



Physical Activities

Activity	Details	How to Join
P.E with Joe	Daily Physical activity classes with “The Body Coach”	You Tube, The body Coach TV,9am Mon-Fri. Available to watch at a time that suits you
Athletics		
World Athletics: Athletics@Home	World athletics new series of exercises ,quizzes and lots more	Athletics Ireland Facebook will be sharing details along with their own National Campaign to be launched soon.
Boxing		
Boxing with Katie Taylor	Boxing circuits that can be done with no equipment at home	Circuits are posted on Katie Taylors facebook page (@KatieTaylorBoxing)
Basketball		
Basketball Ireland#StayHome challenge	Daily Basketball challenges based on developing skills and completing daily challenges	Basketball Ireland on Facebook (Basketball Ireland @bbireland)
Dance		
Dance with Darcey Bussel	Live at 1:30pm every day.	https://www.facebook.com/diversedancemix/
Just Dance	Unleash your inner Dancer .Enjoy Just Dance's greatest songs and choreographies using your Smartphone	free app. Interact with others and gain points https://play.google.com/store/apps/details?id=com.ubisoft.dance.JustDance&hl=en or just look up the you tube videos and move
GAA		
Live Coaching Sessions from the GAA, An Cumann Camogaiocht and LGFA	To help coaches the GAA, An Cumann Camogaiocht and LGFA have developed a series of coach development	Every Tue and Thurs at 7pm https://learning.gaa.ie/gaacoachwebinar2020

	sessions incl. Q&A sessions and live webinars	
Facebook-TJ Reid Health & Fitness	Combining basic Gaa skills and exercise	https://www.facebook.com/TJReidFitness/?_tn_=%2Cd%2CP-R&eid=ARA0sPVPcL2x1KRfL8WMEh04oalKAB5Qe6PuI1CO4wrc-NKLzLgOIfsan-UVpRBSrjUts-9vVrwE_SA
Keep an eye of your local club website/facebook Glencar Manor-	Quizzes , keeping in touch with the community and loads of clubs have their stars doing skills	https://www.facebook.com/glencarmanorhamiltongaclub
Coach the younger ones in the house Termon weekly skills-	Gaelic basic skills	http://www.donegalsporthub.com/watch-termon-gaa-coach-holds-online-training-session-for-under-10s/
Fitness		
SworKIT	SworKIT allows you to customize and play personalized video workouts that fit into your life. Never get bored, never have an excuse.	SworKIT At Home Workout and Fitness Plans sworKIT.com-Click on FREE PLANS
Fitness at home using household items	Leitrim Sports Partnerships Sports Inclusion Disability Officer Michelle Fanning Maguire has put together a fun light hearted video using household items to help us get moving	https://youtu.be/Zmk007o45vs
Rugby		
Irish Rugby has launched a new video series of games that families can enjoy in their own homes	IRFU Head of Coach Development Matt Wilkie hosts the series, with the help of his three sons, Jack, Sammy and Alfie	https://www.irishrugby.ie/2020/03/31/irish-rugby-launches-video-series-of-family-friendly-games/?fbclid=IwAR0yItMUhtIMhUeL9Y2E90Y9CiUMrIur2B58OGFGnRTebGqv5h9an6vyAxc