

KEEP ACTIVE

WITH CARLOW SPORTS PARTNERSHIP





*Stay Active,
stay Safe*



County Carlow
Local Sports Partnership
— SPORT IRELAND —



SPORT IRELAND
LOCAL SPORTS PARTNERSHIPS

WELCOME

Welcome to Carlow Sports Partnership's 'Keep Active At Home' Resource.

This booklet was compiled by the Carlow Sports Partnership team in conjunction with partner organisations including Cork Sports Partnership to support you to keep active at home.

For ease of navigation, we have divided the booklet into 6 sections, each designed to appeal to different ages and abilities, all of which contain a variety of suitable activities and resources.

SECTIONS:

FAMILY PLAY - Games & Activities

OLDER ADULTS - Exercise & Activities

CHILDREN & YOUTH - Sports Skills & Challenges

ADULTS & YOUTH - Exercise & Home Workouts

PEOPLE WITH DISABILITIES - Inclusive & Adaptive Activities

EVERYONE - Health & Wellbeing Tips

Each activity included is linked to a more comprehensive resource, such as a website, video, or PDF accessible via the [Click Here](#) text buttons.

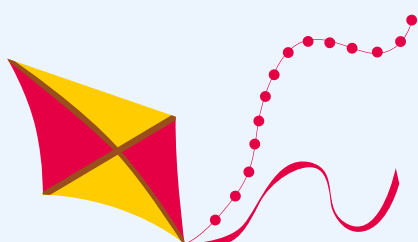
Alternatively, if you are viewing this document offline, you can access this booklet and accompanying resources by visiting www.carlowsports.ie and www.carlowcoco.ie

As this is an interactive resource, links may expire from time to time. We would very much appreciate if you would take the time to report any issues with accessing content or feedback on the resource so we can keep it as up to date as possible.

If you have found the information in this booklet useful, we would love to hear from you too.

[Click here](#) to contact the team via email carlowsportspartnership@carlowcoco.ie

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FAMILY PLAY

Games & Activities



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OLD SCHOOL GAMES AND ACTIVITIES

Becoming more active doesn't have to mean organised sports, it can be any outdoor activities like Hopscotch or Kerbs, or if the weather keeps you indoors, Blind Man's Bluff or Simon Says.

For all the mums and dads, aunts and uncles, granny's and grandad's reading this, introducing children to games that you played when you were their age is a great way for everyone to get moving and active. Great fun for all and a trip down memory lane!

Here are some ideas from Safefood EU to get you started:

Hopscotch	Click here
Kerbs	Click here
Simon Says	Click here
Blind Man's Bluff	Click here
Duck Duck Goose	Click here
Kick the Can	Click here
All in Together	Click here
Piggy in the Middle	Click here
Rounders	Click here
Tag	Click here
Wall Ball	Click here
What Time is it Mister Wolf	Click here
Traffic Lights	Click here
Follow the Leader	Click here



Even better yet, let the **'Wheel of Destiny'** decide what activity you do today. See link below to spin the wheel and it will add to the fun of choosing your game.

Safefood EU Interactive Games Spinning Wheel

[Click here](#)

COLOURING

Via these resources, you can access Free Sports themed colouring sheets:

Crayola Colouring Sheets	Click here
Colouring.WS Colouring Sheets	Click here
Super Colouring Sports Sheets	Click here

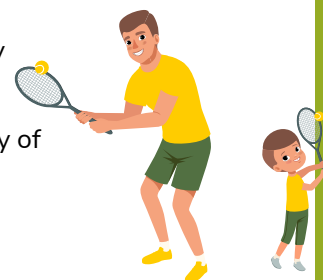


ACTIVE PLAYGROUNDS

Active Playgrounds was developed by Get Ireland Active to increase play and physical activity during school break times. Many of these games are easily adapted for play at home too.

You can simplify or progress the games depending on the age and ability of the children. Many of the games can be adapted for indoor play, using similar equipment and music.

Download the Active Playground Games PDF by clicking [here](#)



HOME ARTS & CRAFTS IDEAS

Arts and Crafts are especially wonderful when the weather doesn't allow for outdoor play or on those tired days when the energy levels are lower.

Here are some fun, step by step guides to your own Arts & Crafts at home:

Watch this video and learn how to Create a Kite

[Click here](#)

Make your own Tetris, Bingo, Fairy Door Crafts and other wonderful crafts

[Click here](#)

How about some really fun Glow in the Dark Bowling?

[Click here](#)

Lawn Twister

[Click here](#)



VIRTUAL RUN AROUND IRELAND

The Active Schools "Run Around Ireland" Challenge can be adapted to your home environment. Instead of running a lap of your school, run around your house, your estate or your neighbourhood a number of times and track your progress. Get all the family out and see who will be the first to run around the island of Ireland.

Run Around Ireland Map

[Click here](#)

Run Around Ireland Checklist of sights and scenery for your run

[Click here](#)

For other Active School's information see www.activeschoolflag.ie



FAMILY PLAY *Games & Activities*

GARDEN TREASURE HUNT

Treasure hunts have long been a staple weekend or school holiday activity for kids of all ages – challenging their problem-solving and teamwork skills. But rather than copying a boring old treasure hunt, Capital Gardens has compiled a set of tips to help you create an exciting hunt for your family.

Here's the step-by-step guide to creating an incredible back garden treasure hunt.

Capital Garden's How to Create a Treasure Trail: [Click here](#)

Alternatively, you could try another version of 'How to Set Up a Treasure Hunt' by Youth Sports Trust UK is outlined in the video below.

How to Set Up A Treasure hunt - Video Guide: [Click here](#)



LEGO GAMES

The official LEGO® YouTube channel hopes to inspire and develop the builders of tomorrow, so there's lots of awesome videos here for families to enjoy together, from exclusive webisodes to stop motion animations!

Lego YouTube Channel: [Click here](#)



COSMIC YOGA

Cosmic Yoga has a number of child friendly interactive yoga sessions known to be a great recreational activity that offers opportunity to self regulate promoting positive behaviour.

