



MADE IT



MATCH

HAVE A MATCH IN THE YARD WITH SCHOOL TEAM OR FRIENDS

WELL DONE!

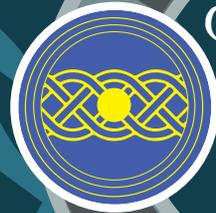


CHALLENGE 20
CROSS BORDER



NUTRITION

CILL MHAINTAIN



CHALLENGE 19

LEVEL 7

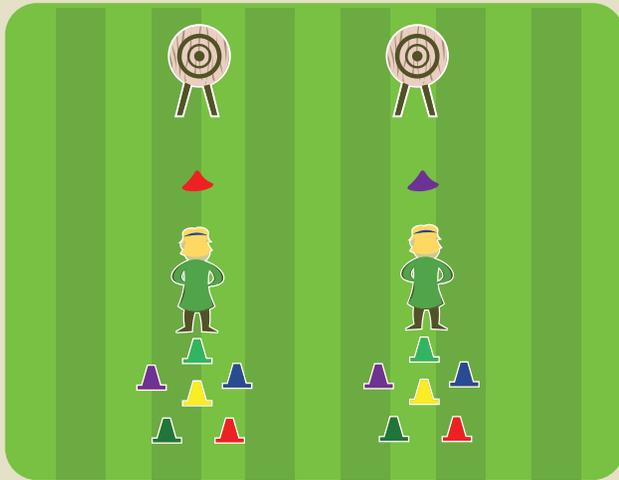
FINAL HURDLE
ALMOST THERE



LEVEL 7

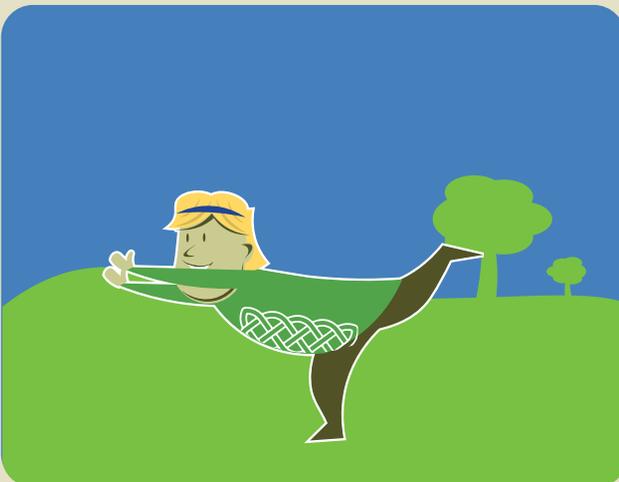


MATCH SCENARIO
IN THIS LEVEL



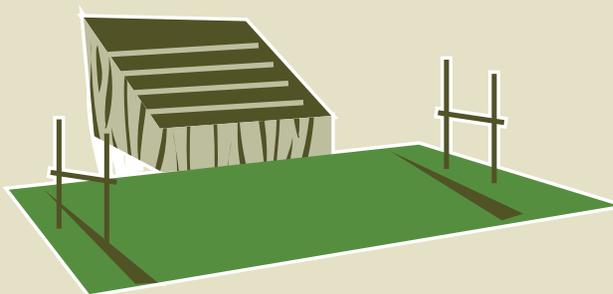
CHALLENGE 19 COLOUR REACTION

Coach call sequence. Children then have to touch each cone in the sequence. When they get each colour they must then run and pick up a bean bag and try and underarm throw it at the target.



CHALLENGE 20 RESILIENCE

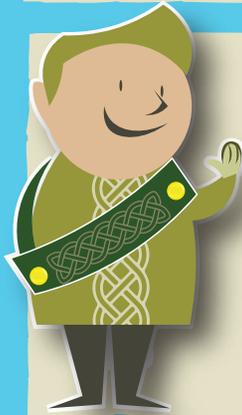
Children are challenged to complete a balancing task with eyes closed. The teacher sets an unrealistic time target while strictly deeming children out when they wobble. Teacher counts along and pupils remember when they dropped out i.e. 20 seconds. When everyone fails to reach the target they are invited to set their own target and improve their first time. The lesson is you haven't failed, you are just not there yet. The goal is not to win but to get better at what you do. Adversity and persistence build resilience.



The best way to build our muscles so that we are ready for our challenges is to eat things which are full of protein. Fish, chicken, eggs, beans and meat are foods which will help us grow big and strong.

LEVEL 7

LEARNING ACTIVITIES



FIONN THE LEADER

If you were the leader of the world, what would you do?

NINA THE WARRIOR

What yellow wild flower is the bees favourite food? Buttercup? Dandelion? Tulip?



MICHAEL THE MESSENGER

Sending messages today and in olden times are definitely different. What would be the different methods of travel when sending a message now than sending a message in olden times?



SINEAD THE MAKER

There is a very old story that the hero Cuchulainn loved to juggle. Can you use your hands to learn to juggle 3 pairs of socks or 3 small balls? Have a go and have fun trying to keep them in the air.



COLM THE SCHOLAR

The old Irish name for the town Chill Mhantain dates back to the time of St. Patrick and translates as the church of 'gubby' or 'gap toothed.' This comes in tradition, from an attempt by Patrick and his followers to land at Wicklow. Their boat was stoned by the natives and one of his followers was struck in the mouth and had some teeth knocked out. The boat pulled away and headed north.



TOBI THE NAVIGATOR

Dublin was founded by the vikings and is the largest city in Ireland. Can you name three more cities in Ireland?

