

Obair Bhaile – Luan Lúthchleasaíochta



Luan 20ú Bealtaine

- 1. Siúl ar feadh 20 nóiméad. Is féidir seo a dhéanamh le chéile mar chlann, leis an madra, ag dul ar scoil nó ag dul chuig na siopaí.**
Walk for 20 minutes. This can be done to or from school, to the park, or to the shops. It is recommended that people do 10,000 steps per day.
- 2. Rith ar feadh 2 nóiméad gan stopadh.**
2 minutes of moderate running without stopping.
- 3. Planc a dhéanamh ar feadh 30 soicind.**
The plank is a yoga exercise maintaining your body in the pushup position for a set amount of time. It develops core strength.

Luan 27ú Bealtaine

- 1. Siúl ar feadh 5 nóiméad agus ansin rith ar feadh 2:30 nóiméad gan stopadh**
- 2. Cluiche liathróide ar bith, mar shampla; peil, cispheil, liathróid lámha, eitpheil**
Any ball game that involves kicking or throwing. For younger children, they can play volleyball with a soft ball or balloon. Older children can play basketball or football, developing hand-eye co-ordination and raising the heartrate.
- 3. Planc a dhéanamh ar feadh 40 soicind.**

Luan 10ú Meitheamh



- 1. Siúl ar feadh 20 nóiméad**
- 2. Rith ar feadh 3 nóiméad gan stad. Is féidir é seo a dhéanamh i bhfoirm cluiche gafa.**
Running for 3 minutes will be more fun if it's a game of 'catch'.
- 3. Planc 50 soicind**

Luan 17ú Meitheamh

- 1. Siúl ar feadh 5 nóiméad, ansin rith ar feadh 2 nóiméad, siúl ar feadh 5 nóiméad, rith arís ar feadh 2 nóiméad, siúl arís ar feadh 5 nóiméad, agus críochnaigh le 1 nóiméad ag rith go tapa.**
A session like this will raise the heartrate on three separate occasions. Over time, the recovery time for the heart to return to resting levels will get shorter. Ideally, the pulse should be over 150 bpm for a moderate-intense workout.
- 2. Planc 60 soicind**

Luan 24ú Meitheamh

- 1. Siúl ar feadh 5 nóiméad roimh rith ar feadh 4 nóiméad gan stad.**
Over the course of time, it will become easier for the children to reach their goal of running for the number of minutes that corresponds to their age. This provides a good challenge for parents too, or even grandparents who may wish to run a 10k or a marathon!
- 2. Roghnaigh do ghníomh féin. D'fhéadfá dul chuig an trá, an pháirc spraoi, siúl ar chosán na Bóinne chuig Oldbridge, nó aon rud mar sin.**
Drogheda has many opportunities for physical activities, proximity to the beach, playparks, a walk along the Boyne Ramparts to Oldbridge with scenic walking trails. Any of these activities will be an active and enjoyable excursion for all.