See below yoga based activities we have collated for your children to take part in at home.

Dinosaur Disco Yoga Session Video: [Click here](#)

Underwater Party Yoga Session Video: [Click here](#)

Skeleton Dance Yoga Session Video: [Click here](#)

Cosmic Kids have a wonderful range of ideas and activities on their website www.cosmickids.com



FUN RESOURCES & GAMES

The Professional Development Service for Teachers (PDST) has developed a number of resources to support play in a playground or school setting which can be easily adapted for use in the home with easy to follow how to set up descriptions for each game.

Playground Games:

Without Equipment (Beans, Laughing Tag, Follow the Leader)
Traditional Games (Duck Duck Goose, Simon Says etc.)

The PDST Playground games PDF can be downloaded here: [Click here](#)



Move Well Move Often:

Practice your fundamental movements skills such as jumping, skipping, hopping, dodging, landing, balancing, throwing, catching, kicking, striking, walking or running. Follow the buttons on the side of linked PDST page for video descriptions.

PDST Move Well Move Often: [Click here](#)

INDOOR ACTIVITIES

The website, What Moms Love, has put together an amazing collection of 87 creative indoor activities and games for all the family to enjoy including tape & balloon based games.

Indoor Games & Activities for Kids: [Click here](#)



EXERCISE & DANCE

The wonderful people at This Girl Can are all about celebrating getting active in a fun and sociable way. Here are some of the activities they have developed.

Disney Dance Along Video: [Click here](#)

Exercise with your Child Suggestions and Activities: [Click here](#)

Exercising with your Baby ideas: [Click here](#)

For more information & ideas: [Click here](#)



FAMILY PLAY *Games & Activities*

FUN SCHOOL GAMES

School Games is a resource developed by Youth Sport Trust in the UK. They are aimed at increasing enjoyment, motivation and adherence in child involvement and learning. They can be simplified or progressed depending on the age and ability of the children and easily adapted to your home environment.

Here are the video links for some great games to get you started:

Tiddly Winks [Click here](#)

Spot, Bucket, Hoop [Click here](#)

Scavenger Hunt [Click here](#)

Opposites Attract [Click here](#)

Find a Goal [Click here](#)

Clear the Area [Click here](#)

Keepie Uppie [Click here](#)

Keep your Tail [Click here](#)

Line Lunge [Click here](#)

Target Challenge [Click here](#)

Rebound [Click here](#)

Reaction Challenge [Click here](#)

Power Jump Challenge [Click here](#)

Catching Challenge [Click here](#)



For more information on Youth Sport Trust UK and their additional resources: [Click here](#)

ZERO TO THREE

During the first three years of life, emotionally nourishing relationships lay the foundation for lifelong health and well-being.

Zero to Three have some great resources to support families with young children:

At-Home Activity Guide: [Click here](#)

A Year of Play: [Click here](#)

Play With Me: [Click here](#)



PROJECT SPRAOI

Project Spraoi is an initiative coordinated by Cork Institute of Technology that aims to increase physical activity, improve dietary intake and positively influence the overall health of Irish children. The team at Project Spraoi have created a range of resources, including the PDFs below that are easy to download and easy to follow. Enjoy!

Quick Easy Huff & Puff Games [Click here](#)

Great Outdoor Games [Click here](#)

Small Ball Skills for Families [Click here](#)

Breakfast Tips Sheet [Click here](#)

Drinks Tip Sheet [Click here](#)

For more information on Project Spraoi see:
<https://projectspraoi.cit.ie/>



WATER, ROAD & FARM SAFETY

We are delighted to share with you educational and informative safety resources developed by Cork County Council to help educate children on the importance of safety measures on the road, in the water or on the farm. Resources range from interactive games, to quizzes, videos & much more.

Check out the following fun resources below:

Road Safety Education & Games: [Click here](#)

Water Safety Education & Games: [Click here](#)

Farm Safety Education & Games: [Click here](#)



HEALTHY KIDZ GLOBAL CHALLENGE

Healthy Kidz champion physical activity in schools and recently launched their Global Challenge to support parents with a programme of activities and resources.

The Healthy Kidz Global Challenge calls on families to increase their levels of activity through physical and fun challenges with an opportunity of winning weekly prizes.

Each week a new set of challenges, tutorials, tips, and advice will be posted on the Healthy Kidz Social Channels

For more information visit: [Click here](#)



FAMILY PLAY *Games & Activities*



OLDER ADULT

Exercise & Home Workouts

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OLDER ADULT *Exercise & Home Workouts*

GO FOR LIFE ACTIVITIES

Age & Opportunity Active is a programme designed to get people aged 50-100+ more active and participating in recreational sport and physical activity.

A number of '**Movement Minute Sessions**' have been created for people to stay active at home as we adapt to the current environment.

Click on any of these fantastic YouTube sessions below to get involved:

Session 1 (Seated): [Click here](#)

Session 2 (Standing): [Click here](#)

Session 3 (Seated): [Click here](#)

Session 4 (Standing): [Click here](#)

Session 5 (Seated & Standing): [Click here](#)

FREE Activity DVD - A limited number of DVD's with 6 easy to follow activity sessions are available from Age & Opportunity.

For anyone that would like to receive a copy please contact 01 805 7733 or email gfl@ageandopportunity.ie



HSE COMMUNITY PHYSIOTHERAPY - 8 SIMPLE EXERCISES TO DO AT HOME

These 8 simple exercises are brought to you by HSE physiotherapists and can be done at home with minimal equipment to keep you active during the Covid-19 isolation phase.

8 Simple Exercises Worksheet & Checklist Can be Downloaded here: [Click here](#)

Using this wonderful resource, you can complete the exercises twice daily (AM & PM) and keep track of your progress by completing the card on front of the download over 4 weeks.



HSE EASY CHAIR EXERCISES

The HSE Easy Exercises Programme is a chair based programme for older adults that encourages inactive people to develop healthy activity habits through a series of low- intensity exercises.

