

Section One - Daily Work (Please remember to keep up your reading every day.)	
Monday 15.6.2020	<ol style="list-style-type: none"> 1. New Wave Maths. Week 35. Monday & Monday problem 2. New Wave English Day 141 3. Listen to one of Niall De Burca links reading his stories. (See links under this grid.) 4. Sports activity. Look at these two 'On The Spot Interviews'. Pick your favourite sportsperson, from any sport, and devise an 'On the Spot' interview for them. It must have at least 12 questions. Write the questions down in your copy and post a photo to Seesaw. https://www.youtube.com/watch?v=SOkOScEYhXM https://www.youtube.com/watch?v=4veidXFZQKs 5. Join us for a workout on the Zoom Assembly today. See Zoom ID above in letter.
Tuesday 16.6.2020	<ol style="list-style-type: none"> 1. New Wave Maths. Week 35. Tuesday & Tuesday Problem. 2. New Wave English Day 142 3. Listen to Niall De Burca reading one of his stories. (See links under this grid.) 4. Sports activity. Look at the fact cards on the eight footballers below. Create a colourful fact card on any sportsperson. You may draw, use the computer or Seesaw. You get to choose what information goes on your fact card. Post to Seesaw. 5. Creative activity on Seesaw. Today you will use your tinfoil and string.
Wednesday 17.6.2020	<ol style="list-style-type: none"> 1. New Wave Maths. Week 35. Wednesday & Wednesday Problem. 2. New Wave English Day 143 3. Listen to Niall De Burca reading one his stories see links under this grid. 4. Sports activity. Read the information on Usain Bolt below. Create a mind map about him in your copy and post to Seesaw. 5. Creative activity on Seesaw. Today you will use the tinfoil and plastic from your envelope.
Thursday 18.6.2020	<ol style="list-style-type: none"> 1. New Wave Maths Week 35 Thursday & Thursday problem. 2. New wave English Day 144 3. Listen to Niall De Burca reading one of his stories see links under this grid. 4. Sports activity. Look at the yoga poses cards below. Try each pose. Answer the questions in your copy and post to Seesaw <i>or</i> Read each question aloud and tell the answer. Post your audio to Seesaw. <ol style="list-style-type: none"> a. Which pose is also known as 'Balasana'? b. What are the benefits of the rainbow pose?

	<p>c. What are the three steps in the happy baby pose?</p> <p>d. If you were to do a four pose sequence, what poses would you choose and why?</p> <p>5. Creative activity on Seesaw. Today you will use the chalk from your envelope.</p>
<p>Friday 19.6.2020</p>	<p>1. New Wave Maths Week 35. Friday Review</p> <p>2. New wave English Day 145</p> <p>3. Sports activity. Create your own obstacle course in your garden or house. (Look at the padlet for ideas)</p> <p>4. Creative activity on Seesaw</p> <p>5. Post a photos, video or audio of you trying one of the active activities this week to the class blog.</p>

Niall de Búrca Storyteller has uploaded some Tales Online Anytime! More To Come All Summer.


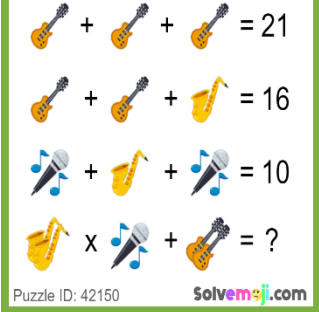
The Two Hunchbacks - Traditional Tale https://youtu.be/nUjTm5_M5NE

Gifts to The World - Freckles! <https://youtu.be/PCW-Oswz6KE>

Shapeshifter - Traditional <https://www.facebook.com/KildareCountyLibraryService/videos/553593642250770/>

