk like a bear for a count of 5
- S bend down and touch your toes 20 times
- pretend to pedal a bike with your hands for a count of 17
- only your head
- flap your arms like a bird 25 times
- pretend to ride a horse for a count of 15
- try and touch the clouds for a count of 15
- walk on your knees for a count of 10
- 7 do 10 push-ups

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