

LEVEL 4A

THROUGH OFFALY

NAVIGATE THROUGH OFFALY

UÍBH FHAILI



CHALLENGE 12
CROSS BORDER

WELL



HYDRATE



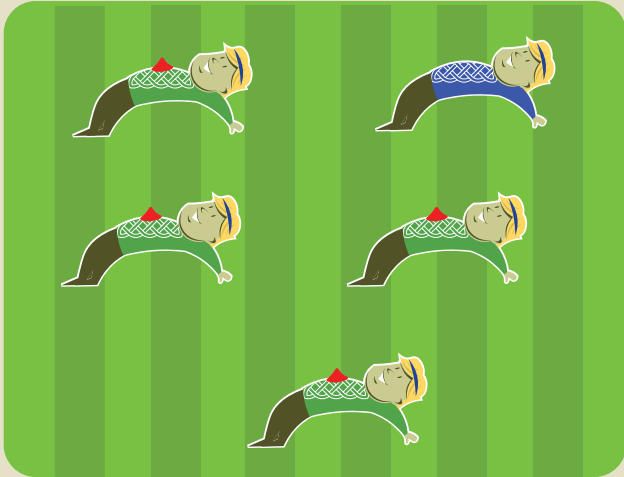
CHALLENGE 11



CHALLENGE 10

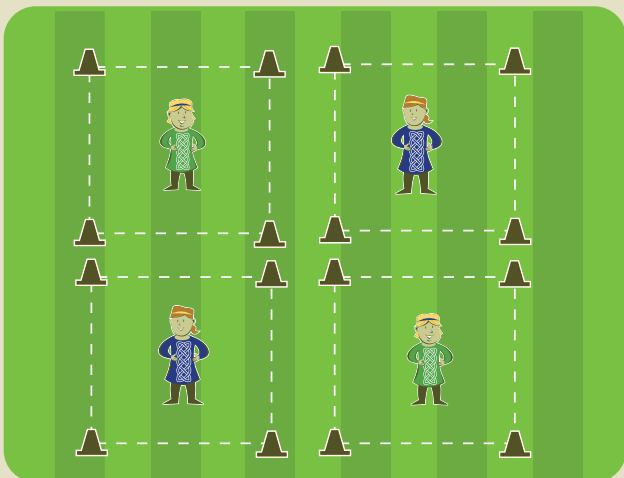


LEVEL 4A



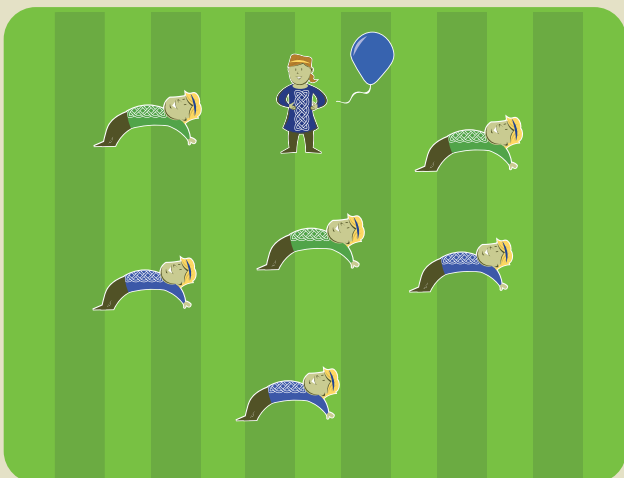
CHALLENGE 10 KING CRAB

Each child gets into crab walk pose. Each child has a bib on their tummy with the colour of their team. There is one King Crab and that King Crab must rob the bibs. If your bib is robbed you turn into a king crab. Last crab that survives gets a point for their team.



CHALLENGE 11 SQUARES

Agree on a name (E.g. Game) There is 5 letters in a game so all you need is 5 points to win. The person with the ball throws/handpass the ball into any of the boxes. If the person that threw the ball gets a bounce inside the other players box he/she gets the first letter of GAME. The person that spells out game first is the winner.



CHALLENGE 12 CRAB BALLOON

Each child in crab position 2 teams x 5 in a box. Pink team starts the game by hitting the balloon in the air then the blue team must hit the ball up next. If the balloon hits the ground the last team that hit the balloon gets a point.



Hands up if you like a smoothie? The best ones contain the juice of fruit and vegetables. Especially the vegetables you might not like on your plate so pick a veg and try it in a smoothie at mealtimes.