

June 15th – 30th School Closure

5th and 6th Class

Hello girls and boys,

I hope you and your families are keeping well and safe. I hope that you enjoyed staying active at home with your families for Active Home Week!

I have emailed codes for Seesaw to your parents with instructions on accessing your Seesaw account and the activities for this week. There are five activities posted for this week. I will be available to contact via email if you are having any difficulty accessing Seesaw.

For pupils who are not accessing Seesaw please see below the following activities for the remainder of the term.

Ms Corr

- **Maths:** Mental Maths Week 35, 36. Use the Topmarks website to practice your times tables with games like 'Hit the Button': <https://www.topmarks.co.uk/>
- **English:** Spelling Workbook: Complete Unit 18. Keep up with your reading, try read for at least 10 minutes every day.
- **Gaeilge:** Abair Liom: Léigh 'An bhliainiris' lgh 144, 145 agus an 'Cómhrá' lgh146. Practice your Irish using the Duolingo app or play Irish games using websites such as cúla caint or séideán sí.
- **PE:** Stay active and keep up your activities such as walking, running and football. Some ideas to try at home:
 - ❖ Soccer Skills from Coach Eoghan (FAI Soccer Skills) https://www.youtube.com/channel/UC_4CVGZ-aQH2V6cLGYmKMAg
 - ❖ Family Dance Challenge by Trisha McDermott <http://www.rosactive.org/events/family-dance-challenge/>
 - ❖ Track your heart rate: Use the 'How to take your pulse' document attached on the school website to record your heart rate before and after exercising. An adult's heart rate is around 70 beats per minute, and a child's is a bit higher. (A mouse's is about 500 per

minute, and an elephant's 25!). Heart rate increases with exercise so that more of the oxygen carried in the blood can reach the muscles. The fitter you are, the quicker your heart rate returns to normal. Record your heart rate before exercising, then run around or skip for 5 minutes and record your pulse again. Finally rest for a few minutes and then take your pulse again and record it. How long did it take to return to the normal rate? Test it again in a few weeks and see if it improves!

- **Wellbeing:** You can use the 'Wellbeing' tab on the school website to find wellbeing resources. I have also attached some summer mindfulness colouring sheets on the school website that you could complete if possible.
- **Stem at Home:** Use the Discover Primary Science website to complete different science activities at home: <https://www.sfi.ie/engagement/discover-primary-science-and-maths/resources/stem-at-home/>
- **Anne Frank:** You can visit the Anne Frank Museum website at <https://www.annefrank.org/en/anne-frank/> and take a look around the Secret Annexe where Anne Frank hid for over two years during WWII and where she wrote her diary. You can explore the website and look at the various rooms in the annexe: <https://www.annefrank.org/en/anne-frank/secret-annex/> or a typical day in the secret annexe: <https://www.annefrank.org/en/anne-frank/go-in-depth/typical-day-secret-annex/>
- **Indoor Golf:** Design an indoor golf course for your home. You could use recyclable items and other materials from home such as socks, cushions or chairs. Think about how many holes you want to have, shots you could take, any hazards, how big you want the course to be. Maybe have an indoor golf competition with your family!



- **Make a Puppet Theatre:** Keep your family entertained by creating a puppet theatre to perform various puppet shows for one another! The Ikea website has great ideas for how to create your own theatre with old cardboard boxes at home: <https://www.ikea.com/ie/en/ideas/home-visit-make-a-puppet-theatre-from-an-old-box-pubf96dc691> For the puppets you can use toys, dolls or teddies from home, or even create your own with odd socks or on paper stuck to the end of a wooden spoon.



- **Art:** Practise your drawing skills at home. There are lots of websites with ideas such as Red Ted Art, Art Hub or Art Projects for Kids:
<https://artprojectsforkids.org/blog/>
- **NASA Kids Home:** There are many activities to choose from on the NASA children's website: <https://www.nasa.gov/stem-at-home-for-students-k-4.html>
- **National Geographic Kids:** There are lots of activities to choose from on the National Geographic website for children: <https://kids.nationalgeographic.com/>