

COOL DOWN ACTIVITIES



1. Moilligh Slow Down

Invite the pupils to jog on their spot marker gradually slowing from a jog to a walk to a slow walk to standing. Invite them to breathe in slowly while stretching their arms out and up, and breathe out slowly as the arms are lowered.



2. Síos go dtí an talamh Down to the ground

Stand with feet shoulder-width apart. Touch the ground for 20 seconds. Touch right foot for 20 seconds. Switch legs. Repeat until cool.

3. Análaigh Breathe

Invite pupils to breathe in while stretching their arms wide and high, and to breathe out while lowering arms.

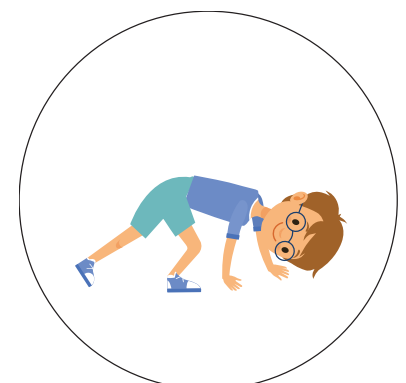


4. Compás Compass

Invite the pupils to walk the compass direction points (N, S, E, W) on heels for 20 seconds followed by tip toes for 20 seconds. Repeat until cool.

5. Searr do chosa Straighten your legs

Show pupils how to get into the push-up or high plank position with their hands flat on the ground, their legs and body straight and their toes on the ground. Invite pupils to bring one knee in to their chest and to push the heel of their other leg away from them, as if they are trying to touch the heel on the ground. Hold this position for 20 seconds, then switch legs.



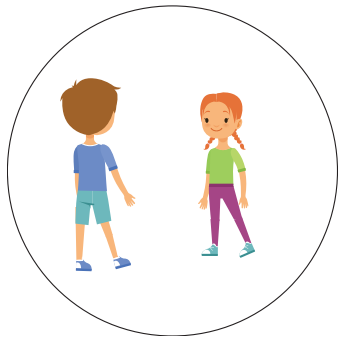
6. Ar an Traein On the Train

Invite the pupils to imagine they are a train by running on the spot. The train goes up a hill and gets slower and slower until it comes to a stop when the pupils sink to their spots on the ground.

- Invite pupils to sit with legs out in front. They stretch to the right and then back, forward and then back, to the left and then back.
- To finish they shake out the legs and arms.



7. Lean domsa Follow me



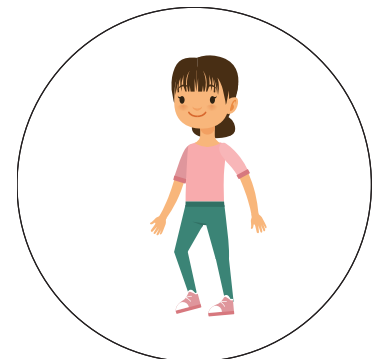
Arrange pupils in pairs facing each other.

- Invite pupils to side step for a count of 10 to the left and then to the right.
- Then nine, eight, seven, etc, all the way down to one.
- Pupils may hold a hula hoop in between them as they side step.
- Invite pupils to perform whole body stretches wide, narrow, high, mirroring each other's actions.
- Remind the pupils to breathe in and out slowly.

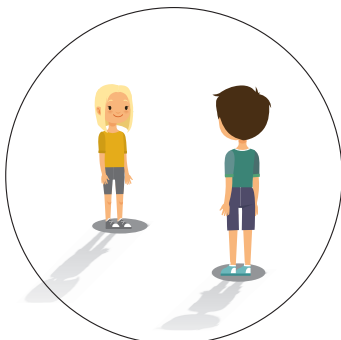
8. Siúlóid Walking

Invite pupils to power walk on the spot, gradually decreasing the speed on a signal from the teacher, until they are almost stopped.

- Invite pupils to stretch arms up to the sky, and then over to both sides, breathing in as they stretch and out as they release.