Balor of The Evil Eye - Irish Myth <https://youtu.be/-R6GYcQe-60>

Section Two – Menu of Activities				
Language	Numeracy	Be Creative!	Help at home	Miscellaneous!!
Write a letter to your Parents and in it include all of the things that you are thankful	Use spaghetti or toothpicks and marshmallows to	<u>Make a friendship bracelet</u> Make a friendship bracelet out of thread, beads or wool	Water the plants outside your house each evening. It has been very warm and the	Using a laundry basket or bucket as your target and a small ball or rolled up socks

<p>for as you finish your learning at home for 5th class.</p>	<p>build some 3d shapes. You could use sticks from your garden either.</p>	<p>and post it to your friend</p>	<p>plants need extra watering. Check plants and take off any dead leaves.</p>	<p>as your object. Place the target on the floor and take 8 steps back and complete star jumps then take your shot.</p>
<p>Write a paragraph about your favourite subject in school and say why,</p>	<p>Can you figure out these dingbats?</p> 	<p>Design and make a parachute to protect a boiled egg using the following materials: A plastic bag or sandwich bag, string, scissors, hole punch hard boiled egg.</p> <ul style="list-style-type: none"> • Plastic heavy-duty trash bag • Plastic sandwich bags • String • Scissors • Hole punch • Egg 	<p>Make a picnic for yourself and your family and go out to the garden and sit and enjoy your lunch outdoors.</p>	<p>https://www.scoilnet.ie/pdst/physlit/beyond/</p>
<p>Check out this website for SESE to compare maps of Lucan from the 1800's with the modern map. Try to locate where your house is. Use the zoom function to study the local area nowadays on the second weblink.</p> <p>http://map.geohive.ie/mapviewer.html?webmap=563f76ff982e4d499fd9337646b6c9c6</p> <p>http://map.geohive.ie/mapviewer.html?webmap=284528b738c64309aa71ad7724c6c342</p>	<p>www.solveemoji.com - EASY SOLUTIONS, PUZZLES & LEADERBOARDS ONLINE</p>  <p>Puzzle ID: 42150 solveemoji.com</p>	<p>Biodiversity</p> <p>https://laois.ie/wp-content/uploads/Garden-Wildlife-Booklet-WEB-17MB.pdf</p> <p>Have a look at some of the flowers for the bees and butterflies and see if you can identify them in your local environment.</p> <p>Create a bird feeder for your window or garden using a</p>	<p>Wholemeal Muffins 275g/10 oz Coarse Wholemeal Flour 2 teaspoons Baking Powder 50g/2oz Demerara Sugar 75g/3oz Sultanas 125g/4oz Butter or Margarine (melted) 250ml/9 fl oz Milk 1 Egg, lightly beaten</p> <ul style="list-style-type: none"> • reheat oven to 190°C/375°F/Gas 5. Line a 6 muffin tin with muffin cases. • Mix the lightly beaten 	<p>https://padlet.com/shaunagriffin27/a9htnk3sdmn3tc8q</p> <p>Please try some of the following challenges on the padlet from the above link.</p> <p>Dance Games Athletics Outdoor & Adventures Gymnastics</p>

