



## FOGHLAIM BAILE - HOME LEARNING (COVID-19)

Mar gheall ar an bpaindéim COVID-19, shocraíomar cúpla smaoineamh breise a thabhairt duit ar rudaí is féidir leat a dhéanamh chun cabhrú le do leanbh foghlaim. Cuimhnigh le do thoil go bhfuil an obair roghnach. Seolfaidh múinteoirí rudaí eile chugat le déanamh trí chuntas Seesaw do linbh. Is é ár moladh go dtabharfaidh tú gnáthamh éigin do do laethanta agus b'fhéidir uair nó dhó a thiomnú d'obair scoile.

Cosúil le hobair bhaile an tionscadail, is féidir leat an oiread de na gníomhaíochtaí thíos a roghnú thar an tréimhse dúnadh. Clúdaítear gach ábhar thíos agus teastaíonn cabhair ón teaghlach ó chuid acu, is féidir cuid acu a dhéanamh ar ríomhaire, ach is féidir an chuid is mó díobh a dhéanamh leat féin. Tá míniú ar gach gníomhaíocht agus mar sin cliceáil air chun níos mó a léamh.

Nuair a chuireann tú gníomhaíocht i gcrích, féadfaidh tú do mhúinteoir a chur ar an eolas ar do chuntas Seesaw más maith leat. Tá nasc ag cuid de na gníomhaíochtaí thíos le cliceáil orthu chun tuilleadh faisnéise a fháil. Nascann cuid eile le suíomh Gréasáin le tuilleadh treorach. Má theastaíonn cúnamh uait, níl ort ach ceist a chur ar do mhúinteoir! Táimid go léir ag foghlaim anseo agus is féidir linn é seo a dhéanamh le chéile.

*Due to the COVID-19 pandemic, we've decided to give you a few extra ideas of things you can do to help your child to learn. Please remember that the work is optional. Teachers will send you other things to do via your child's Seesaw account. Our suggestion is that you give your days some routine and maybe dedicate an hour or two to schoolwork.*

*Like Project Homework, you can pick as many of the activities below over the 2 weeks. Every subject is covered below and some require the help of family, some can be done on a computer, but most can be done on your own. Each activity has an explanation so click on it to read more.*

When you complete an activity, you can let your teacher know on your Seesaw account if you like. Some of the activities below have a link to click on for more information. Others link to a website with further instruction. If you need help, just ask your teacher! We are all learning here and can get through this together.

COINNEAIL INLÚITH/ KEEPING ACTIVE	LITEARTHACHT/ LITERACY	STAIR, TIREOLAS, EOLAÍOCHT	NA HEALAÍONA/ARTS	UIMHRÍOCHT/NUMERACY
<a href="#">HIIT Workout</a>	<a href="#">Skype with a Relative</a>	<a href="#">Family Tree</a>	<a href="#">A Sketch a Day</a>	<a href="#">IXL</a>
<a href="#">Go Noodle</a>	<a href="#">The Daily News</a>	<a href="#">The History of my Family</a>	<a href="#">Learn a Musical Instrument</a>	<a href="#">Maths Worksheets</a>
<a href="#">Mindfulness Session</a>	<a href="#">Irish Times</a>	<a href="#">Peace</a>	<a href="#">Puppet Show</a>	<a href="#">Make a cool pattern</a>
<a href="#">Get Outside</a>	<a href="#">Read a book with a parent/family member</a>	<a href="#">My Holiday</a>	<a href="#">Who is your favourite artist?</a>	<a href="#">Board Games with Mathematical Thinking</a>

## CORP AGUS INTINN - BODY AND MIND

### BÍ AG BOGADH - GET MOVING

Stick on your favourite upbeat playlist and try out these exercises one after the other. To give yourself a bigger challenge, do each circuit twice or three times or more!

