

St. Colmcille's Girls' School Active Homework May 26th – 30th 2025



It's time to kickstart an active week filled with fun and fitness! Get ready to fill in the grid and make every movement count. Explore your own neighborhood in Swords and discover the amazing facilities waiting for you! Whether it's parks, sports centres, or community clubs, there's so much to do and explore. Let's get moving, get active, and make this week one to remember!

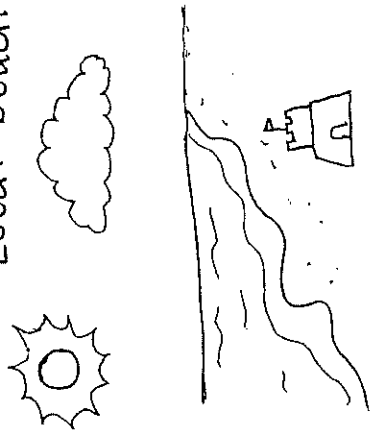
There are 24 activities for you to do - do as few or as many as you like between now & Friday next, May 30th
THIS IS NOT A COMPETITION – NO PRESSURE, THIS IS JUST FOR COMMUNITY BUILDING.

If parents can print this document at home, please tick activities when done & **return to the class teacher on or before Friday May 30th.**
If you cannot print, don't worry, the pupils can note in their homework copy book and inform their teachers.

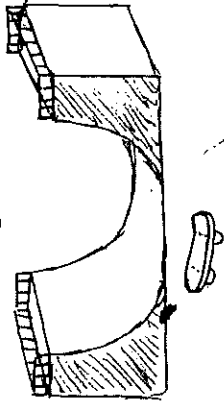
All returned entries (regardless of how many activities completed) will go into a hat to win a trip to the local playground with your class!

Cycle your bike 10 minutes	Go for a walk 15 minutes	Create your own obstacle course	Go swimming with your family
Kick a ball with someone for 10 minutes	SKILLS PRACTICE (any sport) 10 minutes	Have a family Egg and Spoon race	Dance to three of your favourite songs
Draw your own hopscotch with chalk and play	Active HOUSEWORK 10 minutes	10 wall PRESS UPS- rest- 10 more if you can	Make up a dance to your favourite song
GO NOODLE 10 minutes	Jumping Jacks 1 minutes 100 High Knees	SKIP 2 minutes	20 SQUATS – rest- 20 more if you can
Visit the Skatepark in Swords	Walk around the tennis court in Sword's Castle	Visit the many local beaches in Donabate/Portrane/Portmarnock/ Malahide	Go for a park run 9.30am on Sunday in River Valley Park
Visit the new playground in Miller's Glen	Walk around the archaeological site in Applewood (near Gaelscoil Brian Boroimhe)	Try out one of the many clubs in Swords e.g. https://holywellcc.ie/sports/ Swords Celtic Soccer club or Fingallians GAA	Day trip to Newbridge Park/ Farm or Malahide Castle

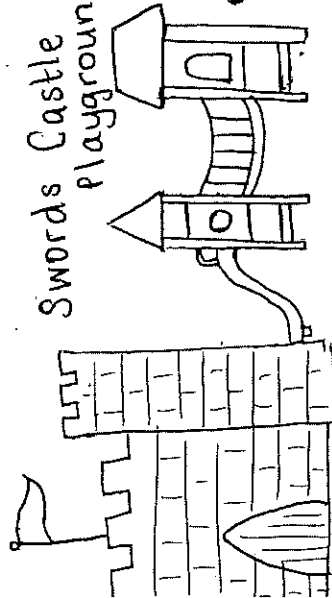
Local Beach



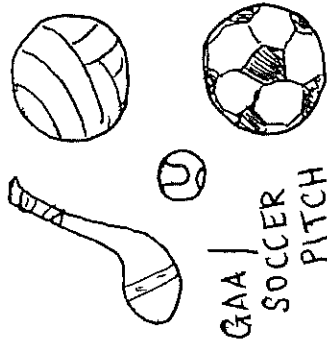
Skate Park



Swords Castle
Playground

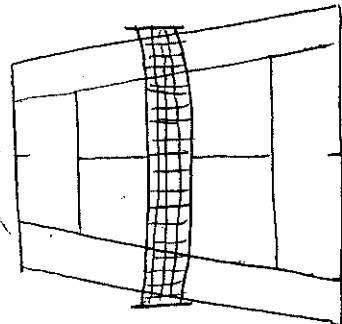
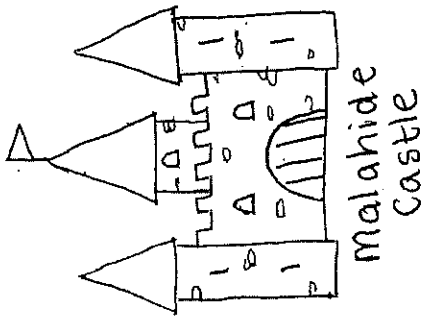
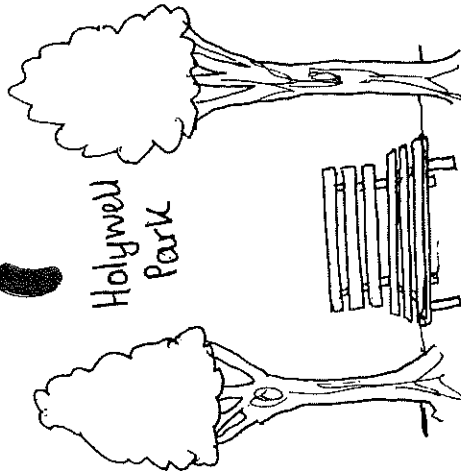


St. Colmcille's GNS
Active Week



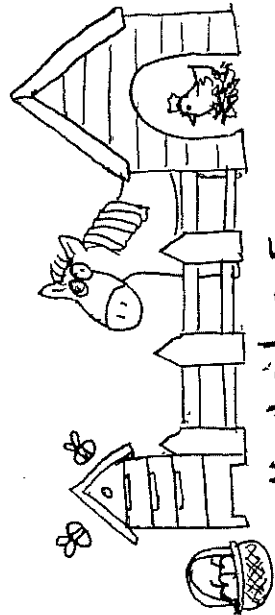
GAA /
SOCCER
PITCH

Hollywell
Park



Lawn
Tennis
Club

2025



Malahide Farm