Participating in these exercises will help individuals with limited movement to carry out the everyday activities that are essential to living as independently as possible.

To download your easy to follow guide: [Click here](#)



DAILY EXERCISES WITH SIEL BLEU

Siel Bleu Ireland is a social enterprise delivering life enhancing exercise programmes to older adults and patient groups. Their expert physical trainers adapt their group programmes based on the needs and abilities of each participant. Their group programmes are available in nursing homes, in the community, for patient groups and their one to one programmes are available for private home and nursing homes.

The Siel Bleu team have scheduled a timetable of classes that stream live every day on Facebook & YouTube at 11 am and 2 pm.

A special feature of the online classes is **Siel Bleu's Daily Exercise Challenge**.

To watch the classes on YouTube: [Click here](#)

To check out Siel Bleu's Facebook page: [Click here](#)



HOME CHAIR GYM

For those looking for a chair-based exercise class, Siel Bleu has organised a variety of classes to suit all abilities and keep you active. Whether working out at home or in a Nursing Home, these classes have something to suit everyone.

Chair Gym Class 1: [Click here](#)

Chair Gym Class 2: [Click here](#)

Chair Gym Class 3: [Click here](#)

Chair Gym Class 4: [Click here](#)

These are regularly updated on Siel Bleu's YouTube account: [Click here](#)



WALKING

Walking may be one of the easiest and most effective forms of exercise for older adults. Whatever your level of mobility, it's a great way to get active, at your own pace. Start slowly & work towards 10,000 steps a day.

Here are some tips to get you walking & stepping more at home:

- Waiting for the kettle to boil.
- On the phone.
- During ad breaks on TV.
- Doing the laundry or cleaning around the house.

Why not Participate in the Get Ireland Walking 21 Walk Challenge?

For more information download the PDF here: [Click here](#)



OLDER ADULT *Exercise & Home Workouts*

KEEPING ACTIVE INFORMATION FROM THE HSE

This section of the HSE website provides older adults with information about the importance of staying physically active.

Keeping Active Information: [Click here](#)



ACTIVATOR POLES

Activator Poles also known as Urban Poling is an adaptation of Nordic Walking and has been developed by Canadian therapists to promote balance and improve mobility.

Activator Poles Videos:

How To Set Up Your Activator Poles: [Click here](#)

How To Use Activator Poles: [Click here](#)

How To Nordic Walk With Activator Poles: [Click here](#)



GET IRELAND ACTIVE

Get Ireland Active was designed to help people on their journey to become more physically active.

Their website provides you with user-friendly advice and help in getting active no matter what age you are or your level of fitness.

Website www.getirelandactive.ie



@getirelandactive



@getirelandactiv



CHILDREN & YOUTH

Sports Skills & Challenges

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ORIENTEERING

Orienteering is a great way to get out and explore while enjoying the outdoors. Please adhere to current HSE guidelines around social distancing.

We have compiled a number of resources from the Irish Orienteering Association to help get you started including maps, kits, games, courses & activities.

Irish Orienteering Association: [Click here](#)

Orienteering SUDOKU-O: [Click here](#)

Counting Cones Games: [Click here](#)

Treasure Island Game: [Click here](#)

Moving Objects Game: [Click here](#)

Map a Room Game: [Click here](#)

Match The Map Game: [Click here](#)

Learn The Skills Needed To Orienteer Via Video: [Click here](#)

Resource Kits & Games for Junior Budding Orienteers: [Click here](#)



GOLF

We were delighted to see Golf clubs across Ireland reopen on May 18th as part of the Government's coronavirus exit plan with members asked to adhere to the Government's restrictions around travel distances in line with each of the phased stages.

For those of you who want to continue your golf from home, the Confederation of Golf Ireland has developed several CGI 'Golf at Home' Challenges for all the family to take part in:

Indoor Golf Activities (Juniors): [Click here](#)

Golf Definitions Word Search: [Click here](#)



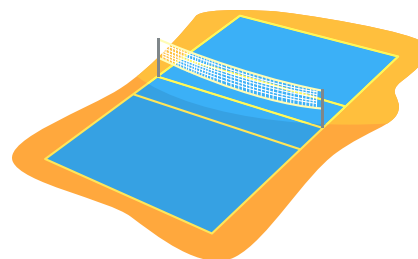
VOLLEYBALL

Volleyball Ireland has put together some useful links & resources that will keep you engaged and active through volleyball activities at home and range from volleyball skill development, physical fitness & nutrition.

Coaching Resources: [Click here](#)

Check Out & Take Part in Volleyball Ireland's Skills Challenge on Facebook: [Click here](#)

Sitting Volleyball For All The Family: [Click here](#)



CYCLING

Whether you are looking to learn to cycle, hone your off-road skills, take part in a virtual indoor league or improve other cycling skills during this time, there are plenty of really fun cycling options for the whole family to choose from. Including those from our friends in Cycling Ireland:

Cycling Ireland Resources:

Coaches Corner: [Click here](#)

Cycle Right Resources for Parents: [Click here](#)

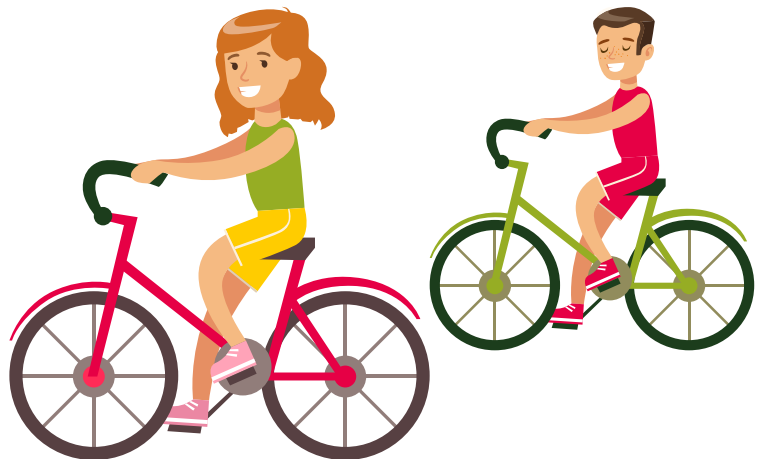
Cycling Ireland Indoor Zwift League: [Click here](#)

Off Roads Skills Videos: [Click here](#)

Cycle Right Resource Videos: [Click here](#)

For those of you yet to master the art of cycling, we have also teamed up with Wild Atlantic Sports to bring you an online Step by Step video guide to teach your child to cycle a bike at their own pace.