		<p>milk carton or bottle or a water butt to save any rain and you can water your plants. There is a hosepipe ban at the moment, due to the dry conditions.</p>	<p>egg and milk together.</p> <ul style="list-style-type: none"> • Combine the other ingredients together and add the liquid mixture. • Mix with a fork until just combined. • Fill the six muffin cases and bake for 15-20 minutes 	
<p>https://gaietyschool.com/home-resources/ Try some drama and pick from Roald Dahl, Star Wars, Harry Potter or The Lion King. https://gaietyschool.com/wp-content/uploads/2020/03/Harry-Potter-Home-Drama-Resource.pdf Or https://gaietyschool.com/wp-content/uploads/2020/03/Roald-Dahl-Home-Resource.pdf</p>	<p>Try https://www.topmarks.co.uk/maths-games/hit-the-button to practice you multiplication/division tables and knowledge of square numbers</p>	<p>Make some shadow puppets and put on a play for your family like we did for Chinese New Year last year.</p>	<p>https://artprojectsforkids.org/keith-haring-drawing-project/ Give someone a hug at home to say thank you.</p>	<p>Create your own fitness circuit in your garden or house for your family to complete. Choose 5 activities that you don't need any equipment for eg: hopping, squats, star jumps, air squats, lunges, balances, burpees, high knees, mountain climbers, heel flicks. Complete 2-3 rounds. If you have any equipment eg: a racket, ball hurl, cones set up some drills for your family to try together.</p>
<p>https://www.storylineonline.net/books/knots-on-a-counting-rope/ A story about a boy overcoming his difficulties</p>	<p>Make a playlist of your favourite songs. If you have spotify create your favourite songs for Summer 2020 or write a list of songs that you like listening to from you tube. Share these with us on</p>	<p>Do a gratitude scavenger hunt:</p> <ol style="list-style-type: none"> 1. Find something that makes you happy. 2. Something to give someone else to make them smile. 	<p>Clean up after your meal. Put dishes in the dishwasher. Wash and dry the pots and pans.</p>	<p>Play bottle bowling- set up some empty bottles as pins and fill them with water in a triangle formation. Write a number on each of the tops et multiples of 5 or 10. Bowl a small ball towards them and</p>

and chasing his dreams encouraged by his grandfather. Chose some more online reads that you can access on Get Epic.	seesaw if you like	<ol style="list-style-type: none"> 3. One thing you love to smell. 4. One thing that you enjoy looking at 5. Something you are thankful for in nature. 6. Something that is useful for you. 		see how fast you can get to 100.
For further activities and ideas please see https://padlet.com/graceflaherty/8dms09sw823gr9p		Design a New Sports Jersey for Lucan Educate Together.		https://learning.gaa.ie/sites/default/files/7%20Senior%20doc.pdf Try some of the Gaa challenges.

Section three: Get Sporty

This week we are focusing on Active Week. Try to get out and about daily for at least 60 minutes of exercise per day. Please have a look at the padlet here:

<https://padlet.com/shaunagriffin27/a9htnk3sdmn3tc8q>

It is made up of some of the excellent ideas, resources and challenges currently being shared by local and national agencies. The activities are divided into different sections. Use the purple scroll bar at the side of each section to scroll up and down and then click on the activities to try them out. Many of these ideas can be viewed in action. There is something to suit all ages, abilities and interests, including indoor and outdoor options. Try the foot shake dance challenge and the basketball skills tips, and the indoor obstacle course – they are my favourite!

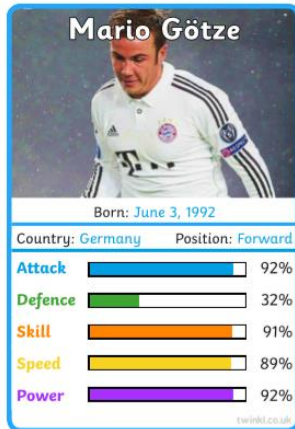
I'd love to you post your photos or videos of you trying out the activities and don't forget to upload your completed Challenge Chart at the end of the week.

Links for New Wave Corrections.

https://www.prim-ed.ie/contentfiles/41635_NWMM_TM_5th_Class.pdf New Wave Maths 5th class

https://www.prim-ed.ie/contentfiles/41649_NWEIP_TG_5th_Class.pdf New Wave English 5th class

Footballer Fact Cards.



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Yoga Poses

Yoga Poses



Mountain Pose

Tadasana

Benefits
Improves posture, strengthens core muscles and legs.

- 1 Stand tall with your weight balanced evenly on your feet.
- 2 Firm your thigh muscles and pull in your tummy.
- 3 Press your shoulders back and hang your arms beside your torso.
- 4 Breathe deeply and hold as long as needed (at least two breaths).



Chair Pose

Utkataasana

Benefits
Strengthens legs, stretches shoulders and chest.

