

WEEK 7
Active Week 2020
27th April – 1st May 2020



National “Active School Week” takes place every April. This is a really, enjoyable part of Our Lady’s Grove school year. I know everyone is doing their very best to keep active and we are hearing lots of great stories about children doing their P.E. with Joe Wicks and getting out and about walking, cycling and scooting. If you can, we are inviting you to take part in the [Active Home Week Challenge](#) (click on the link). You will find lots of ideas and activities on the Active School Flag Website.

Click on the following link: [Home Challenge](#) log to record all your activities during the week. At the end of the week you can share your personal activity log with your teacher by uploading a photo of it on Seesaw.

[Cork, Sports Ireland Partnership](#) has brought out a very comprehensive booklet with lots of interesting activities. You don’t need much equipment and the activities can be adapted to suit all ages and ability. There are traditional playground games, Lego games and fun circuit activities that you can do with your family.

Why not call an older relative and see what games they played when they were younger?

Remember we should all be aiming to do 60 minutes of physical activity each day.

Have fun and stay safe

Anne Daly

