

CHILL
CHANNIGH

CEATHARLACH



CHALLENGE 5



NUTRITION



MATCH CROSS BORDER

HAVE A MATCH IN THE
YARD WITH SCHOOL TEAM
OR FRIENDS



CHALLENGE 6



CHALLENGE 4 CROSS BORDER



LEVEL 2

CROSSING THE BORDER

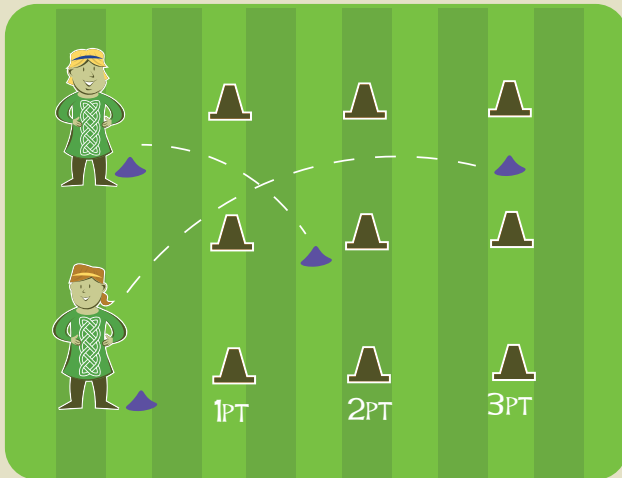
TO CROSS THE BORDER YOU NEED TO
COMPLETE A MATCH CHALLENGE. GOOD LUCK!



LEVEL 2

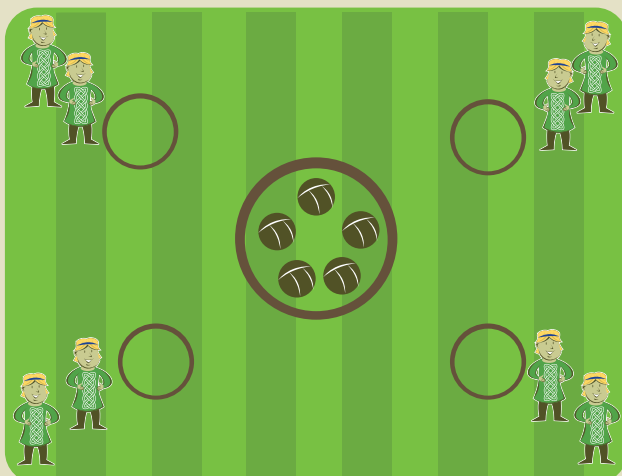


MATCH SCENARIO
IN THIS LEVEL



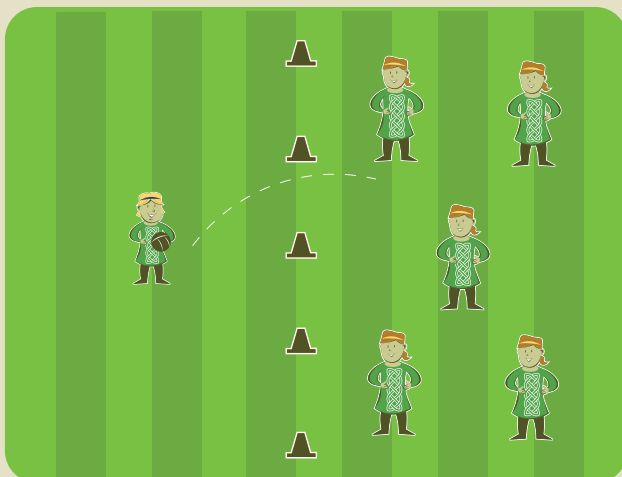
CHALLENGE 4 BEAN BAG FLICK

Each child places a beanbag on their foot and has to kick the bean bag into the scoring zone. Use both feet.



CHALLENGE 5 ROB THE NEST

Place 5 hoops on the ground. 4 hoops on the outside 1 hoop in the middle. In the middle hoop place 5 balls. There will be 4 teams of 2. Each team of 2 go behind each hoop on the outside. One player sits on the ground as a coach and the other has to try and get 3 balls into their hoop before the other team gets 3 in theirs. You are only allowed to get one ball at a time from the middle hoop. When all the balls are gone from the middle hoop then you can start stealing from the other teams' hoops (remember only one at a time). Whoever gets three balls in their hoop is the winner. Then switch to other partner for their go. If you find they are taking a long time to get 3 add in another 1 or 2 balls to the middle hoop.



CHALLENGE 6 DRAGONS DEN

One child is picked as the dragon. He/She goes into one of the boxes. The Dragon must throw the ball over into the other box if one of the children catch the ball they stay where they are. But if they drop it they must Join the Dragon. Only the drago can throw on the dragons side when the catcher catches the ball they can throw the ball back to the other side to try get their team mate back. Last person left in the box is the winner.



To keep yourself full of energy for your challenges you need to eat the right things. Find one fruit and one vegetable you like (try loads to start) and eat it each day.

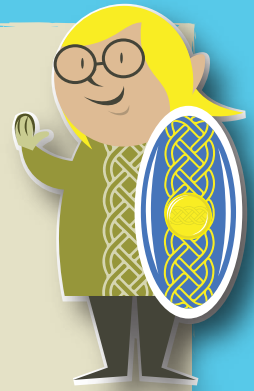
LEVEL 2

LEARNING ACTIVITIES



FIONN THE LEADER

Do you think a good leader is someone who is really bossy or really kind?



NINA THE WARRIOR

You are lucky to be getting a new hurley and you have a choice of a hurley made from wood or plastic? Which choice is best for the environment and why?

MICHAEL THE MESSENGER

A messenger in the olden days would have to travel great distances and be fit to deliver messages. How could a messenger get fit and Keep fit?



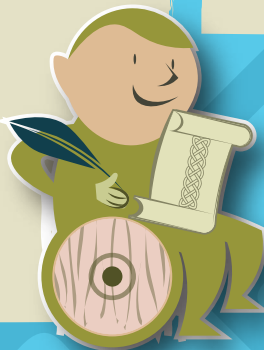
SINEAD THE MAKER

Castles are a big part of our history. One of the most famous is in Kilkenny City. Have a go at making your own castle from things you have at home like Lego, old boxes, toilet roll holders. Name your castle when you have it built.



COLM THE SCHOLAR

Evidence shows that human occupation in the Carlow county area extends back thousands of years. The most notable and dramatic prehistoric site is the Browneshill Dolmen – a megalithic portal tomb just outside Carlow town. The tomb was built between 4000 and 3000 BC. It is distinguished for the flanking of its burial chamber with two large upright stones (orthostats) supporting the granite capstone (roof) of the chamber.



TOBI THE NAVIGATOR

Name the five counties that boarder Kilkenny.

Hint: Two are in the province of Munster.