SEISIÚN 1 - 5 x 25	SEISIÚN 2 - LEGS MOVING	SEISIÚN 3 - UP AND DOWN
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<ol style="list-style-type: none"> <li>1. 25 jumping jacks</li> <li>2. 25 squats</li> <li>3. 25 seconds run on the spot</li> <li>4. 25 push ups</li> <li>5. 25 seconds plank</li> </ol>	<ol style="list-style-type: none"> <li>1. 30 seconds run on the spot</li> <li>2. 30 seconds high knees</li> <li>3. 30 seconds jumping jacks</li> <li>4. 30 seconds butt kicks</li> <li>5. 30 seconds jog on the spot</li> </ol>	<ol style="list-style-type: none"> <li>1. 30 seconds jumping jacks</li> <li>2. 30 seconds mountain climbers</li> <li>3. 30 seconds run on the spot</li> <li>4. 30 seconds plank</li> <li>5. 30 seconds burpees!</li> </ol>
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OR

Have a family disco - stick on your favourite tunes and bop around the room for 20 minutes!

## TÉIGH AMACH - GET OUTSIDE

Try out as many of these exercises outside (keeping social distance!) that you can and tell your teacher which ones you've done.

<ul style="list-style-type: none"> <li>● Cycle your bike for 10 minutes</li> <li>● Go for a walk</li> <li>● Ride your scooter for 10 minutes</li> <li>● Draw your own hopscotch with chalk and play</li> <li>● Throw a ball against a wall and catch</li> <li>● Create your own obstacle course</li> <li>● Run for 5 minutes</li> <li>● 10 minutes of free play outside</li> <li>● If possible walk home from school one day</li> </ul>	<ul style="list-style-type: none"> <li>● Jump on your trampoline</li> <li>● Walk your dog</li> <li>● Bubble bashing - get someone to blow bubbles for you to try and burst all of them</li> <li>● Do 3 laps of your house or up and down the hall 10 times</li> <li>● Keepie uppies - how many can you do in a row?</li> <li>● Skip sideways up and down the garden 5 times</li> </ul>
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## SKYPE LE GAOLTA / SKYPE WITH A RELATIVE

This can be a nice idea if you have a family member who may have to self-isolate or who you may not be able to visit. It's a way for children to use oral language and it might be a nice kind of game to play to keep boredom away.

Ideas include:

1. Play 20 questions - take turns in thinking of an object and the other person can only ask questions which have a yes or no answer.
2. A-Z - Pick a topic and take turns in naming something beginning with A then B then C and see if you can get to Z Without skipping any letters.
3. The Big Interview - child prepares 10 questions they'd like to know about the relative and then asks them
4. More ideas here: <https://www.fluentu.com/blog/educator-english/esl-vocabulary-games/>

## IRISH TIMES

There are some great ways to pick up some vocabulary. One really easy activity is to pick a topic, for example: food, household objects, colours, and so on, then write down 20 words associated with that topic in a list. Next go to <https://www.focloir.ie/en/> and translate the words. The great thing is that almost every word on the website has an audio recording of it so you can listen to how to pronounce the words! As a family, you could try and learn a few words every day!

For more advanced speakers, how about doing any of the tasks in the grid through Irish? The news is probably the easiest one to do as Gaeilge.

Another idea is to sign up to <https://www.duolingo.com/course/ga/en/Learn-Irish> to learn some Irish - 5 to 10 minutes a day and who knows how fluent you'll be when you get back!

## AN NUACHT LAETHÚIL / THE DAILY NEWS

This task can be done with any age from Junior Infants to 6th class. It can be done in a number of ways but here is a suggestion for 2 different age groups:

Infants to 1st Class	2nd Class Upwards
<ul style="list-style-type: none"><li>● Child tells you the news they have for the day. Stick to things in their own life rather than focusing on the news on the radio or TV.<ul style="list-style-type: none"><li>○ The day, the date, the weather outside</li><li>○ 1 or 2 things they did yesterday</li></ul></li><li>● Write down what they tell you on a whiteboard or piece of paper.</li><li>● Child either types out what you've written or copies it down in a journal or copybook.</li><li>● You can create your own little newsroom on the kitchen table or you can use Green Screen apps on an iPad and record your child reading their news.</li><li>● You can upload the video to Google Classroom or send it to loved ones to keep in touch.</li></ul>	<ul style="list-style-type: none"><li>● Child writes/types their news as well as news happening outside the world.</li><li>● You can create your own little newsroom on the kitchen table or you can use Green Screen apps on an iPad and record your child reading their news.</li><li>● You can upload the video to Google Classroom or send it to loved ones to keep in touch.</li></ul>

