|  |
| --- |
| **Remember** –  *it is possible to increase or decrease the level of challenge in any of these activities.*  ***You can change the task/equipment/space/distance/people.*** |
| **Monday - Throwing**  Read about & look at a video of these 3 activities. Pick 1 to do today.   1. Knock ‘em down 2. Tennis ball challenge 3. Bowling   Press ctrl & click on this link: [Throwing Activity Options](https://sites.google.com/holyangelsns.ie/virtualsportsday/the-activities/throwing?authuser=0) |
| **Tuesday –** **Kicking**  Read about & look at a video of these 3 activities. Pick 1 to do today.   1. Through the Gate 2. Kick to Score 3. Rebound Ball   Press ctrl & click on this link: [Kicking Activity Options](https://sites.google.com/holyangelsns.ie/virtualsportsday/the-activities/kicking?authuser=0) |
| **Wednesday –** **Running**  Read about & look at a video of these 3 activities. Pick 1 to do today.   1. Traffic Lights 2. Rock, Paper, Scissors Tag 3. Make the Face   Press ctrl & click on this link: [Running Activity Options](https://sites.google.com/holyangelsns.ie/virtualsportsday/the-activities/running?authuser=0) |
| **Thursday –** **Balancing**  Read about & look at a video of these 3 activities. Pick 1 to do today.   1. Walk the Line 2. Wheelbarrow Race 3. Backyard Obstacle Course   Press ctrl & click on this link: [Balancing Activity Options](https://sites.google.com/holyangelsns.ie/virtualsportsday/the-activities/balancing?authuser=0) |
| **Friday - Traditional School Sports**  Read about & look at a video of these 4 activities. Pick 1 to do today.   1. Egg & Spoon Race 2. Sack Race 3. Twister 4. Queeny, Queeny Ball Game   Press ctrl & click on this link: [Traditional Sports Options](https://sites.google.com/holyangelsns.ie/virtualsportsday/the-activities/traditional-school-sports?authuser=0) |