- 1 Start in mountain pose. (Standing with your feet shoulder width apart and arms by your side).
- 2 Exhale, and bend your knees as if you were sitting in a chair.
- 3 Reach your arms towards the ceiling with your palms facing each other.
- 4 Hold this pose and breathe.



Tree Pose

Vrikasana

Benefits
Improves balance, strengthens thighs, calves and ankles, stretches legs and chest, develops concentration.

- 1 Begin in mountain pose. (Feet shoulder-width apart, hands at your sides.)
- 2 Lift your right foot, turning your knee out; place your foot on your leg wherever feels comfortable.
- 3 Press your hands together.
- 4 Raise your arms over your head and look up to your hands if possible.
- 5 Return hands to your chest and lower your right leg.
- 6 Repeat with left leg.



Rainbow Pose



Benefits

Stretches arms, abdominals, spine and chest; calms the mind.

- 1 Start on your knees. Raise both hands over your head.
- 2 Drop one hand by your side, exhale and arch your arm over your body.
- 3 Hold this position.
- 4 As you bring your dropped arm back over your head, straighten your body.
- 5 Repeat on the other side.

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Elephant Pose



Benefits

Stretches legs and back, relieves stress and calms the mind.

- 1 Bend at the hips.
- 2 Let arms hang low then clasp fingers together.
- 3 Swing arms from side to side like a trunk. Swing your whole body from side to side to walk like an elephant.

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Cobra Pose

Bhujangasana



Benefits

Strengthens spine, backs of arms and legs; stretches shoulders, chest and belly, improves posture, helps relieve stress.

- 1 Begin by lying on your tummy.
- 2 While exhaling, lift your head and upper torso off the floor.
- 3 Gaze forward or slightly upward.
- 4 Hold this position, then release.

Cat Cow Pose

Marjaryasana Bitilasana



Benefits

Stretches torso and neck, gently massages spine and internal organs.

- Start by kneeling on hands and knees. Make sure hands are below your shoulders and your knees below your hips.
- 1
 - 2 Inhale and look up to the ceiling, allow your belly to sink toward the floor.
 - 3 Exhale and round your back towards the ceiling and look at your belly.
 - 4 Repeat.

Lion Pose

Simhasana



Benefits

Stretches hips, thighs and ankles; calms the mind, relieves stress and fatigue.

- 1 Start on your knees, then sit back onto your heels.
- 2 Spread your fingers out and press your palms onto your knees.
- 3 Take a deep breath in through your nose.
- 4 Open your mouth, stretch out your tongue, open your eyes wide and let your breath out through your mouth.
- 5 Repeat a few times.

Butterfly Pose

Baddha Konasana



Benefits

Calms the body and mind, helps relieve stress, headaches and fatigue.

- 1 Begin by sitting with the soles of your feet together.
- 2 Wrap your hands around your feet, keep your back straight.
- 3 Gently bounce your knees to flap your butterfly wings.

Frog Pose

Ardha Bhekasana



Benefits

Tones legs and increases hamstring flexibility.

- 1 Squat on the floor, balancing on your toes, knees spread wide, hands on the floor or out in front of you. Wherever makes you feel most balanced.
- 2 Look up and inhale. As you exhale, straighten your legs so you are in a standing position, lower your head towards your knees.
- 3 Return to the first position, then repeat.

Happy Baby Pose

Ardha Bhekasana



Benefits

Gently stretches inner groin and spine, calms the mind and helps relieve stress and fatigue.

- 1 Lie down on your back.
- 2 Exhale, bend your knees into your belly and hold onto your feet.
- 3 Allow your body to gently rock side to side.

Child's Pose

Balasana

Benefits
Stretches the hips, thighs, and ankles;
calms the mind; relieves stress and fatigue.



- 1 Kneel on the floor, touching your big toes together.
- 2 Sit back on your heels and separate your knees hip-width apart.
- 3 Exhale, bringing your head down, and rest it on the floor in front of you.
- 4 Place your hands wherever they are comfortable by your head, your knees, etc.
- 4 Relax and breathe, holding this pose.

