

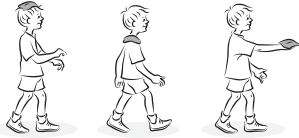


## Level 1

### Teddy on the Move

#### Equipment Needed

A teddy, a soft toy or a beanbag (Make your own beanbag using a sock filled with some rice. Tie the sock with an elastic band).



### Through the Gate

#### Equipment Needed

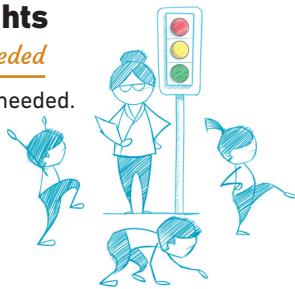
A ball, two cones to outline your gate, alternatively you could use two cans, bottles, two jumpers



### Traffic Lights

#### Equipment Needed

No equipment needed.



### What Time is it Mr Wolf?

#### Equipment Needed

No equipment needed.



### Get Creative

#### Equipment Needed

A cuddly toy, teddy, or a small ball.



### Use your Imagination

#### Equipment Needed

Cuddly toy, teddy, or small ball.



## Level 2

### Under Control

#### Equipment Needed

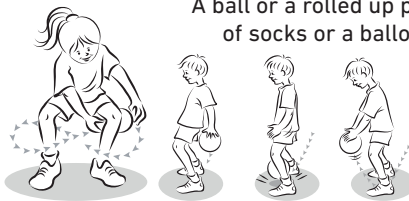
A ball, six items to use as obstacles for example, soft toys, cans, bottles, tubs, small boxes or items of clothing.



### Your Move

#### Equipment Needed

A ball or a rolled up pair of socks or a balloon.



### DONKEY

#### Equipment Needed

A ball or item to be passed.



### Chinese Knee Boxing

#### Equipment Needed

No equipment needed.



### Busy Brain Time

#### Equipment Needed

A cuddly toy, teddy, or a small ball (plastic bottles, cans of food, other household items).



### Thinking Cap On

#### Equipment Needed

A large ball.



## Level 3

### Target Practice

#### Equipment Needed

A ball or a rolled up pair of socks, items to mark targets on the wall, for example pieces of paper or cardboard.



### Wall Tennis

#### Equipment Needed

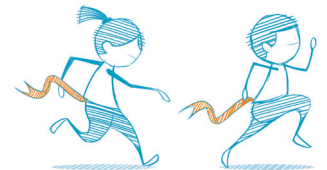
A tennis ball.



### Tail-Tag

#### Equipment Needed

A t-shirt/tea-towel to tuck in.



### Reaction Drop

#### Equipment Needed

Two tennis balls or rolled up pairs of socks.



### Healthy Mind Healthy Body

#### Equipment Needed

A small ball.



### Happy Head and Happy Heart

#### Equipment Needed

A large ball.





## Level 1 Activities

### Teddy on the Move

#### Equipment Needed

A teddy, a soft toy or a beanbag (Make your own beanbag using a sock filled with some rice. Tie the sock with an elastic band.)

#### How to play

Can you balance your teddy or beanbag on the following body parts? First, perform the balances while standing on the spot and then while walking around.

palm of your hand | head | foot | shoulder | back of your neck | tummy

You can now make things a bit more exciting for your teddy. Throw your teddy up in the air and catch it with two hands and then with one hand. Throw your teddy up in the air and count how many claps of your hands you can do before you catch it. Try to beat your score!



Adapted from  [PSSI Lesson Plans - Junior Infants/Senior Infants Lesson 1 page 2](#)



# Level 1 Activities

## Traffic Lights

### *Equipment Needed*

No equipment needed.

### *How to play*

Invite someone at home to join you.

One person calls out directions, while the other follows the actions:

Green: jog or run around the space

Yellow: jump or hop on the spot

Red: stand still like a statue



Adapted from  [Move Well Move Often - Activity Book 1, page 26](#)



## Level 1 Activities

### Through the Gate

#### *Equipment Needed*

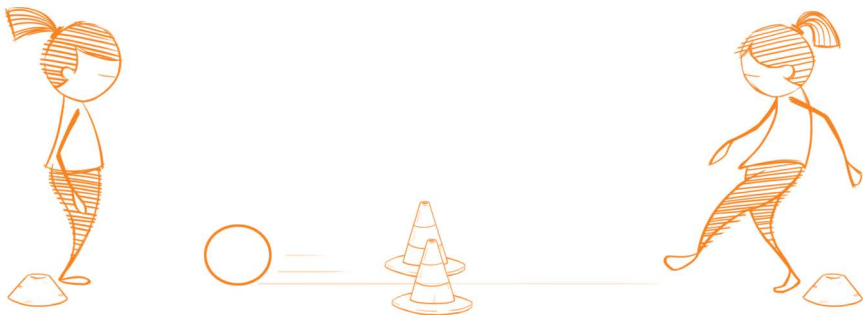
A ball, two cones to outline your gate, (alternatively you could use two cans, bottles or jumpers).