- Video 1: Introduction to the programme
- Video 2: Bike Set Up
- Video 3: Helmet Set Up
- Video 4: Striding
- Video 5: Gliding
- Video 6: Braking
- Video 7: Pedalling



For More Information: [Click here](#)

SOCCER

The Schools Football Association of Ireland (SFAI) has put together a number of soccer activities and resources in conjunction with Jen Murphy Sketches and extratime.ie to help you improve your soccer skills at home.

SFAI 12 Day Skills Challenge: [Click here](#)

Past SFAI Soccer Matches And Much More: [Click here](#)

FAI Girls In Green Colouring Book: [Click here](#)



CHILDREN & YOUTH *Sports Skills & Challenges*

BASKETBALL

Basketball Ireland has developed several coaching resources, activities, challenges, and interactive videos to help you keep fit & healthy at home.

Resources range from a weekly Basketball skills challenge to quiz nights, and for those looking to improve their coaching knowledge a series of coaching podcasts. For a great range of videos to suit all ages and levels of basketball expertise, check out the following:

Basketball Ireland YouTube Channel: [Click here](#)

Basketball Skills Challenge: [Click here](#)

Coaching Podcasts: [Click here](#)

Green Shoots Programme and Nutrition Guide: [Click here](#)



ATHLETICS

Athletics is a great way to keep active at home and provides a variety of different easy to set up activities for all the family to enjoy.

We have compiled a variety of options from Athletics Ireland with something suitable for all members of the family.

Home Circuit: [Click here](#)

Long Jump Challenge: [Click here](#)

No Hurdles? No Problem: [Click here](#)

Medicine Ball Workout: [Click here](#)

Mobility Programme: [Click here](#)

1mile, 2km and 5km Virtual Run Challenge: [Click here](#)

Shuttle Run: [Click here](#)

Target Throw: [Click here](#)

Home Daily Mile For Primary School Children: [Click here](#)

Nutrition Tips: [Click here](#)



CAMOGIE

The Camogie Association has a vast array of fantastic games, skills and challenges for children and families to participate in.

Resources range from skill cards and challenges to coaching resources and word search puzzles.

Camogie Skill Cards: [Click here](#)

12 Day Skills Challenge: [Click here](#)

Hurl With Me Booklet: [Click here](#)

100 Strike Camogie Challenge: [Click here](#)

Camogie Cups Word Search: [Click here](#)

Camogie All-Stars Word Search: [Click here](#)

Player Retention Word Search: [Click here](#)

Coach Learning Resource: [Click here](#)



ROWING

Rowing Ireland has created a number of rowing workouts, challenges & tips to keep you active through indoor rowing at home.

The Olympics might be postponed until 2021 but you can still virtually row, walk, jog or cycle your way to Tokyo with the ROWKYO Challenge. Get your family involved and log your km's to virtually reach Towkyo!

Rowkyo Challenge: [Click here](#)

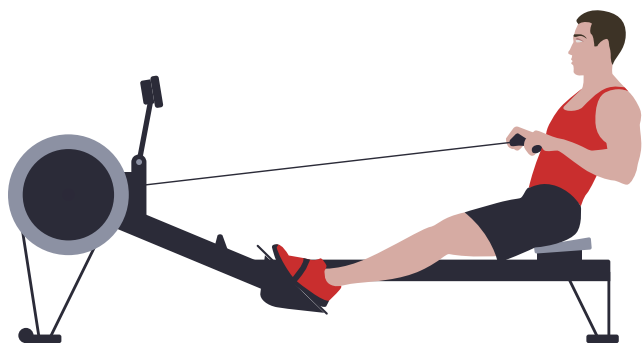
Daily Nutrition Tips: [Click here](#)

Home Workouts: [Click here](#)

For those with access to rowing machines:

Training Plans & Resources: [Click here](#)

World Erg Challenge: [Click here](#)



BADMINTON

Badminton is a great way for all the family to stay active together and Badminton Ireland's Teicnic Badminton skills-based programme is an ideal way to involve some physical activity in your day and to keep the family entertained!

Teicnic Badminton: [Click here](#)

High Performance Player Word Search: [Click here](#)

Shot Type Word Search: [Click here](#)



SCHOOL OF PARKRUN

School of Parkrun is here! Since Monday 30th March, parkrun have been setting daily parkrun-themed tasks for children of all ages and the whole family to try together.

All challenges can be completed around the house or in the garden and new daily challenges are set each morning which cover English, Science, Geography, Maths, Art.

For more information on the School of Parkrun: [Click here](#)



TUG OF WAR

The Irish Tug of War Association has put a fun and informative video & coaching resource on Tug of War related exercises for people of all ages and abilities to enjoy. The video includes how to adapt normal household items into fun training props – there is no stopping you now!

Tug of War at Home Video: [Click here](#)

Teacher/Parent/Coach Resources: [Click here](#)



CHILDREN & YOUTH *Sports Skills & Challenges*

GAA

The GAA is providing a daily learning programme to help parents, teachers and children learn from home. Junior infants to 6th class pupils will be catered for as this programme engages children in both physical and academic learning.

GAA Learning School Activities & Skill Challenges: [Click here](#)

GAA Handball Activities: [Click here](#)

GAA Now is now showing archive matches and highlights from down through the years across both Hurling and Football.