Warrior II Pose

Virabhadrasana II

Benefits
Strengthens and stretches legs and core;
stretches chest and shoulders; relieves
backaches.



- 1 Stand with your feet wide apart. Turn your left foot out 90°.
- 2 Inhale, and lift your arms parallel to the floor.
- 3 Exhale and bend your right knee. Be careful not to extend your knee past your ankle.
- 4 Keep your torso tall, turn your head, and look out over your finger tips.
- 5 Inhale and straighten your legs and lower your arms. Repeat on the opposite side.

Downward Dog

Benefits

Stretches the shoulders, hamstrings, calves,
arches and hands; calms the mind.



- 1 Start on your hands and knees, with your knees slightly apart, directly under the hips.
- 2 Your hands should be shoulder-width apart, and slightly in front of your shoulders.
- 3 Curl your toes under, straighten your knees and lift your hips.
- 4 Keep your head between your arms.
- 5 Hold this pose and breathe.

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USAIN BOLT

Usain Bolt

Biography

So, how do you become the greatest sprinter of all time?

Usain St. Leo Bolt once said, 'When I was young, I didn't really think about anything other than sports.' He first showed sprinting potential at a very young age and became the fastest 100m runner at his school by the age of 12. Whilst at secondary school, Usain was encouraged to concentrate on sprinting, which led him to win his first High School Championships medal. Since then, he has set new world records, overcome injuries, won numerous medals, become a national treasure in his home country of Jamaica and he hasn't even finished yet!

Usain was born on 21st August 1986, in Jamaica, to parents Wellesley and Jennifer Bolt. He grew up with his brother and sister, and adored playing football and cricket.

He competed in his first race whilst at primary school, but sprinting wasn't his first love. Bolt has often said that if he hadn't have become a sprinter, he would have loved to have been a fast bowler, having been inspired by Waqar Younis, a former international cricket player.

Whilst at high school, Usain focused on sprinting and won his first silver medal in the 2001 High School Championships. His talent caught the eye of former Jamaican Olympic sprinter Pablo McNeil, who went on to become his coach. Pablo would sometimes get frustrated with Bolt as he didn't always take his training seriously and enjoyed playing practical jokes.

The 2001 World Youth Championships was Usain's first appearance on the world stage. He didn't win any medals, but he did set a new personal best in the 200m race. The Jamaican Prime Minister recognised Bolt's talent and arranged for him to move to Kingston to train with the Jamaican Amateur Athletic Association.



Usain Bolt

The World Junior Championships came next for Usain and it was here that he became the youngest World Junior gold medallist. He continued to win medals in 2003, when he competed at the World Youth Championships.

In 2004, Usain became the first junior sprinter to run 200m in under 20 seconds. With this fantastic time, he turned professional and was chosen to compete in the Jamaican Olympic team. He went to the Olympic Games in Athens in 2004 but a recurring leg injury ruled him out of winning any medals. He received offers to go and train in America but Bolt wanted to stay true to his roots and despite the basic facilities available to him, remained in Jamaica. For some time, injuries thwarted him, but he came back even stronger.

As the years passed by, Bolt took his sport more seriously and began to train harder to win events. At the 2008 Beijing Olympic Games, he broke more world records, winning gold in the 100m, 200m and relay. This was followed by the World Championships in Berlin where he improved his times, running the 100m race in 9.58 seconds and the 200m in 19.19 seconds.

Bolt competed in the 100m, 200m and relay events at the London 2012 Olympic Games, where he won three golds once again. This made him the first person to win all three events at consecutive Olympic Games. Following his performance in London, a fellow competitor said, 'There's no doubt he's the greatest sprinter of all time.'

Usain is nicknamed 'Lightning Bolt' and continues to be widely regarded as being the fastest sprinter of all time. He plans to retire in 2017.



Olympic Games	Event	Medals
2008 Beijing	100m, 200m, relay	Gold
2012 London	100m, 200m, relay	Gold