



DURATION



NONE/ATTACHED WORKSHEET 1 IF WANTED

EXERCISE, OR NOT?

Aim: To work out which activities count as exercise, and which don't.

Instructions: Create a list of different activities—ones you normally do during the day and other things you can easily do in the house, or if you have a garden things you can do there. There are some ideas on the attached worksheet to get you started. Do each activity for 1 minute, and put it into one of the following groups:

1. Inactive—doesn't get you moving
2. Walk and talk—you can still chat while doing the activity
3. Huff and puff—you are out of breath by the end of the minute

You can fill your activities into the table on the worksheet if you want, or just talk about your findings with an adult.

Extension: Keep adding to these groups as you do different activities during the week.



ONGOING



NONE/ATTACHED WORKSHEETS 2 AND 3 IF WANTED

60 MINUTE CHALLENGE

Aim: Challenge yourself to try and do at least 60 minutes of activity each day. Watch out for my video next week for more ideas to keep you active.

Instructions: As you go through the day fill in the second worksheet with any exercise you do, and try to reach at least 60 minutes each day. If you go over the 60 minutes, well done, you have smashed the 60 minute challenge!

Extensions: Try to get some of your exercise from both of the groups—walk and talk, and huff and puff—so some will get you moving gently, and some will get you out of breath.

Keep this going for the rest of the week, or for as long as you want—use the third worksheet.



EXERCISE, OR NOT?

Do different activities for 1 minute each and put them into one of the three groups below. There are some suggested activities to get you started below, but get creative and add your own to the list.

Inactive (Doesn't get you moving)	Walk and talk (Gets you moving but you can still talk while doing the activity)	Huff and puff (You are out of breath by the end of the activity)

SUGGESTED ACTIVITIES TO GET YOU STARTED

Reading a book

Star jumps

Telling a joke

Press ups

Running on the spot

Throwing a ball

Drinking a glass of water

Jumping up and down

Cleaning the window

Sitting on the sofa

Drawing a bike

Juggling (or trying!)

Singing a song

Skipping (with rope or not)

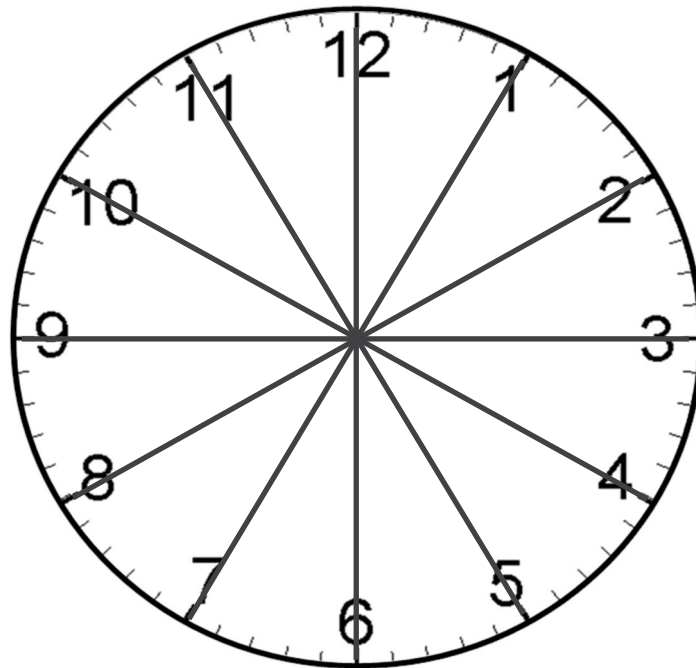


60 MINUTE CHALLENGE

During the day record any exercise you do—so anything that gets you moving—in the clock below. Colour in how many minutes you do it for, and write down the activity. Your challenge is to reach at least 60 minutes over the day. There is an example in the box at the bottom.

Note: each section of the clock is 5 minutes—you are recording how long you do each active activity for, **not** the time you do it at.

If you want to keep tracking your activity levels, the next worksheet has a clock for each day of the week. Good luck!