GAA Now Archive Game Footage: [Click here](#)



CRICKET

For those interested in all things Cricket, Cricket Ireland has put together a cricket colouring book to keep children occupied during COVID-19.

Cricket Ireland Colouring Book: [Click here](#)

In addition, Cricket Ireland, in partnership with the Provincial Unions, has created a series of videos called #DIYCricket that will be sure to challenge you and improve your game.

<https://www.cricketireland.ie/general/diycricket>



TENNIS

Tennis Clubs are slowly returning to action however there is plenty to do off the court to improve your physical fitness or technique, but there are also ways to improve your mental game during this down time.

Check out some of Tennis Ireland's online resources below:

Tennis Lesson Plans: [Click here](#)

Tennis Home Workouts & Exercises: [Click here](#)

Podcasts, E-Books, Coach Resources: [Click here](#)



LADIES GAELIC FOOTBALL

The Ladies Gaelic Football Association has a number of resources to help children stay active through Gaelic football. These range from LGFA Skills videos and coaching webinars to Skills Challenges with Cork Footballer Orla Farmer.

The LGFA is also running a series of Live Coaching Webinars in conjunction with the GAA and An Cumann Camogaíochta.

LGFA Skills Videos, Online Quizzes & Updates: [Click here](#)

Live Coaching Webinars & Development Sessions: [Click here](#)

LGFA Colouring Book: [Click here](#)



TABLE TENNIS

If you already love table tennis, or maybe you want to give it a try, check out some of the resources below of Table Tennis videos and links, including how to make your own Ping Pong Table at home & playing alone tips!

Most Outrageous Shots: [Click here](#)

Quiz Trivia: [Click here](#)

How To Make A Ping Pong Table At Home: [Click here](#)

Playing Alone Tips: [Click here](#)

Free Table Tennis Game Download: [Click here](#)



RUGBY

Leinster Rugby is a fantastic resource for all sorts of supports and videos for the future Leinster players in your house. With the option of training indoors or out, there are lots of options to help them improve their rugby skills as well as hand eye coordination.

These are designed to keep players active while learning key technical skills as well as having a little fun.

Leinster Rugby Kids Corner: [Click here](#)

Train From Home With Leinster Rugby: [Click here](#)

Leinster Rugby Coaching Corner: [Click here](#)



BOXING

Boxing is a fantastic way to get your heart pumping and your body moving and Irish Athletic Boxing Association has put together the following boxing workouts to help keep you and your family fighting fit at home.

Boxing From Home Workouts: [Click here](#)

Katie Taylor's Home Circuits: [Click here](#)



TRIATHLON

Triathlon Ireland has developed some fun and educational resources for families and home workouts for adults

Family Bike Skills: [Click here](#)

Word Search Games: [Click here](#)

Follow Triathlon Ireland on Facebook and Join in with their weekly sessions of pilates, strength, conditioning, cooking and much more:

<https://www.facebook.com/triathlonireland>

YouTube Turbo Kids Training From Tri Coach Bjorn: [Click here](#)



SWIMMING

Until we can safely return to our pools, Swim Ireland has put together a number of Swim For A Mile resources to keep people active at home while out of the pool.

Swim For A Mile Shoulder Stability Workout Video: [Click here](#)

Swim For A Mile Balance and Tone: [Click here](#)

Create a free account at www.swimforamile.com to receive SFAM weekly newsletters and follow Swim Ireland on Youtube for lots of wonderful new videos daily.

https://www.youtube.com/channel/UCR2PYmVY_xwbPV338q9mx8A



FOOTBALL ASSOCIATION OF IRELAND

FAI HOMESKILLS

As part of the FAI Home Skills programme, every weekday at 11am on the FAI Grassroots [Facebook](#), [Instagram](#) and [Twitter](#) pages, a new skill is introduced by our Ambassadors, current and former Republic of Ireland internationals, with a demonstration of the skill by our FAI Development Officers, and current Domestic and International players. Each day, we invite viewers to submit their own video of performing the skill for a chance to win a FAI Goodie Bag.

To participate, all you need is a ball and a small area of space.

The library of all 35 skills is available on YouTube: [Click here](#)

FAI GUIDE TO HEALTHY EATING

The FAI recently re-launched their Healthy Eating Guide in conjunction with SPAR to encourage parents and kids who are at home to eat healthy and learn some new dishes that are favourites of their Men's and Women's Senior International players. They have twenty recipes in total and they put up three new recipes each week, there are eleven up on the website to date.

All recipes can be found on the FAI Healthy Eating Guide: [Click here](#)

NO BARRIERS AT HOME

In February, the FAI launched the No Barriers programme, a joint initiative to promote UEFA EURO 2020 and teach children about players who have overcome barriers in their lives. There are twelve inspirational stories, one from each of the host cities of UEFA EURO 2020. All videos and resources are available in both English and Irish and will be of particular interest to children from 2nd – 6th as the programme is accessible for children at home and the FAI is encouraging them to upload their work, making it a fun way of keeping up with their Irish learning by listening to the videos.



For information on the 'No Barriers At Home' programme: [Click here](#)

For a link to the student resources page: [Click here](#)

WE WILL DRAW

The FAI have also created some fun colouring pages of current Republic of Ireland Senior Internationals for kids.

To download your colouring pages, [Click here](#)

There is no doubt that the footballer in your house will find these resources to be great fun, and with options for both indoor and outdoor activities they can focus on football whatever the weather.

Please tag **FAI Grassroots** and **FAI Schools** on social media if your school is taking on any of these initiatives.



ADULT & YOUTH

Exercise & Home Workouts



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ADULT & YOUTH *Exercise & Home Workouts*

VIRTUAL RUNNING CHALLENGES

Having our exercise radius extended is fantastic and offers lots of running challenges which is why we are delighted to offer a range of virtual running challenge options.

We just ask that you remember to adhere to the Government's guidelines in terms of social distancing.

