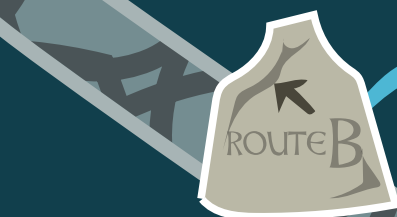


# LEVEL 3

## STEPPING UP

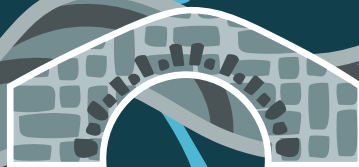
THERE ARE THREE BORDERS TO CROSS ON THIS LEVEL OF YOUR JOURNEY



### MATCH CROSS BORDER

HAVE A MATCH IN THE  
YARD WITH SCHOOL TEAM  
OR FRIENDS

AFTER GAME CHOOSE  
EITHER ROUTE  
A OR B



### CHALLENGE 9



### CHALLENGE 8

WELL



HYDRATE

LAOIS

CILL DARA



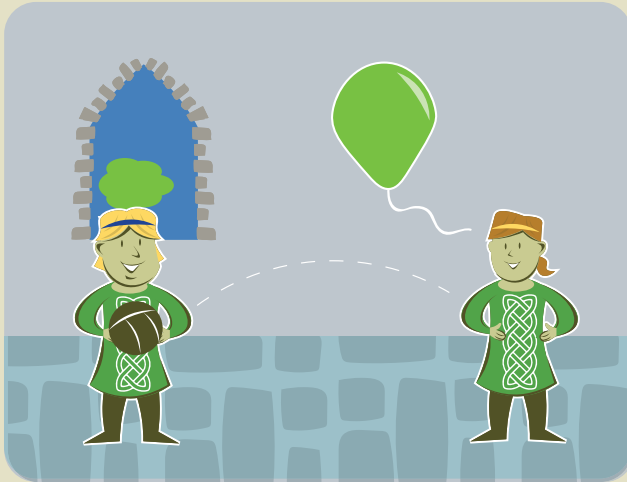
### CHALLENGE 7 CROSS BORDER



# LEVEL 3

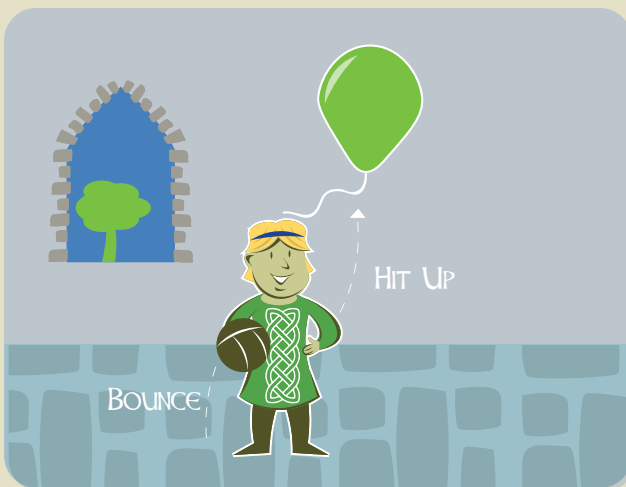


MATCH SCENARIO  
IN THIS LEVEL



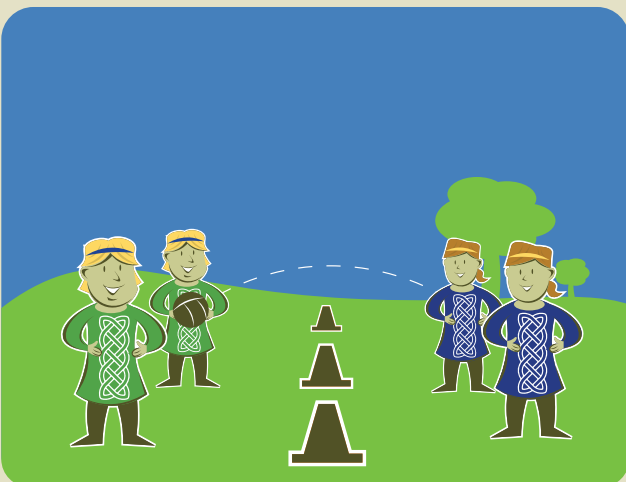
## CHALLENGE 7 KEEP IT UP

Children in pairs. One with balloon one with ball. The person with the balloon starts by hitting the balloon in the air while the child with the ball throws the ball to the other child. Child then runs around and hits the balloon upwards then receives a throw see how long you can keep the balloon up.



## CHALLENGE 8 BALLOON BALL

Each child has a ball and a balloon they have to hit the balloon up in the air and then bounce the small ball and keep the balloon in the air



## CHALLENGE 9 HAND TENNIS

Make out a box with cones up the middle. 2 teams with two children in each team. With their hand (Tennis Racket) they must try and palm the ball over to the other side of the court. The ball can only bounce once. If the ball goes outside the box or bounces twice the other team gets the point. First to 10 wins.



Make milk part of your drink each day. It's full of lots of nutrients to help keep us concentrated during games. Raise two cups every day to be a champion

# LEVEL 3

## LEARNING ACTIVITIES

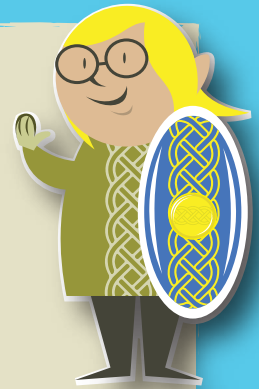


### FIONN THE LEADER

A leader does things for themselves, like packs their own school bag or makes their own school lunch. What do you do that shows you are a leader?

### NINA THE WARRIOR

How can you help the environment?



### MICHAEL THE MESSENGER

Messengers have to stand up in front of big crowds of people of all backgrounds and ages to deliver their messages. If you were the messenger, what would you do to get everyone's attention so that you could deliver your important message?



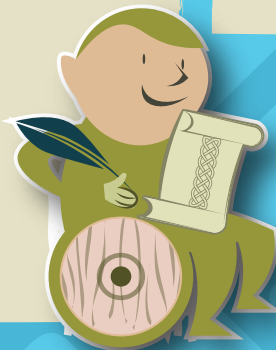
### SINEAD THE MAKER

Painting is a great way of using our hands to create. Find a picture of your own county's GAA crest and draw it on a page. Have a go at using the different colours needed to paint it and stick it up on your bedroom wall at home.



### COLM THE SCHOLAR

The first people in Laois were bands of hunters and gatherers who passed through the county about 8,500 years ago. They hunted in the forests that covered Laois and fished in its rivers, gathering nuts and berries to supplement their diets. Next came Ireland's first farmers. These people of the Neolithic period (4000 to 2500 BC) cleared forests and planted crops. Their burial mounds remain in Clonaslee and Cuffsborough.



### TOBI THE NAVIGATOR

Name the county town of Kildare.

