

MUSIC

A national anthem is a song that officially symbolizes a country or nation. The majority of national anthems are marches or hymns in style. When teams from two nations play each other, the anthems of both nations are played, the host nation's anthem being played last. The name of our national anthem is Amhrán na bhFiann (The Soldier's Song). It was originally written in English and was later translated to Irish, the version we use today.

Can you sing our national anthem in English and in Irish? Learn the words here...

The Soldier's Song

Soldiers are we,
Whose lives are pledged to Ireland,
Some have come from a land beyond the wave,
Sworn to be free, no more our ancient sireland
Shall shelter the despot or the slave;
Tonight we man the Bearnna Baoil
In Erin's cause come woe or weal,
'Mid cannon's roar and rifle's peal,
We'll chant a soldier's song.

Amhrán na bhFiann

Sinne Fianna Fáil,
Atá faoi gheall ag Éirinn,
Buíon dár slua thar toinn do ráinig chugainn,
Faoi mhóid bheith saor, seantír ár sinsear feasta,
Ní fhágfar faoin tíorán ná faoin tráill.
Anocht a théam sa bhearna bhaoil,
Le gearn ar Ghaeil chun báis nó saoil,
Le gunna-scréach faoi lámhach na bpiléar
Seo libh canaig' amhrán na bhFiann.

Learn more about Amhrán na bhFiann

GAEILGE

Aistrigh na focail / Translate the Words:

- Seaimpíní _____
- Ceannaire _____
- Iallacha _____
- Buaiteoir _____
- Taobhlíne _____
- Manager _____
- Friends _____
- Run _____
- Jump _____
- Team _____

MATHS

1. A match kicks off at 7.45pm. If the half-time break is 15 minutes and there is 2 minutes of stoppage time at the end of each half, what time will the match be finished?
2. There is eighteen players in a squad, how many individual socks will the kitman need to have ready for the match?
3. A team runs 116km during a match, if each outfield player runs an average of 11km, how many kilometres has the goalkeeper run?
4. There are 9 teams in the Women's National League, each team will play each other 3 times, how many games will each team play?
5. If a striker gets a €25 bonus for every goal they score, how much money will they earn if they score 8 goals?

Healthy Eating

Food and drinks high in sugar and fat will give you lots of energy, but not many other nutrients. Lots of sugar can also be bad for your teeth.

YOUR HALF-TIME TASK

Stand 5 metres back from a wall or rebound-able surface. Pass the ball off the rebound-able surface. When you pass, move a metre closer and pass again when the ball returns to you. Do this 3-4 times and repeat the same process going backwards. Challenge yourself by using only your weaker foot. Work for 10 minutes in total.

#SPARSchoolZone

Click the player with the ball to watch how it's done.



HISTORY

Dalymount Park

Dalymount Park is the home of Bohemian FC, one of the oldest clubs in the League of Ireland, and was previously the home ground of the Republic of Ireland international men's team before they moved to Lansdowne Road.

Click the tv to watch the video 'Dalymount Days' and answer the questions below.

1. In what year was Dalymount Park opened?
2. Who were the first two teams to play a match at Dalymount Park?
3. What was the other big ground in Ireland at the time?
4. Which Spanish club did Shelbourne play at Dalymount Park in 1963?
5. In what year were the iconic Dalymount floodlights installed?
6. Which English club did Shamrock Rovers play in Dalymount Park in 1957?

FUN FACT
The Women's National League (WNL) is 10 years old in 2021. There are 9 teams competing this season.



CROSSWORD

ACROSS

1. Our National flag contains 3 colours; green, white and _____; fruit? (6)
3. Vera Pauw or Stephen Kenny would have these gatherings to discuss team tactics with their players (8)
4. If your opponent kicks the ball, out over their end line, your team get a _____; part of a square? (6)
8. Both players have an equal chance of getting the ball (5, 5)
9. Another name for a challenge match; happy (8)
10. What do you call the start of a game of football (4, 3)

DOWN

1. Two quick passes between two players; counting (3, 3)
2. If you win a game, you and your team, are said to be on 'Cloud _____'; number (4)
5. A scoreless draw (3, 3)
6. A player is in this position if: any part of the head, body or feet is in the opponents' half (excluding the halfway line) and any part of the head, body or feet is nearer to the opponents' goal line than both the ball and the second-last opponent (7)
7. When one player scores 3 goals in a game (3, 5)

The green squares will give you the letters for an anagram of the surname of a Senior Men's international player.

