

ACTIVE Every DAY

🕒 60 Minutes
😊 Make it FUN!

#ASW21	Active at HOME		
Activities	CHALLENGE <small>Upload videos to Classdojo</small>	Activity 1	Activity 2
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			

I know that physical activity helps me to:

Have FUN

Focus and Learn Better

Stay Healthy

Pupil Signature

Parent Signature

Teacher Signature