

# LOCH GARMAN

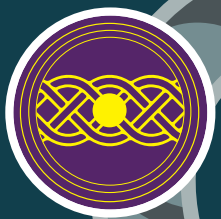


CHALLENGE 3



WELL

HYDRATE



CHALLENGE 2



CHALLENGE 1

START



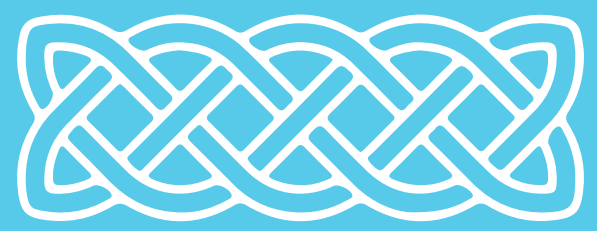
WHICH ARE YOU?



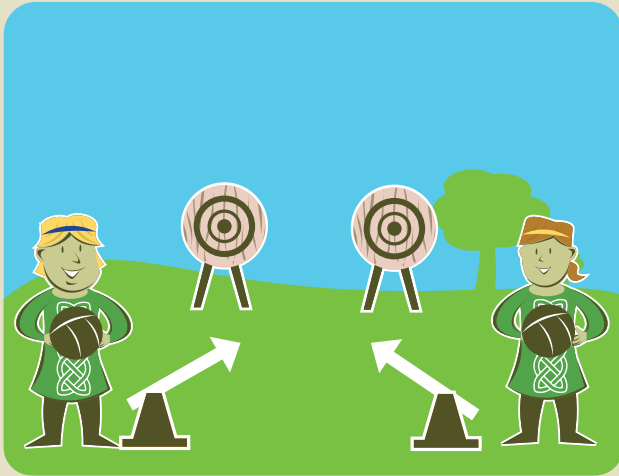
## LEVEL 1

JOURNEYS BEGINNING

YOUR JOURNEY BEGINS IN WEXFORD  
YOU MUST TRY MAKE IT TO DUBLIN.  
ALONG THE WAY THERE WILL BE  
CHALLENGES, LESSONS TO LEARN AND  
FRIENDS TO MAKE.



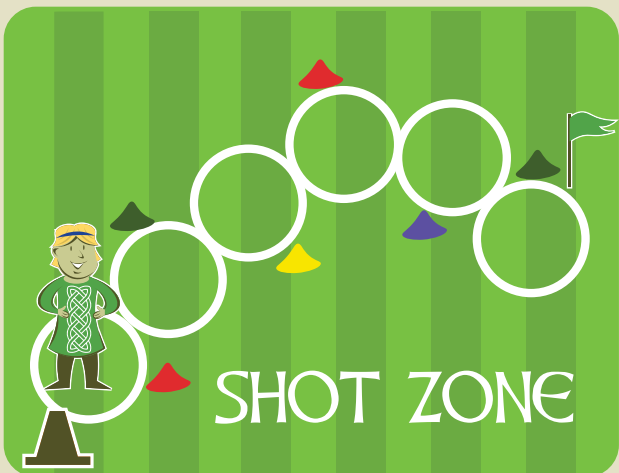
# LEVEL 1



## CHALLENGE 1 TARGET BALL

Knock down the other persons target before they get your target.

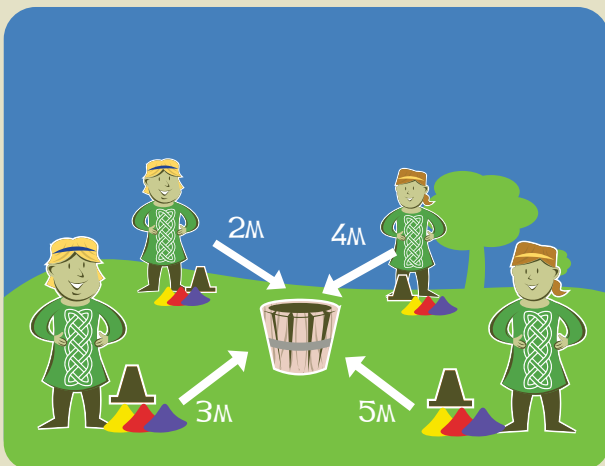
2 points for each target hit hand pass/kick/strike



## CHALLENGE 2 HOP CHALLENGE

Child hops on 1 foot and lands in the hoop. On the one foot the child must reach down and pick up the beanbag and then hop into the next hoop, collecting all bean bags.

Progression: They must throw into the shot zone.



## CHALLENGE 3 BUCKET CHALLENGE

2 points for each beanbag in the bucket

12 points to clear the challenge

Use over arm and underarm throw



Water is the best fuel for our journey because it keeps us alert, doesn't harm our teeth or gums and helps us have energy for the tasks ahead. A litre a day will help us on our way.

# LEVEL 1

## LEARNING ACTIVITIES

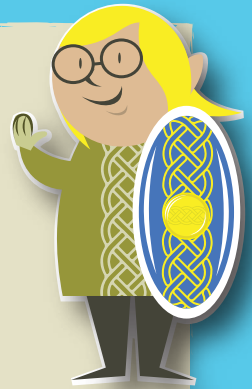


### FIONN THE LEADER

Leaders are good at many things. What are you good at?

### NINA THE WARRIOR

What should you do with your football boots that no longer fit you? Put them in the recycle bin? Put them in the normal bin? Clean them and bring them to the charity shop?



### MICHAEL THE MESSENGER

How many vowels in this sentence.

On Saturday i play hurling for my local club.



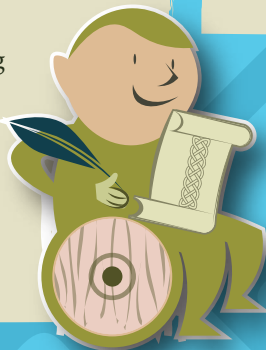
### SINEAD THE MAKER

Wexford is famous for its strawberries can you draw a picture of your favourite fruit and veg.



### COLM THE SCHOLAR

Wexford, named 'Waesford' by the Vikings – meaning 'inlet (ford) of the mud-flats' in the Old Norse language. In pre-Norman times it was part of the Kingdom of Uí Cheinnselaig, with its capital at Ferns.



### TOBI THE NAVIGATOR

Can you name three towns in Wexford?