## LÉIGH LEABHAR LE TUISTE / READ A BOOK WITH A PARENT

Snuggle up on the couch and spend ten minutes reading for no other reason than the joy of reading a book. Of course, there are loads of benefits to reading every day but what a nice time to drop everything for a short time.

## CRANN TEAGHLAIGH/ FAMILY TREE

Make your family tree with your child. You can do this digitally or by hand and you can go back as far as you want!

## TIONSCNAIMH EILE/ BIGGER PROJECTS

These instructions are for these projects:

- The History of my Family      An extension of the Family Tree Project - tell us about your family
- Peace      What does peace mean to you? How will we get there?
- Who is your favourite artist?      Tell us something about your favourite artist - A singer? A painter? A poet?
- My Holiday      Tell us about your last holiday

*Here are some ways you can produce it for your teacher*

1. Write it!      Make your project on paper and bring it to school. (No bigger than A3 please!)
2. Type it!      Using Google Docs, make your project adding text, images and maybe video
3. Build it!      Using whatever materials you want, build and make your project
4. Present it!      Make a Google Slideshow about your project
5. Make a Book!      Use Book Creator on an iPad or Chromebook to make a book about your project
6. Video it!      Grab a phone and hit record then send it via Classroom to your teacher
7. FlipGrid it!      Your teacher might have set up a question on Flipgrid. Log in with the code he/she gives you.
8. Your way!      Present your project in whatever way you want - whether it's a virtual tour or even a podcast, do what you like!

You can do this project in Irish or English.

## SCÉITSE IN AGHAIDH AN LAE / A SKETCH A DAY

If you have a copybook or sketchpad, this would be useful but you don't really need anything except paper and a pencil. Your job is to create one sketch a day for the duration of the project. The only catch is you have to pick a theme. Choose from:

- Healthy Foods
- Happy Things
- Things that need batteries
- Famous People
- Objects that are usually red

## UIRLIS CHEOIL / LEARN A MUSICAL INSTRUMENT

Do you have a musical instrument at home? If not, it's not too expensive to get yourself a tin whistle, recorder or even a ukulele. It's never been easier to learn with loads of apps and websites to bring you along the way.

Tin Whistle: <https://www.youtube.com/watch?v=kdUH1QZvEm8>

Piano / Keyboard: <https://www.youtube.com/playlist?list=PLJOfTzSYW-9q2WSmGH1CNjmP3--2qaXN5>

Ukulele: <https://www.youtube.com/watch?v=5bTE5fbxDsc>

## SEÓ PUIPÉID / PUPPET SHOW

Making a puppet show can be a fun way to spend some time and there's lots of different ways to do it now.

1. Make a sock puppet - [https://www.youtube.com/watch?v=e-mfUBQE3\\_s](https://www.youtube.com/watch?v=e-mfUBQE3_s)
2. Make finger puppets - [https://www.youtube.com/watch?v=6eq370x\\_lvo](https://www.youtube.com/watch?v=6eq370x_lvo)
3. Make an online Puppet Show - Puppet Pals App

The main thing is to write the scripts and record them! If you have a puppet show stage, great; if not, use a table to hide underneath!

IXL

Log in to your IXL account and play for 5-10 minutes. <https://www.IXL.com>

## PATRÚIN CÚLÁILTE / COOL PATTERNS

Patterns are everywhere - some of them simple like the sequence of a traffic light and some of them are really difficult like the swirls on a snail's shell. Your job is to make a pattern using any medium you want. You could knit a scarf in 2 different colours or you could build a tower using Lego with different patterned levels. You could even write a long sequence of numbers that follow a pattern. Be inventive and try and think of something someone else might not do. Upload your results to your Classroom or show it to your teacher.