Athletics Ireland Virtual Running Challenge: [Click here](#)

100 Days of Running: [Click here](#)

My Run Results (Variety of Distance Challenges): [Click here](#)



'EMPOWER FITNESS' WORK OUTS

The team at Empower Fitness in Carlow town have been busy putting a variety of different workout video's together to help keep Carlow fit and healthy at home.

Check out the workouts here:

Empower Fitness Facebook: [Click here](#)

Empower Fitness Instagram: [Click here](#)



5 WAYS TO WELLBEING

When we look after our physical health, our mental health can feel the benefits too which is especially important for us all, regardless of our age. There are lots of other things we can do as well as physical activity that will enhance our health and wellbeing.

Looking after our wellbeing can be hard when we are being told to stay inside, keep our distance from others, and limit our contact with the outside.

The Five Ways to Wellbeing are simple actions to practice each day to maintain or improve our mental health and wellbeing and has been collated by Mental Health Ireland.

- Small improvements in wellbeing can increase our ability to lead a more fulfilling life.
- Each action in the Five Ways to Wellbeing can make a positive difference to your life.
- The Five Ways to Wellbeing are free and easy to incorporate into your life.
- You are probably doing some of these actions already without being aware of it.
- To get the most from the Five Ways to Wellbeing, try to combine all of them on a daily basis.

5 Ways To Wellbeing: [Click here](#)



THIS GIRL CAN - EXERCISE AND DANCE

No one gets to choose how you exercise other than you. Your body, your call. And whatever that looks like, we think it's worth celebrating. This Girl Can believes that there's no "right" way to get active. However, you jiggle, kick, lift, stretch, or sprint, it's time to get moving how you please.

Home Exercises: [Click here](#)

Zumba: [Click here](#)



HOME WALKING WORKOUT

Leslie Sansone has some fantastic 'house bound' walking sessions for you to get moving, get active and all from the comfort of your own home.

- Online aerobic exercise video classes with guided walking steps.
- 12 – 40 minutes in duration.
- Indoor alternative to walking and low impact workout.
- Great fun for all the family.
- Lots of different levels.

Follow the Walking Workout: [Click here](#)



GENERAL MOVEMENT & STRENGTH CIRCUITS

Our colleagues in Cork Sports Partnership have created a wonderful selection of general movement & strength circuits for adults and youths who are looking to stay active at home.

Included in the sessions are 3 levels of General Movement & 1 Strength circuit which will challenge all levels.

General Movement Level 1: [Click here](#)

General Movement Level 2: [Click here](#)

General Movement Level 3: [Click here](#)

Strength Session: [Click here](#)



SPORTS SPECIFIC - WORKOUTS & EXERCISES

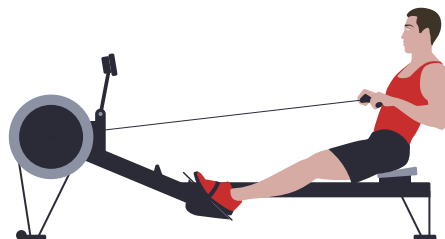
The following National Governing Bodies of Sport have put together some home workout ideas to add a bit of variety into your home training programme.

ROWING IRELAND

Home Workouts: [Click here](#)

Training Plans & Resources: [Click here](#)

World Erg Challenge: [Click here](#)



CYCLING IRELAND

Bike Like Me: [Click here](#)

SWIM IRELAND

Home Workout Videos: [Click here](#)

ATHLETICS IRELAND

Home Circuit: [Click here](#)

Decathlon Circuit Challenge: [Click here](#)

Mobility Programme: [Click here](#)

2km & 5km Virtual Run Challenge: [Click here](#)



IRISH ATHLETIC BOXING ASSOCIATION

Boxing From Home Workouts: [Click here](#)

Katie Taylor's Home Circuits: [Click here](#)

TRIATHLON IRELAND

Triathlon Home Core Workouts: [Click here](#)

LEINSTER RUGBY

Home Exercise Skills: [Click here](#)

Coaching Resources: [Click here](#)



SPORTS SPECIFIC - ENTERTAINMENT & EDUCATION

A number of National Governing Bodies of Sport have put together entertainment & educational resources for people interested in podcasts, archive game footage, coach education resources & much more!

ROWING IRELAND

Daily Nutrition Tips: [Click here](#)

CYCLING IRELAND

Coaches Corner: [Click here](#)

SWIM IRELAND

Swim For A Mile Staying Positive: [Click here](#)

ATHLETICS IRELAND

Nutrition Tips: [Click here](#)

BASKETBALL IRELAND

Coaching Podcasts: [Click here](#)

LADIES GAELIC FOOTBALL ASSOCIATION

Live Coaching Webinars: [Click here](#)

GAA

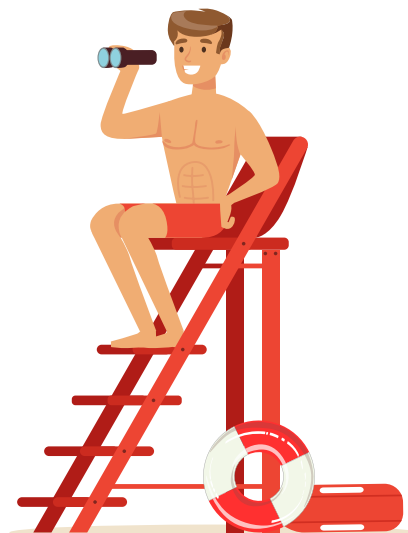
GAA Now Archive of past matches: [Click here](#)

TABLE TENNIS

How To Make A Ping Pong Table At Home: [Click here](#)

TENNIS IRELAND

Podcasts, E-Books, Coach Resources: [Click here](#)



ADULT & YOUTH *Exercise & Home Workouts*



PEOPLE WITH DISABILITIES

Inclusive & Adaptive Activities

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LEARN TO CYCLE AT HOME

As part of our Learn To Cycle programme, we have teamed up with Wild Atlantic Sports to provide you with top tips and advice on how to stay active through cycling at home.

