

ACTIVE Every DAY

🕒 60 Minutes
😊 Make it FUN!

#ASW21	Active at SCHOOL &			Active at HOME		
Activities				CHALLENGE		
Monday						
Tuesday						
Wednesday						
Thursday						
Friday						
Saturday						
Sunday						

EVERY young person needs
60 MINUTES of physical activity
every day to be healthy
World Health Organisation

I know that physical activity helps me to:

Have FUN

Focus and Learn Better

Stay Healthy

Pupil Signature

Parent Signature

Teacher Signature