SPORT IRELAND
LOCAL SPORTS PARTNERSHIPS

ROSCOMMON
Sports Partnership
SPORT IRELAND

National BeActive Day

Sunday 28th June 2020

Sport Ireland's network of Local Sports Partnerships is passionate about getting Ireland physically active and involved in sport, ensuring everyone in the community has the chance to be included. Despite the COVID-19 Pandemic, Local Sports Partnerships continue to deliver national initiatives and support to keep people active.

Meet your daily activity requirement of 60 minutes for children and 30 minutes for adults by completing the National BeActive Day challenge.

It's easy to take part, just follow these 4 simple steps:

1. **Decide when you are going to do the activities and where**
2. **Get the household together and choose what activities you are going to do**
3. **Set up the activities and have fun taking part**
4. **Share your photos/videos on social media and tag @SportIreland, your Local Sports Partnership and use #NationalBeActiveDay**

All activities in this pack

- Can be modified to suit all ages and abilities
- Can be designed using household items
- Can be done indoors or outdoors
- Can be done individually or in teams

Contact your Local Sports Partnership for activity adaptations, variations or more ideas.

Local Sports Partnerships will be running a competition for those who take part in National BeActive Day. To find out more, visit your Local Sports Partnership's social media pages.

ROSCOMMON
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SPORT IRELAND

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Catch and Clap

What do I need?
- 1 round object (ball, rolled up socks, etc.)

What do I do?
- Throw the object up in the air and clap your hands before you catch it
- The object must go above your head
- See how many times you can clap your hands while the ball is in the air before you catch it
- This activity can be completed standing or sitting if you want an extra challenge

Easier: Use two hands to catch

Harder: One hand to catch or smaller ball

Balance Challenge

What do I need?
- A ball or a book

What do I do?
- Balance the object in your hand or on your head while standing or walking
- Time yourself and see how long you can keep the object balanced without dropping

Easier: Balance the object while sitting

Harder: Balance the object on your back or hand while completing a plank

Remember:
If you have an underlying medical condition, don't overexert yourself on the exercises.

Target Throwing

What do I need?
- Throwable object (Ball, roll of socks, old shoes, etc.)
- Start line
- 3 targets placed at different distances from start line

What do I do?
- Each player tosses the object from the start line
- You must try to throw the object on or into the target (try to knock down bottles or throw socks into a saucepan)
- Each player gets 3 throws

Easier: Move targets closer to start line

Harder: Try different throwing techniques (underarm, overarm, sitting down, or blindfolded)

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Egg and Spoon

What do I need?
- Spoon
- Egg (or potato)
- Start line and marker to walk around

What do I do?
- Hold a spoon and place the egg on it
- Walk from the start line, around a marker and back to the start line trying not to drop the egg off the spoon
- If you drop the egg, go back to the start
- See how fast you can do it without dropping the egg

Easier: Use a large spoon over a shorter distance

Harder: Weave around objects/obstacles

Remember to assist those who may need extra help in taking part.

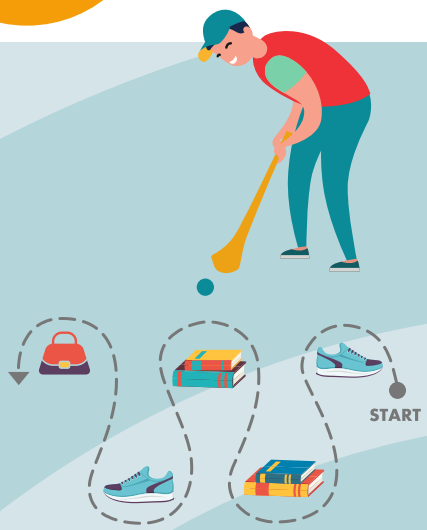
Weaving Ball

What do I need?
- Start line
- Set up 4 markers. These should be set up 4 footsteps apart. Markers can be cones, socks, books - anything you can weave around
- 1 round object (ball, rolled up socks, etc.), anything that can be rolled or pushed along the ground

What do I do?
- Weave the object around the markers as quick as you can

Easier: Use your hand to move the ball around the markers

Harder: Use a racket or hurl to balance a ball while going around the markers



Obstacle Course

What do I need?
- Different household items of your choice

What do I do?
- Set up a start and finish line
- Set out a number of obstacles to go around, jump or climb over, crawl under etc.
- Try to include at least 5 different obstacles
- See how fast you can go around the obstacle course

Easier: Walk through the course

Harder: Add more obstacles

For more ideas on how to adapt games, contact your Local Sports Partnership

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CHECKLIST

Use the table to mark off what activities you have completed.

Input each player's name along the top and the name of each game down along the left side.

Remember it's not about winning, it's about having fun along the way.

NAME:	PLAYER 1:	PLAYER 2:	PLAYER 3:	PLAYER 4:	PLAYER 5:	PLAYER 6:
GAME 1:						
GAME 2:						
GAME 3:						
GAME 4:						
GAME 5:						
GAME 6:						
TOTAL GAMES COMPLETED						

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Don't forget to share your photos/videos on social media and tag @SportIreland, your Local Sports Partnership and use **#NationalBeActiveDay**

Please ensure to follow the governments COVID-19 guidelines while taking part in any activities outdoors.

Stop
shaking hands or hugging when saying hello or greeting other people.

Distance
yourself at least 2 metres (6 feet) away from other people, especially those who might be unwell.

Wash
your hands well and often to avoid contamination.

Cover
your mouth and nose with a tissue or sleeve when coughing or sneezing and discard used tissue safely.

Avoid
touching eyes, nose, or mouth with unwashed hands.

Clean
and disinfect frequently touched objects and surfaces.

Further information on COVID-19 can be found on the Government website www.gov.ie/covid19 and HSE website www.hse.ie/coronavirus