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| **Dé Luain/ Monday** | **Dé Máirt/ Tuesday** |
| * An féilire agus an aimsir
* Ag léamh agus ag scríobh nuachta

 **(*Físeáin – videos)*****Gaeilge*** Foghraíocht – Dul siar
* **Féasta Focal/***High Frequency Words:* Dul siar/ Revision

<https://ccea.org.uk/learning-resources/feasta-focal>Lean an nasc agus brú ‘D’. Cliceáil 1-10. *Follow this link and press ‘D’ on the compass. Choose 1 - 10. Select ‘Cliceáil, Éist agus abair’.* **It requires Adobe Flash to be activated. I have attached a PDF file with this email in case interactive resource doesn’t work (refer to pages 1 - 2). (*Físeáin – videos)*****OSPS/ SPHE****Lón sláintiúil a roghnú/ Select a healthy lunch** Fillteán pdf ceangailte leis an bplean/ Pdf file attached. **(*Físeán – video)*****Mata*** ***Gafa le Mata (Lá agus Oíche*** *- lth 110)* **(*Físeán – video)***

**Corp Oideachas (P. E.)****RTÉ 10@10** [**10 @ 10**](https://rtejr.rte.ie/10at10/)Aclaíocht gur féidir tabhairt faoi sa teach cuma cén aimsir a bhíonn againn. *Exercises that can be done indoors irrespective of what the weather’s like outside.*  | * An féilire agus an aimsir
* Ag léamh agus ag scríobh nuachta

 **(*Físeáin – videos)*****Gaeilge*** Foghraíocht – Dul siar
* Cluichí Teanga - [www.leighanois.com](http://www.leighanois.com) (bunaithe ar na leabhair ó Chleite - an Clár Luathléitheoireahta/ *based on the Cleite reading scheme* ) **(*Físeán video)***

**Mata*** ***Gafa le Mata (Lá agus Oíche*** *- lth 111)* **(*Físeán – video)***

**Corp Oideachas (P. E.)****Seicheamh an Chait/ Cat Sequence*** Begin on all fours with your hands below your shoulders and your knees below your hips.
* Let your belly drop down, smile and inhale deeply (***Cat Sona/ Happy Cat***)
* As you exhale round your spine upwards like an angry cat (***Cat Crosta/ Angry Cat***).
* Inhale and flatten your back again.
* Reach your left hand forward and your right foot back (***Eitleán/ Aeroplane***). Hold the balance for three breaths.
* Repeat on the opposite side.
* Try doing these movements in different orders to create your own sequence.

**Scéal/ Storytime***Scéal le David Walliams. Free story every day at 11am on his website.* [*www.worldofdavidwalliams.com*](http://www.worldofdavidwalliams.com) |
| **Dé Céadaoin/ Wednesday** | **Déardaoin / Thursday** |
| * An féilire agus an aimsir
* Ag léamh agus ag scríobh nuachta

 **(*Físeáin – videos)*****Gaeilge** * Foghraíocht – Dul siar
* **Cleite**: Leabhar: “Tá mé ag obair”

 **(*Físeáin – videos)*****Mata*** ***Gafa le Mata (Suimigh*** *- lth 108)*

**(*Físeán – video)*****Corp Oideachas (P. E.)****Ciceáil/ Kick passing -** Ag tosú ar scileanna ciceála a fhorbairt:* Passing and trapping the ball with a partner.
* Kick the ball using the inside of the foot. The non-kicking foot remains at the side of the ball.
* Trap i.e. stop the ball, with the ball of the foot before returning it.
* Start using the strong foot – then practise with the weak foot.
* How many passes can you do in a minute?

**Scéal le Múinteoir Aoife**Éist le scéal le Múinteoir Aoife (le fáil ar shuíomh idirlíne na scoile [www.gaelscoilchnoclimahna.ie](http://www.gaelscoilchnoclimahna.ie) )faoi Naíonáin Mhóra. *Go onto the school website and under Naíonáin Mhóra, you will find a lovely collection of stories read by Múinteoir Aoife. Míle buíochas le Múinteoir Aoife*! | * An féilire agus an aimsir
* Ag léamh agus ag scríobh nuachta

 **(*Físeáin – videos)*****Gaeilge*** Foghraíocht – Dul siar
* **Féasta Focal/***High Frequency Words:* Dul siar/ Revision

<https://ccea.org.uk/learning-resources/feasta-focal>Lean an nasc agus brú ‘D’. Cliceáil 1-10. *Follow this link and press ‘D’ on the compass. Choose 1 - 10. Select ‘Cliceáil, Éist agus abair’.* **It requires Adobe Flash to be activated. I have attached a PDF file with this email in case interactive resource doesn’t work. (Refer to pages 1 – 2). (*Físeáin – videos)*****Mata*** ***Gafa le Mata (Suimigh*** *- lth 109) -* **(*Físeán – video)***

**OSIE - Stair****Ag cur pictiúir in ord/ Sequencing pictures** Fillteán pdf ceangailte leis an bplean/ Pdf file attached **(*Físeán – video)*****Corp Oideachas (P. E.)****Go Noodle:** [**www.gonoodle.com**](http://www.gonoodle.com)**Roghnaigh 3 ghníomh ón suíomh!** *Pick out 3 different videos from the options available on the website!* |

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| **Dé hAoine** |
| * An féilire agus an aimsir
* Ag léamh agus ag scríobh nuachta

 **(*Físeáin – videos)*****Gaeilge** * Foghraíocht – Dul siar agus blendáil
* **Cleite**: Leabhar: “An Zú”

 **(*Físeáin – videos)*****Mata*** Ag obair sa chóipleabhar Mata

**Ealaín / Art****Nuair a d’fhanamar sa bhaile le chéile */ When we stayed home together*****Corp Oideachas (P. E.)****Go Noodle:** [**www.gonoodle.com**](http://www.gonoodle.com)**Roghnaigh 3 ghníomh ón suíomh!** *Pick out 3 different videos from the options available on the website!***Tasc / Task**Glac grianghraif de rud éigin a rinne tú i rith na seachtaine agus seol chuig Múinteoir Nuala é. Take a photo of something you did during the week and send to múinteoir Nuala. |

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| **Liosta 1** | **Liosta 2** | **Liosta 3** | **Liosta 4** |
| **tá** | **má** | **bosca** | **thit** |
| **cóta** | **mí** | **bia** | **rug** |
| **áit** | **rí** | **Fia** | **dubh** |
| **mé** | **sí** | **iasc** | **ubh** |
| **lá** | **chuala** | **Mia** | **mo mhála** |
| **trá** | **bua** | **amárach** | **mo Mhamaí** |
| **ná** | **rua** | **seacht** | **dorcha** |
| **bí** | **tua** | **trí** | **lacha** |
| **fág** | **nua** | **bád** | **slán** |
| **cá** | **féach** | **gorm** | **ocht** |
| **srón** | **brón** | **amach** | **bog** |