

LEVEL 5

WESTMEATH & MEATH

AN MHI

CHALLENGE 13



IAR MHI



NUTRITION

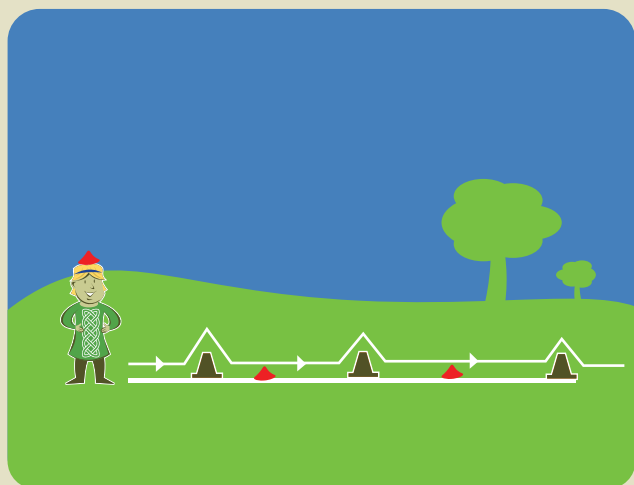


CHALLENGE 14



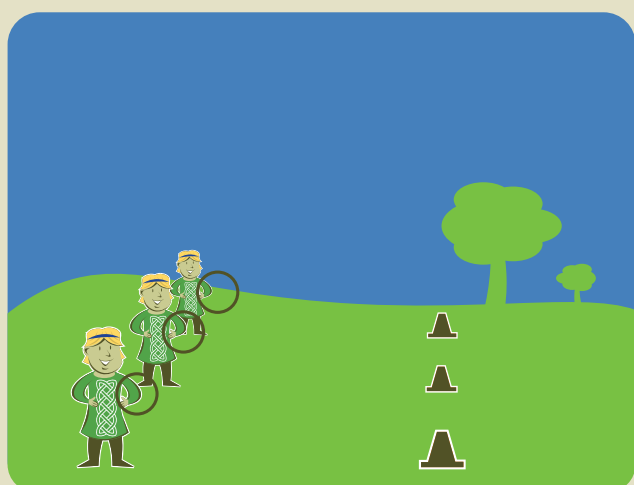
CHALLENGE 15
CROSS BORDER

LEVEL 5



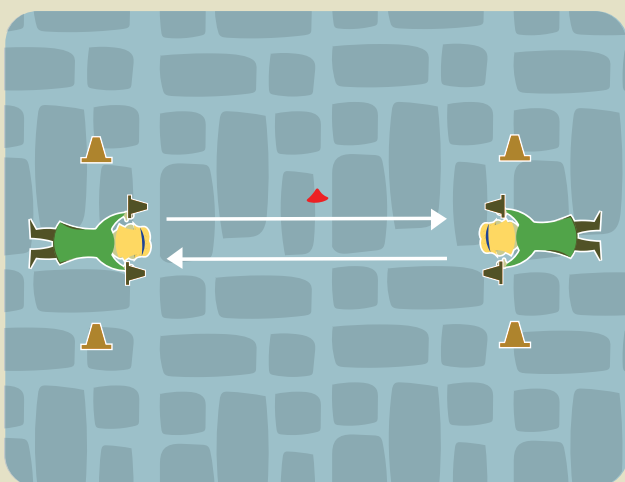
CHALLENGE 13 TIGHT ROPE CHALLENGE

Each child with a Beanbag on their head. Child must keep the beanbag on their head while going over the skipping rope, foot must not come off the skipping rope continue over tall cones and bending down to touch the beanbag/ cones each time do a different variation (eg. Backwards Jumping/Skipping)



CHALLENGE 14 LASSO THE HORSE

Each child Behind a cone with a hoop. They must throw the hoop and try land it on the tall cone each score = 2pts Progression = Each time you move the cone futher away each movement gives you higher points



CHALLENGE 15 AIR HOCKEY

Air hockey game is to be played indoors. Each child goes between a goal on the floor. Child has a cone in each hand. They must try and slide the beanbag into the other childs goals by hitting the beanbag with the cones in their hands. You get a point for each goal you get.



Before we begin our journey each day we need to pack our tummies. Breakfast is very important. Try a bowl of cereal with milk, some fruit and bread to give yourself a great start.

LEVEL 5

LEARNING ACTIVITIES

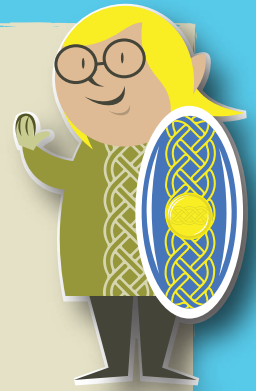


FIONN THE LEADER

Who do you think is a really good leader in Ireland?

NINA THE WARRIOR

A hurley is traditionally made from what tree? Why is this tree such a good one to make hurleys from?



MICHAEL THE MESSENGER

Sending messages today and in olden times are definitely different. What would be the different methods of travel when sending a message now than sending a message in olden times?



SINEAD THE MAKER

Our hands can also help us communicate with our friends. Simple Sign language is a skill that we can learn. Find out how to say the words 'fun, game, friend and everybody' in sign language.



COLM THE SCHOLAR

The 'Royal County' of Meath, one of the largest counties in Ireland, also has an exceedingly rich history. Meath was home to the ancient High Kings of Ireland. According to Navan History, it is in Meath that some of the earliest traces of pre-historic man in Ireland were found – flints of a hunter from the Mesolithic era uncovered near Randlestown, near Meath's county town of Navan, from 9,500 BC.



TOBI THE NAVIGATOR

A famous prehistoric monument is located in Meath. It's older than the Egyptian Pyramids. Do you know its name? Maybe find out more about this special place.