#### *How to play*

Set up a gate using the equipment that you have available. Stand with your ball two metres away from your gate. Try to kick your ball through the gate.

To make the game more challenging, stand further away from the gate or decrease the width of the gate.

If you have a partner at home you could try kicking the ball to each other through the gate.



Adapted from  [Move Well Move Often - Activity Book 1, page 178](#)



## Level 1 Activities

### What Time is it Mr. Wolf?


#### *Equipment Needed*

No equipment needed.

#### *How to play*

Invite someone at home to be Mr Wolf. They stand with their back to you, at a distance away. You ask the question 'What time is it Mr. Wolf?' If Mr. Wolf says 6 o'clock, take 6 steps towards them. If Mr. Wolf says, 'Dinner time', the wolf turns and chases you.



Adapted from  [Move Well Move Often - Activity Book 1, page 131](#)



## Get Creative

### *Equipment Needed*

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A cuddly toy, a teddy, or a small ball.

### *How to play*

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Using your favourite teddy, cuddly toy or small ball, can you make up a game for different ways of throwing (overarm, underarm) and catching (two hands, one hand) with someone in your house?





# Level 1 Activities

## Use your Imagination

### *Equipment Needed*

A cuddly toy, a teddy, or a small ball.

### *How to play*

Using your teddy, cuddly toy or small ball, hit an object (for example, a plastic bottle or a cardboard box) with an underarm throw. Can you do it two times in a row? Move five steps back and try it again.





## Level 2 Activities

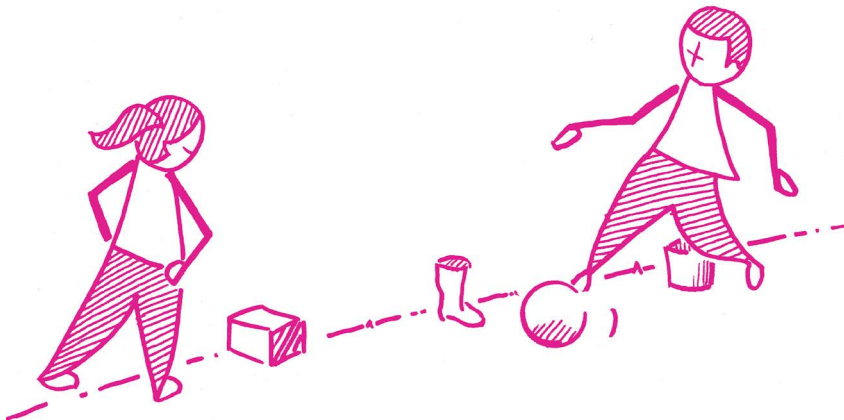
### Under Control

#### *Equipment Needed*

A ball, six items to use as obstacles for example, soft toys, cans, bottles, tubs, small boxes or items of clothing.

#### *How to play*

Set up your obstacles in a straight line leaving 1 metre between obstacles. Dribble your ball with your feet or your hand, weaving around the obstacles. Alternatively, you can do this by striking the ball using a hurley or a small bat with a short handle.



Adapted from  [PE at Home \(DCU/PDST\) - Games, 1st/ 2nd Class, Video 4](#)





## Level 2 Activities

### Your Move

#### Equipment Needed

A ball or a rolled up pair of socks or a balloon.

#### How to play

Move the ball in the following ways:

- Around your waist
- Around your knees
- Make a figure of eight through your legs
- Bounce the ball between your legs from back to front and front to back
- Lift your leg and bounce the ball under it.



Adapted from  [PSSI Lesson Plans - 3rd/4th Lesson 1, Page 2](#)



## Level 2 Activities

### DONKEY

#### *Equipment Needed*

A ball or item to be passed such as a rolled up pair of socks.

#### *How to play*

Invite someone from your home to play the game DONKEY with you. Throw the ball over and back to the other people in the game. If you drop it you get the letter D and so on. The person who has the least amount of letters when the first person spells out the full word is the winner.



Adapted from  [PSSI Lesson Plans - 2nd Class, Warm up bank, page 7](#)



## Level 2 Activities

### Chinese Knee Boxing

#### *Equipment Needed*

No equipment needed.

#### *How to play*

Invite someone from home to stand opposite you. On a signal, try to tip the outside of the other person's knees with your hand. Each time you do, you win a point. Practise shuffling and dodging so that they can't tip your knees!



Adapted from  [PSSI Lesson Plans - 3rd - 6th Class, Warm up bank, page 8](#)



## Level 2 Activities

### Busy Brain Time

#### *Equipment Needed*

A cuddly toy, a teddy, or a large ball, items to use as obstacles such as plastic bottles or food cans.

#### *How to play*

Using a large ball, make a simple dribbling obstacle course. Dribble the ball around the obstacles. Dribble by touching the ball off the inside of one foot and then the other foot. Try to complete this challenge using a smaller ball.