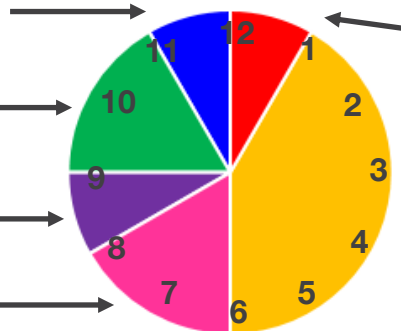
EXAMPLE ACTIVITY CLOCK

Dancing to my favourite song
(5 mins)

Running around with the
dog (10 minutes)

(Friendly) wrestling
with sibling (5 mins)

Doing football keepy-ups
(10 mins)



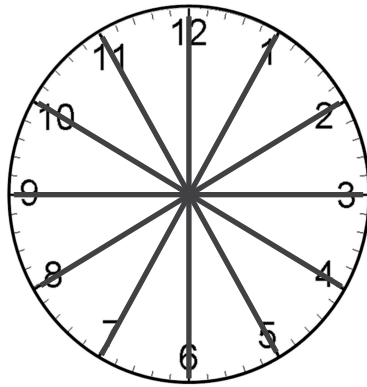
Changing my bed (5 mins)

Joe Wicks' PE
lesson (25 mins)

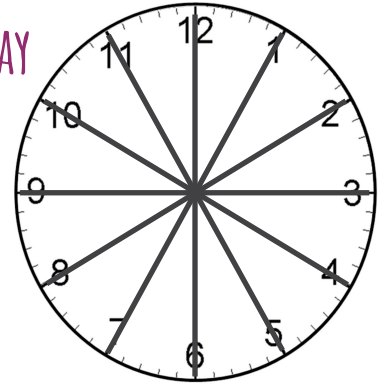


60 MINUTE CHALLENGE-extension

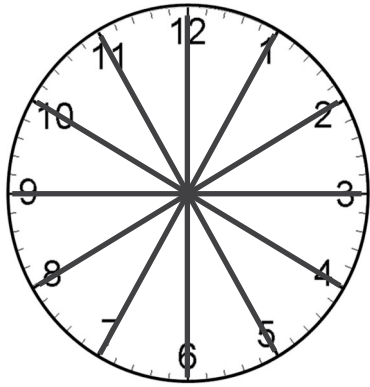
MONDAY



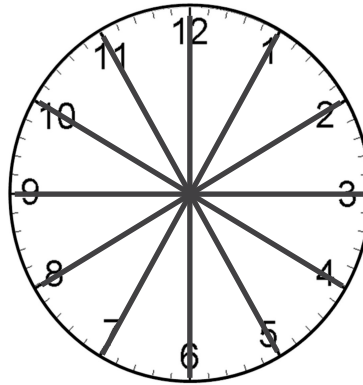
TUESDAY



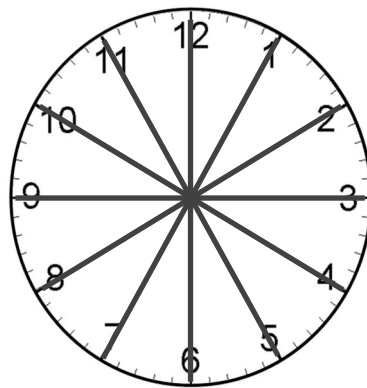
WEDNESDAY



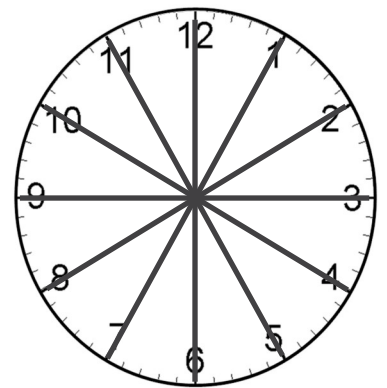
THURSDAY



FRIDAY



SATURDAY



SUNDAY

