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| **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) |