



KINGDOM OF LEINSTER



LEVEL 4B

THROUGH LONGFORD
NAVIGATE THROUGH LONGFORD

CHALLENGE 12

LONGFORD

CHALLENGE 11

WELL

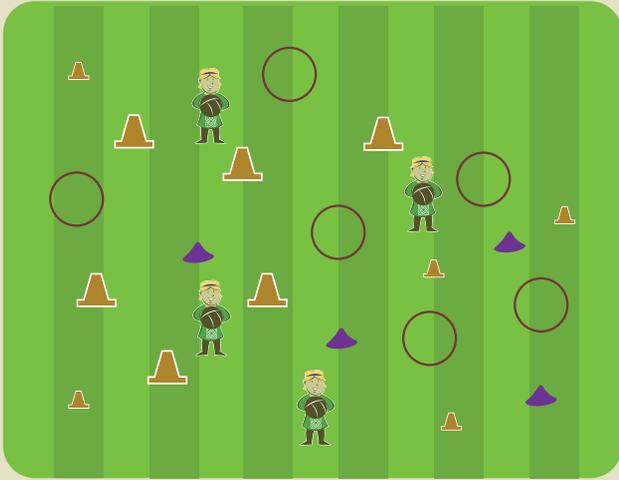


HYDRATE

CHALLENGE 10 CROSS BORDER



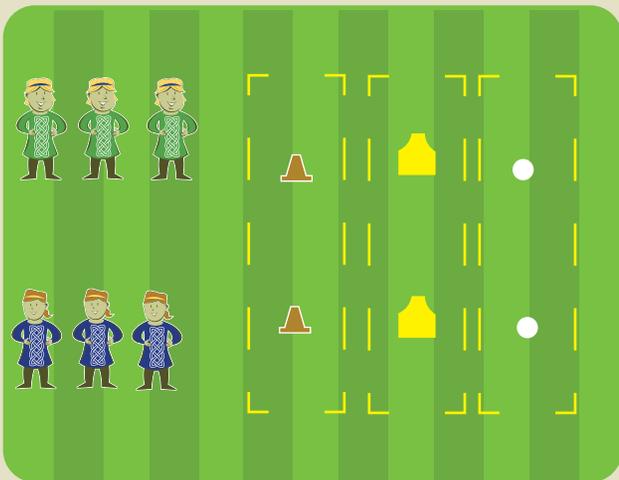
LEVEL 4B



CHALLENGE 10 DANGER ZONE

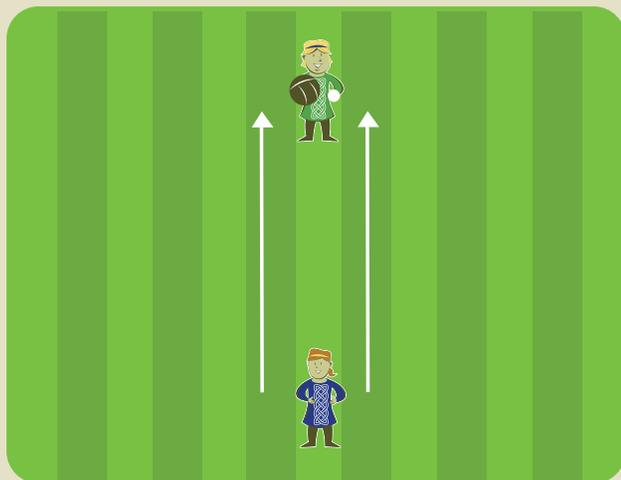
Scatter different objects in a large area. Players must move around quickly when they reach an object they must do the exercise and then quickly move on to the next object set a time 30/60 sec and see how many exercises you can do.

-  Hoop: Bounce ball in hoop
-  Beanbag: Hop on one foot
-  Tall Cone: Jump
-  Small Cone: Throw ball up and catch



CHALLENGE 11 MONEY RELAY

Place teams at one end of the room, in front of them is an area filled with cones worth 20c, beyond that an area filled with bibs each worth 50c and beyond that an area filled with balls each worth 1 euro. Team members run out in relay to steal an item and bring it back. Team with the most 'money' at end wins.



CHALLENGE 12 REACTION BALL

Everyone in pairs. One partner with one football and one tennis ball in each hand with their arms held out straight.

The other partner takes 5 steps back from their partner. The player with the ball shouts out foot- ball or tennis ball and drops the two balls while the partner catches the one that was shouted out.



Challenge: Some tasty fruits and vegetables like tomatoes, cucumbers, strawberries and peaches are full of water. Find one you like for a snack and have it with you on the journey

LEVEL 4 A OR B

LEARNING ACTIVITIES



FIONN THE LEADER

Good leaders help other people. What do you do to help others?

NINA THE WARRIOR

Why are bug hotels good for the environment?



MICHAEL THE MESSENGER

During war times a message sometimes had to be written in code so that the enemy could not read it. Could you think of a way that you could code a message?



SINEAD THE MAKER

You can be a Hurley maker. Use some cardboard to design and cut out the right size hurl just for you. The hurl you play with now will help you decide on the size. Give it a name and colour it whatever way you want.



COLM THE SCHOLAR

One of the earliest known settlements in County Offaly is at Boora bog which dates back to the Mesolithic era. Excavations here provide evidence of a temporary settlement as no structures were found at the site. Stone axes, arrow heads and blades were discovered which date to between 6,800 – 6,000 BCE.



TOBI THE NAVIGATOR

Name the mountain range in Offaly.