## Level 2 Activities

### Thinking Cap On

#### *Equipment Needed*

A large ball, a teddy bear or a rolled up pair of socks.

#### *How to play*

Make up a game to practise different ways of throwing, catching and rolling against a wall in the playing area. Invite someone from home to play with you. Can you make a scoring system for your game? (for example, one point for a throw and catch, two points for a throw, clap and catch).





## Level 3 Activities

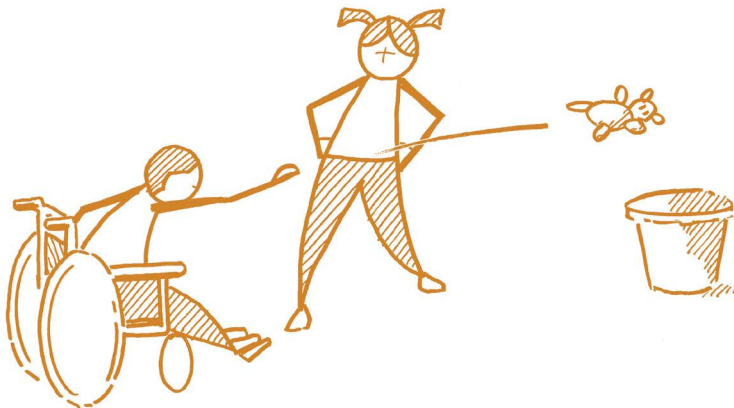
### Target Practice

#### *Equipment Needed*

A ball or a rolled up pair of socks, items to mark targets on the wall, for example pieces of paper or cardboard.

#### *How to play*

Place your targets on the wall at various points or levels (high or low). Allocate a number of points to each target based on its difficulty. Using a kick from your hand or the ground, a chest pass, a strike with the hand or volley, strike one of the targets. Try standing further back from or closer to the targets. Try to beat your own score or challenge someone at home to beat your score.



Adapted from  [Beyond the Classroom - Throwing Video A](#)



## Level 3 Activities

### Wall Tennis

#### *Equipment Needed*

A tennis ball, a racquet.

#### *How to play*

Using a tennis ball and working with a partner or against a wall, practise a one versus one rally.

You may use a racquet or the palm of your hand. Bounce and strike the ball to begin. Count your strikes. Continue for as long as you can without dropping the ball.

Try to improve your score each time.

To make this game more challenging alternate your left and right hands when striking.



Adapted from  [PSSI Lesson Plans - 5th/6th Class, Lesson 7, page 3](#)



## Level 3 Activities

### Tail-Tag

#### *Equipment Needed*

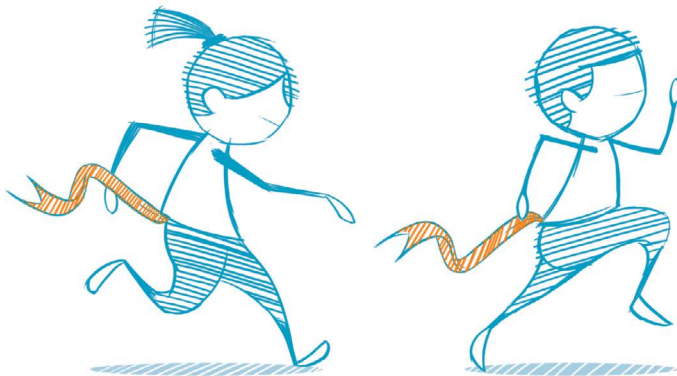
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A t-shirt or a tea-towel to tuck into your waistband.

#### *How to play*

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Invite one or more people in your house to join you. Tuck a t-shirt into your waistband. Chase each other and try to grab the other person's tail. If your tail is grabbed, do 10 jumping jacks. Start again!



Adapted from  [Move Well, Move Often - Book 2, page 30](#)





## Level 3 Activities

### Reaction Drop

#### Equipment Needed

Two tennis balls or two rolled up pairs of socks.

#### How to play

Invite someone at home to stand opposite you. One person holds two tennis balls at eye level and drops them. The other person tries to catch the balls.

- Allow a bounce or no bounce before you catch
- Catch one or both together
- Dropper calls 'left' or 'right' hand to catch
- Dropper stands up on a couch or chair, behind the catcher, and drops the balls in front of the catcher's view



Adapted from  [Move Well, Move Often - Book 2, page 144](#)



## Level 3 Activities

### Healthy Mind, Healthy Body

#### Equipment Needed

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A small ball.

#### How to play

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Using a small ball, create a throwing, catching, bouncing and striking sequence against a wall or with a partner.

For example:

- Throw - clap - catch
- Bounce - clap - catch
- Handpass - clap - catch

Challenge yourself to create a more difficult sequence. Challenge a partner.





## Level 3 Activities

# Happy Head and Happy Heart

### *Equipment Needed*

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A large ball.

### *How to play*

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Using a large ball, create a game to practise different kicking skills.

- Kicking from the ground with the instep
- Kicking from the hand against a wall
- Kicking with someone from home

Can you increase or decrease the distance?