If your child is yet to master the skill of cycling, we are here to help. Taking the bike out little and often, over the coming days will allow your child to enjoy exercise, the outdoors and learn a new skill.

This online programme will provide you with a step by step video guide and top tips on bike and helmet set up, striding, gliding, braking and pedalling.

All you need is a flat space and a bike.

Video 1: Introduction to the programme

Video 2: Bike Set Up

Video 3: Helmet Set Up

Video 4: Striding

Video 5: Gliding

Video 6: Braking

Video 7: Pedalling

For More Information: [Click here](#)



HOME BASED OCCUPATIONAL THERAPY

Thanks to the team at Occupational Therapy ABC, we can share with you some ideas and activities to allow children to continue their OT in their home environment. These videos share ideas on how you can regulate your child with equipment you have at home or without needing any equipment.

Occupational Therapy ABC: [Click here](#)

Occupational Therapist Jess is currently providing online OT services and offering online sessions with parents to discuss strategies that will suit and support you and your child.

She is working with families to adapt your programmes to suit your home environment and will be on hand to answer any of your queries.

My OT and Me: [Click here](#)



PEOPLE WITH DISABILITIES *Inclusive & Adaptive Activities*

FINE AND GROSS MOTOR SKILL DEVELOPMENT

Fine and Gross Motor Skills are important for our children's development, confidence, and independence.

Fine Motor skills refer to coordinating small muscle movements for tasks such as grasping and cutting. Gross Motor skills refer to larger muscle movements such as running, jumping, throwing and catching.

To support your children's motor development over this time, we have gathered the below resources which will help to guide you and your child with fun tasks and activities at home.

HSE OT Team Fine Motor Skill Ideas: [Click here](#)

HSE OT Team Gross Motor Skill Ideas: [Click here](#)

Gross Motor Activity Ideas for Home: [Click here](#)

Core Stability Activities: [Click here](#)

Therapy Street for Kids: [Click here](#)



My OT and Me are offering FREE access to 'Let's Get Moving Gross Motor Classes' resource kit to keep kids moving while teaching them fundamental movements in a fun and engaging way.

To access 'Let's Get Moving Gross Motor Classes': [Click here](#)

PDST Fundamental Movement Skills Videos & Posters: [Click here](#)

COSMIC YOGA

As we know children with sensory needs may seek stimulation and self-regulation. Yoga is known to be a great recreational activity that offers opportunity to self-regulate promoting positive behaviour.

See below yoga based activities we have collated for your child and siblings to take part in at home.

Cosmic Jungle Yoga Session: [Click here](#)

Underwater Party Yoga Session: [Click here](#)

Skeleton Dance Yoga Session: [Click here](#)

For more information & ideas see www.cosmickids.com



PEOPLE WITH DISABILITIES *Inclusive & Adaptive Activities*

MOVEMENT & SENSORY BREAKS

We have put together options for you and your family to enjoy movement breaks at home in a fun and safe environment.

Why are movement breaks important for children with sensory needs?

The two senses that are responsible for movement are the vestibular and proprioceptive senses. It is important that children who seek sensory input keep actively stimulating these senses.

Movement Breaks Tips: [Click here](#)

Stand Up Kids Movement Videos: [Click here](#)

Bizzy Breaks Irish Heart Foundation: [Click here](#)

Activity Sing Along Songs: [Click here](#)

More Activity Sing Along Songs: [Click here](#)

HSE Get Active in the Classroom: [Click here](#)

Sensory Break: [Click here](#)

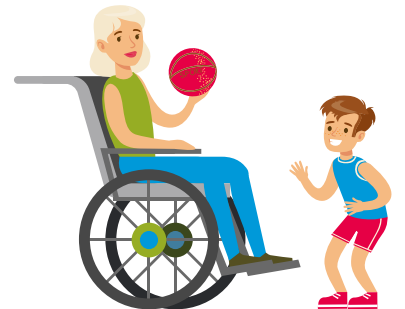


WHEELCHAIR ACCESSIBLE ACTIVITIES

This resource will provide you with games and ideas to support people who have reduced mobility to enjoy activities with all the family.

Developed by IWA Sport, to download: [Click here](#)

More info will be available from IWA Sport: [Click here](#)



ADULTS MOVEMENT PLAN

This 6 week physical activity movement plan is designed to support adults with disabilities to build up their physical activity levels starting with just 10 minutes of activity per day.

This resource will guide you on daily activity where you can walk, push or run in the comfort of your own home setting or neighbourhood (within 5km distance), and is suited to your ability level.

Developed by CARA Sport Inclusion Ireland: [Click here](#)



WHEELCHAIR ACCESSIBLE HOME EXERCISE

UFit provides a suite of FREE resources and video links to watch and guide you through home-based exercises.

Examples include:

Yoga: [Click here](#)

Strength & Cardio: [Click here](#)

Aerobics: [Click here](#)

For more information and fantastic resources visit: www.justdoufit.com

Chris Saunders, from Wheely Good Fitness shares quality home-based exercises suitable for all abilities, no equipment needed.

Strength, Stretch and Relaxation: [Click here](#)



VISION IMPAIRMENT GUIDED EXERCISES

Vision Sports Ireland and The National Council for the Blind (NCBI) have put together a guided video to support people with vision impairments.

This video will take you through a range of exercises and is suitable for all physical activity levels.

Session 1: [Click here](#)

Eyes-Free Fitness

Eyes-Free Fitness provide a variety of exercise workouts for people who need or prefer, verbal or audio cues only while exercising. The videos below include warmups, stretching, cardio and pilates among many others. We hope you enjoy!

Accessible formats available: [Click here](#)



PEOPLE WITH DISABILITIES *Inclusive & Adaptive Activities*

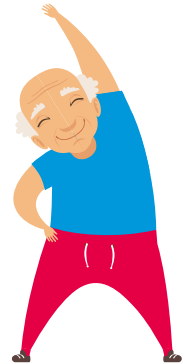
OLDER ADULTS EXERCISE & ACTIVITIES

Age & Opportunity is the leading national development organisation improving the quality of life of people aged 50 – 100+ and they have put together a variety of physical activity opportunities and resources to help you stay active in the comfort of your own home.

