

Sharing our School Focus.

April 18th 2016.

Active Homework



It looks like our weather will improve this week. This gives us an excellent opportunity to get out and get active. Each day this week, the pupils get ideas on how to build up their fitness by doing simple physical activities at home each day.

Being physically active provides long-term health benefits for children. Additionally, providing opportunities for children to be active, puts them on the path to better physical and mental health.

Each child has been given a fitness diary. Children can choose any activity and record the activity once complete. A menu of activities is set out on the diary. We even recommend that parents join in the activity also.

Sample activities

- a) Walk the Dog for 10 minutes
- b) Jog for 10 minutes
- c) Skip for 10 Minutes
- d) Cycle/ walk scoot for 10 minutes
- e) Trampoline for 10 minutes
- f) Stretching for 10 minutes
- g) Training with my team
- h) Stretches for 10 minutes
- i) Gymnastics for 10 minutes



Please post any of activity photos to htnsnews@gmail.com

Useful Links

www.irishheart.ie - Irish Heart Foundation

www.letsmove.gov/activefamilies