9. Bí mo scáil Be my Shadow



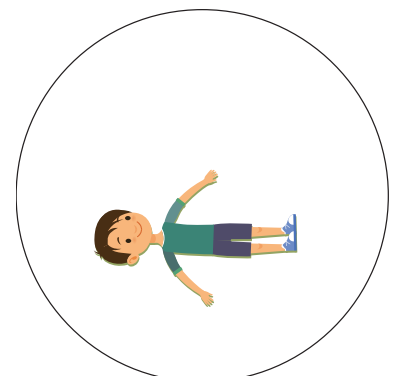
'Arrange pupils in pairs on their own spot marker, one behind the other. Invite both pupils to face the same way.

- Invite pupils to shadow each other in turn as they remain on the spot and perform arm stretches for a count of 10.
- Invite pupils to swap roles after each stretch.

10. Lig do scith Relax

Invite pupils to sit or lie in a comfortable position breathing in and out slowly with eyes closed while they:

- listen to sounds around them;
- think about their favourite part of the lesson and to visualise the activity.



11. Gaofar Windy

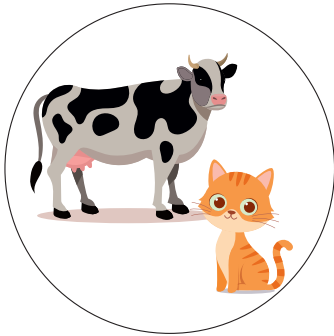
Invite pupils to pretend to be trees in a windstorm, pretending their arms are the branches on the tree. Start with the windstorm being strong and blowing hard, and finish with the wind calming and blowing softer.



12. Ba agus Cait Cows and Cats

Invite pupils to begin on hands and knees, with a flat back and to take a deep breath in. Arch the back so that the tummy is moving down towards the ground and the shoulders move back so the cows can look up.

Invite pupils to breathe out and create a curve on their backs as they become cats stretching their backs.



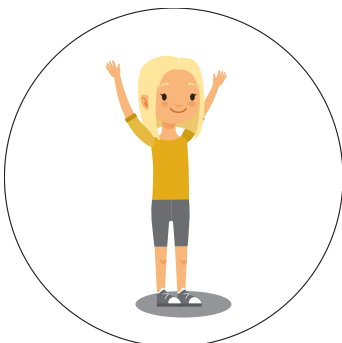
13. Léim thart Jump Around

Invite pupils to skip on the spot to the song 'Skip to my Lou', gradually reducing the skipping speed and height until they are skipping slowly in one place. Reduce to a march, then to a slow walk.



14. Sín go dtí an spéir Reach to the Sky

Invite pupils to reach up and touch the sky for 20 seconds. Now, reach down and touch toes for 20 seconds. Repeat until cool.



15. Ag an Trá At the Beach

Invite pupils to remain on their spot while they imagine they are at the beach, walking through deep sand, jumping over waves, shaking off the sand. Continue until cool.



16. Féileacán Butterfly

Invite pupils to sit on the ground with knees bent and feet touching (legs look like butterfly wings). Slowly flap wings 15 times. Rest, then repeat until cool.



17. Dréimire Ladder

Invite pupils to pretend they are climbing a really tall ladder, stretching out their arms and knees as they climb up. Perform this for 30 seconds. Rest, then repeat until cool.



18. Barraicíní Toes

Invite pupils to sit with their legs outstretched, shoulder-width or more apart. Lean forward and try to touch the toes, one leg at a time. Hold for 30 seconds. Repeat until cool.



19. Bail an Choirp Body Parts

Invite pupils to connect two body parts called out by the teacher (e.g. elbow to knee, hand to foot). Invite pupils to hold this position until two new body parts are called out.



20. Aithris Imitate

Arrange pupils in small groups. Invite pupils to take turns demonstrating their favourite stretch while the rest of the group copies them. Remember to stretch gently and slowly. Repeat until cool.

