



## An ACTIVE Journey through Kerry

**Suggested class group:** Second – sixth class

**Equipment needed:** None

**Number of participants:** Unlimited

**Preparation:** Place chairs and bags under desks remove any other objects from the floor. Stand behind desks

**Activity level:** Moderate

**Curriculum links:** Oral language, Human environments and Movement

**How to play:**

- County Kerry is used as an example in this game; the activities and places can be changed depending on the county.
- The teacher leads the class through a virtual trip of county Kerry.
- As the children travel through Kerry they act out different activities as they go, for example:
  - Climb Carrauntuohill.
  - Kayak/Canoe in Kenmare Bay.
  - Walk the Kerry Way
  - Rock climb in the Gap of Dunloe, Killarney
  - Cycle the Ring of Kerry
  - Sail in the Dingle Peninsula
  - Surf in Ballybunion beach
  - Swim in Inch Beach
  - Jog around An Ríocht athletics track, Castleisland
  - Kick a point in Fitzgerald stadium, Killarney
  - Horse ride in Killarney National Park
  - Play golf in Waterville Golf course
  - Dance in Siamsa Tíre, Tralee
- There may be many more activities the children can do on the virtual tour of the county.
- Get children to move according to the activities for 30 seconds. Use a map of the county to show the children where the different locations are.

*Source: Adapted and renamed from Energisers Classroom based physical activities, 3<sup>rd</sup> Edition, July 2006. North Carolina Department of Public Instruction.*