Age and Opportunity: [Click here](#)

Many of the exercise programmes & activities can be adapted to suit most abilities, some exercise & activities include:

- Chair Exercises & Challenges
- Bodyweight Workouts
- Walking Exercises
- Daily Exercise Challenges



HEALTH & WELLBEING

When we look after our physical health, our mental health can feel the benefits too which is especially important for us all, regardless of our age. There are lots of other things we can do along with physical activity that will enhance our health and wellbeing.

Looking after our wellbeing can be hard when we are being told to stay inside, keep our distance from others, and limit our contact with the outside.

The Five Ways to Wellbeing are simple actions to practice each day to maintain or improve our mental health and wellbeing and has been collated by Mental Health Ireland.

- Small improvements in wellbeing can increase our ability to lead a more fulfilling life.
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- You are probably doing some of these actions already without being aware of it.
- To get the most from the Five Ways to Wellbeing, try to combine all of them on a daily basis.

5 Ways To Wellbeing: [Click here](#)



EVERYONE

Health & Wellbeing



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START Family Campaign	39
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MENTAL HEALTH IRELAND

The wonderful people at Mental Health Ireland have created a range of resources to help you and your family. They have shared five simple actions to help us protect our mental health and maintain positive wellbeing during uncertain and challenging times.

Check out the range of articles, watch the videos, and share the tips sheets: [Click here](#)

HSE Tips For Minding Your Mental Health during Covid-19

The HSE are advising everyone to keep a realistic perspective on the current situation and only follow updates and information from trustworthy and reliable sources. With that in mind, they suggest the following:

Stay informed but set limits for news and social media.

Use reliable sources for your information. For HSE updates: [Click here](#)

- Try to keep up your healthy routine.
- Stay connected to others using phone/video calls, social media, email, text.
- Talk to children and young people.

Online & phone supports are available if needed. For a list: [Click here](#)



5 WAYS TO WELLBEING

Looking after our wellbeing can be hard when we are being asked to manage our distance from others and also the distances that we travel.

Whether we are going for a stroll with family within the 2k of our home, or in the back garden lets try to appreciate what we have on our doorsteps!

At the same time, try & target the '**5 Ways to Wellbeing**' by Mental Health Ireland:

Be Active - Walk your neighbourhood (within the approved radius of your home).

Connect & Give - Check in on neighbours (remotely and in line with physical distancing), stay connected, and offer support in other ways.

Take Notice - Enjoy Nature. Notice the changes of summer.

Keep Learning - Learning about different plants, flowers, trees, birds, animals, & insects you noticed on your walk.

Further supports and information is available on www.mentalhealthireland.ie



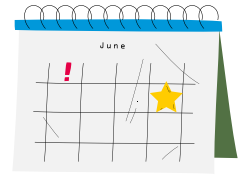
ACTIVE COPING CALENDAR

Keep calm, stay wise and be kind.

This Active Coping Calendar has daily actions for each month to help us look after ourselves and each other.

Download the calendar: [Click here](#)

Print it off, share with friends & family online or just check in each day during the coming months.



MAKING HEALTHY CHOICES

Eating well is important for us all and enhances our overall health and wellbeing. It is important to try and maintain a good balanced diet.

With huge changes to our home and personal lives it can't be easy, so here are a few ideas and tips from the HSE (Healthy Eating Active Living) to help:

Use the **FOOD PYRAMID** as a guide for the amount & types of food to eat each day.

Healthy Eating Food Plans by Age Group: [Click here](#)

The HSE, MABS, Safefood and Healthy Ireland have a fantastic book full of tasty and easy meals using everyday ingredients.

For a copy of "101 Square Meals": [Click here](#)



START FAMILY CAMPAIGN

The "START" campaign from Safefood, the HSE and Healthy Ireland has been created to help parents and families get started and build momentum by achieving one daily win when it comes to achieving healthier choices.

The following tips might keep everyone healthy in body and mind as we adapt to new routines and ways of co-existing at home:

Getting Started: [Click here](#)

Staying Healthy: [Click here](#)

Reduce Treats: [Click here](#)

Expert Advice: [Click here](#)

Healthy Snack Ideas: [Click here](#)

Meal Planners: [Click here](#)

For more information on the START campaign: [Click here](#)



SAFEFOOD TIPS & MEAL IDEAS

Making healthier food choices can sometimes be hard. In particular, it might pose a challenge for families and those getting used to new living restrictions during this current crisis.

Safefood Ireland has developed a few online tutorials and resources that can help:

How To Read Food Labels: [Click here](#)

Making Porridge: [Click here](#)

Making an Omelette: [Click here](#)

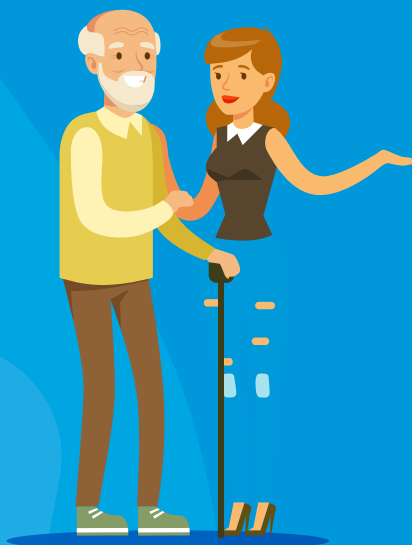
Fab Fajitas: [Click here](#)

Turkey Pesto Pasta: [Click here](#)

Homemade Burgers: [Click here](#)

Portion Sizes: [Click here](#)

For more information & other recipe ideas for you & your family: [Click here](#)





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Instagram: <https://www.instagram.com/carlowsportspartnership/>



