

**VIRTUAL SPORTS WEEK**  
**Tuesday 2nd to Friday 5th June**



For the first week in June we are going to have a Virtual Sports Week. There are a number of challenges that children can complete to earn points for their team. The first thing we are asking children to do next week is to sign up by emailing [niamhronan@standrewscurragha.com](mailto:niamhronan@standrewscurragha.com). This is an entirely optional activity. Sign up emails should be sent **before 5pm on Wednesday, May 27th**. All children who have signed up will then be placed into teams and they will then have the opportunity to complete various challenges to win points for their team. Please note that it is important to **only upload videos on the day of the activity**:

i.e. skipping and keepie uppies may be uploaded Monday only  
Sprints and solos may be uploaded Tuesday only etc

The teams are:

1. Ms. O'Connor's Blue Team
2. Ms. McWalter's Green Team
3. Ms. McLarnon's Red Team
4. Ms. Kinsella's Yellow Team
5. Ms. Gilligan's Black Team
6. Ms. Ronan's White Team

You can even wear your team colour while you do the challenges just as we do on Sports Day! There is no need to specify which activities you are going to do - just let us know that you'd like to be placed on a team! The challenges will need to be recorded and uploaded to Seesaw or emailed to your class teacher. You may only send in one video per challenge but you can attempt it as many times as you like before uploading your best video. The scores at the end of each day will be uploaded to the website. Children may do all challenges or just one challenge - whichever suits. The winning team will be the first team in St. Andrew's history to win the Mark Mooney Memorial Cup remotely!!!!



**MONDAY: Bank Holiday - rest/ stretch/ practise/ meditate!**

**TUESDAY'S CHALLENGES: UPLOAD YOUR BEST VIDEOS BEFORE 3PM**

1. **Skipping** - how many times in a row can you skip without stopping or getting tangled up? You will need to have someone count out loud in the video while you skip.
2. **Keepie Uppies** - how many keepie uppies can you do in a row without stopping or dropping the ball? You will need to have someone count out loud in the video while you do the task.

**WEDNESDAY'S CHALLENGES: UPLOAD YOUR BEST VIDEOS BEFORE 3PM**

3. **Sprints** - use a measuring tape/ or an app on your phone to measure out a 20m section in your garden or on a nearby green space. Set a timer for 3 minutes and then SPRINT. How many laps can you complete before the time elapses? One lap is counted every time you return to your start point - so this means you have to go UP and BACK to complete a lap. Have someone count your laps out loud and call out a **30 seconds left** warning just like we do in cross country training.
4. **Solo** How many times can you solo in 3 minutes? Use your 20m course that you set out for sprinting for this activity also. How many times can you go up and back doing this skill? One lap is counted every time you return to your start point - so this means you have to go UP and BACK to complete a lap. Have someone count your laps out loud and call out a **30 seconds left** warning too. If you drop the ball just pick it back up and continue - but you still only have 3 minutes no matter how many times you drop.

## THURSDAY'S CHALLENGES: UPLOAD YOUR BEST VIDEOS BEFORE 3PM

5. **Hurling:** Use your 20m course that you set out for sprinting for this activity also. How many times can you go up and back with a sliotar or tennis ball bouncing on your hurl in 3 minutes (or just holding the sliotar on your hurl for junior school)? One lap is counted every time you return to your start point - so this means you have to go UP and BACK to complete a lap. Have someone count your laps out loud and call out a **30 seconds left** warning too. If you drop the sliotar just pick it back up and continue - but you still only have 3 minutes no matter how many times you drop.
6. **Memory Challenge:** Below is a list of Irish Grand National winners to memorise.  
[https://en.wikipedia.org/wiki/Irish\\_Grand\\_National#Winners\\_since\\_1946](https://en.wikipedia.org/wiki/Irish_Grand_National#Winners_since_1946)  
Have someone video you, cover your eyes and start reciting as many **in order** as you can remember. Uncover your eyes when you can't remember any more. Have someone count each name you remember. Junior school children get double points for this challenge

## FRIDAY'S CHALLENGES - UPLOAD YOUR ARTWORK BEFORE 3PM

7. **ART COMPETITION** - Draw/ paint/ sketch anything inspired by a sport and upload a picture to Seesaw - teachers will pick 3 winners per class and those people will get 50 points each for their team
8. **SUPER SPORT QUIZ:** There will be two quizzes on [www.myquiz.org](http://www.myquiz.org). Junior School children may have the questions read to them by a parent or sibling. There will be points awarded for anyone who makes it into the top ten!!! 100 for first, 90 for second and so on....  
Super Sports Quiz Junior School on Friday June 5th @ 2.30pm  
Super Sports Quiz Senior School Friday June 5th @ 3pm

### Instructions to take part

- Go to [www.myquiz.org](http://www.myquiz.org)
- Enter code 348441 for Senior School or 348419 for Junior School
- Create a profile - please use your proper name in your profile and no nicknames as we need to know who to award points to if you win. Even if you have done quizzes up to this point under a nickname please change the nickname to your first name and surname initial as there will be many, many more children taking part and we want to keep it simple.
- Log on at the correct time and do your best