

Activity Tracker



The recommended amount of physical activity for children is 60 minutes per day.

The children have been set a challenge to achieve this each day that they are off.

Please complete this with record, with your child, and sign to confirm it is correct. Please bring it to school on the first day back

Many Thanks

Name _____

TOTAL AMOUNT OF TIME ACTIVE:

Signed



Throwing & Catching

Bouncing a Ball

Skipping with a rope

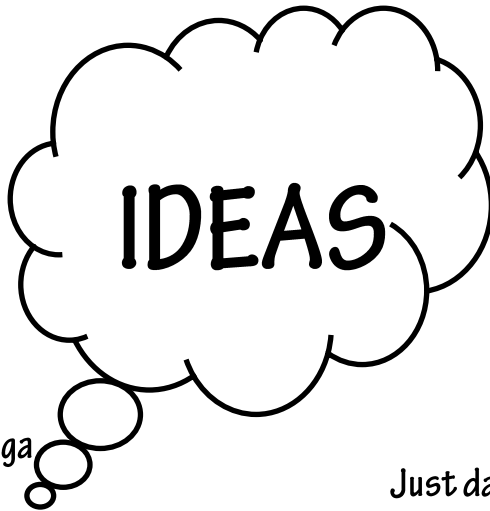
Hop scotch

Kicking a ball

Hitting a ball

Keepie Uppies

Hitting a shuttle



Cosmic Yoga
(internet)

Just dance (You Tube)

Hoola Hooping

Dog walking

Balancing

Cycling

Juggling

Running

Dribbling a ball with hands or feet

