

Smaointí d'Obair Bhaile Ghníomhach Active Homework Ideas

- Ag rothaíocht ar feadh 10 nóiméad/ *cycle your bike for 10 minutes*
- Téigh ar shiúlóid/ *go for a walk*
- Bí ag damhsa/ *dance*
<https://www.youtube.com/watch?v=10TUPkt2ez0>
- Scipeáil ar feadh 2 nóiméad (cé mhéad léim a dhéanann tú gan stopadh?) / *Skip for 2 minutes (How many times can you skip in a row?)*
- Caith Friosbaí le cara ar feadh 10 nóiméad/ *Throw a frisbee with a friend for 10 minutes*
- Cic liathróid le cara ar feadh deich nóiméad/ *kick a ball with a friend for 10 minutes*
- Imir gafa/ *play catch*
- Tarraing cleas na bacóide le cailc agus bí ag spraoi/ *draw a hopskotch with chalk and play*
- Caith liathróid le cara ar feadh 10 nóiméad/ *throw a ball with a friend for 10 minutes*
- Bí ag léim ar thraimpailín/ *jump on a trampoline*
- Tóg do mhadra ar shiúlóid/ *bring your dog for a walk*
- Imir le fonsa ar feadh 5 nóiméad/ *Hula hoop for 5 minutes*
- Imir cispheil le cara/ *play basketball for 10 minutes*
- Imir twister/ *play twister*
- Téigh ag snámh/ *Go swimming*
- 10 ag a 10/ *10 at 10*
<https://rtejr.rte.ie/10at10/>
- Go Noodle
<https://www.gonoodle.com/>
- Ióga/ *yoga*
<https://centra.ie/live-well>
<http://www.cosmickids.com/>

*B'fhéidir go mbeadh suim agat páirt a ghlacadh sa 'Junior Park Run' a bhíonn ar súil gach Domhnach/ *Maybe you would have an interest taking part in the 'Junior Park Run' which is on every Sunday*

<http://www.parkrun.ie/holywell-juniors/>