

OLYMPIC MOVEMENT BREAKS

Challenge Chart

WEEK ONE

MONDAY



Olympian Dance Mob
Dare to Believe Fun Skills Dance
x Kabin Crew Song

FUNDAMENTAL SKILL



SIDE STEP

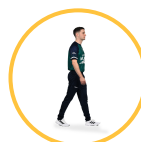


JUMP FOR DISTANCE

TUESDAY



Rhys McClenaghan
Rollercoaster with Rhys



WALKING



BALANCING



LANDING

WEDNESDAY



Grainne Walsh
Rock Paper Scissors with
Boxing Moves



DODGING



SKIPPING

THURSDAY



Fintan McCarthy
Olympic Trivia



RUNNING



JUMP FOR HEIGHT

FRIDAY



Nicola Tuthill
Hammertime



HOPPING



BALANCING

WEEK TWO

MONDAY



Orla Comerford
A Day in the life of a
Paralympic Medallist



RUNNING



JUMP FOR DISTANCE

TUESDAY



John Shortt
On land Swim Session



JUMP FOR HEIGHT

WEDNESDAY



Colin Judge
Table Tennis Tactics



HIT WITH HAND



HIT WITH IMPLEMENT

THURSDAY



Sarah Lavin
Summer Olympics
"Would you rather?"



JUMP FOR HEIGHT



BALANCING

FRIDAY



Amee-Leigh Costigan
7 Skills for Rugby 7's



THROWING



CATCHING



KICKING