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| --- | --- | --- | --- | --- | --- |
| Jun and Sens | 1st and 2nd | 3rd | 4th | 5th | 6th |
| 9.40 | 10.00 | 10.30 | 11.10 | 11.40 | 12.00 |

Rough times for sponsored walk

Tír na nóg may join in with their own class level

Please4 split you class into 4 groups before going out.

There will be animals left on paths around the school and children should walk and act like that animal. The children will begin at the front door, walk through the playground, and out into the field. In the field there will be ladders for the children to hop through and hurdles to jump over. The children can weave in and out between the cones and skip along the sides by the goal posts. Use your imagination and add in as many other activities as you like. On reaching the tarmac on the 2nd or 3rd lap the children will break into 4 groups and do the 4 activities laid out.

1. Walking along the bench with the beanbag on their head

2. Skipping

3. doing a partner ball walk with the ball balanced between their backs to the cone and back

4. Throwing the beanbag into buckets

The children may then do the limbo on their way into the hall and the parachute and directions for games will be left out which you may or may not choose to use.