



Hello Everyone,

We hope you are all keeping well and are making the most of the time at home and the lovely weather. We have almost finished with our school year, well done on your amazing effort during these strange times. We here in school are so so proud of all of you!

Even though we cannot celebrate our Active Week or Sports Day together this year we can allow our family to compete with us instead and have lots of fun.

So... Pens and books down, balls, skipping ropes and fun up!

This week we are asking you to take part in our Virtual Sports Week. As part of Virtual Sports Week we are asking you to complete 60 minutes of physical activity each day. This can be in any form you like-walking, running, cycling, on the scooter, trampoline etc. You can tick the box each day on your Score Card when you have finished

We are also asking everyone to participate in the Virtual Sports Week activities in their garden with home equipment. All the activities are on the school website under the Virtual Sports Week heading. You can even see some teachers trying them out too. We have a Score Card for you to fill in and you can email this back when the week is over. One day this week we encourage you to set up an obstacle course in your garden for the whole family to complete-the more creative the better!

Parents are welcome to return the completed Score Cards to their teacher by email or on Seesaw. Please send photos or videos of your Virtual Sports Week to alison.murphy@scoilbhrident.ie and we can put them on the school website. Please keep videos to between 10-15 seconds.

Keep an eye on the website as you may see a few Sports Stars sending you messages.

We really appreciate your involvement in our Virtual Sports Week this year and hope you enjoy it!

Keep Moving, Keep Active, Have Fun!