  

February/March 2016

Monday Active Homework 29/02/16

07/03/16

14/03/16

 Junior Infants

8X Shoulder Shrug

8X Trunk Twister (twist from waist, hands on hips)

8X Reacher Upper (jump in air, touch the ground)

8X Hop on one leg

**Repeat 3 times**

  

April 2016

Monday Active Homework 04/04/16

11/04/16

18/04/16

 25/04/16

 Junior Infants

8X March

8X Jumping Jack

8X Heel Touch (kick up heels behind, touch with hands)

8X Hop on one leg

**Repeat 3 times**

  

May 2016

Monday Active Homework 03/05/16 (Tuesday)

09/05/16

16/05/16

 23/05/16

 Junior Infants

8X Reacher Upper (jump in air, touch the ground)

8X Weight Lift (hold bottle of water in 2 hands, lift to chest bending at elbows)

8X Mountain Climbers (hands on ground, bring knees towards body)

8X Hop on one leg

**Repeat 3 times**