

Monday 22nd

- Busy at Maths Workbook:
  1. Pg: 158, 159, 160, 161, 162
  - 2.

(\*\*\*\* Please email me if you have any problems or questions relating to these maths pages, your child may need some help initially to complete these pages but don't worry if they don't understand – all will be taught again when we return!)

Tuesday 23rd

- Bua na Cainte Workbook:
  1. An Samhradh – pgs: 100, 101

Wednesday 24th

- Parent's Interview!!
- Make a 'Top 10 Summer wish list' of what you would love to do this Summer... You could make it a checklist and tick them off over the summer as you hopefully achieve them!

Thursday 25thExercise Circuit

1. Burpees <https://youtu.be/D1m-chORiQM>
2. Star jumps <https://youtu.be/JNrkzckZN4>
3. Jogging on the spot with high knees <https://youtu.be/SZS-2uGMtVU>
4. Push up (Can be done with knees on the ground) <https://youtu.be/bLFP7p22MJo>
5. Normal plank <https://youtu.be/pvljsG5Svck>

I'd like you to do 3 rounds of these for 40 seconds and 20 seconds break. After the plank you can take a 30 second break before you start the next round. You can ask Mom or Dad to time you while you're doing it or better yet ask Mom or Dad or an older/younger brother or sister to join in.

Friday 26th

- Jump for joy as the Summer Holidays are officially here!!!

