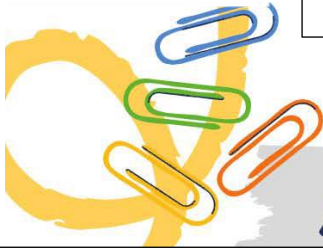




Name.....

Date



Activity Chart

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
20 Sit ups	100 Moves Today	Stretching 10 Minutes	Eat 3 different colours of vegies	Yoga moves Morning.	Dance flat out to your favourite song.	Walk in nature
15 Knee lunges	20 Star Jumps	Skipping for 1 minute.	Practice your forehand strike.	Sock shots in the laundry basket	Eat 3 different colours of fruit.	Practice some Soccer Skills.
20 Knee Push Ups	20 Curl ups	15 Burpees	3x 25 throw clap	Skipping for 2 minutes.	Head to the park and play football	Play Hopscotch
15 Star Jumps	20 Squats	10 minutes of soccer skills	Stretching 10 Minutes	3 X 30 second Planks	Balloon Volleyball Keep the off the ground.	Sprinting down the park
Skipping on spot 2 minutes.	20 Ball Catches	25 Air punches	5 minutes of mindful breathing.	Dance flat out to your favourite song.	20 Lunges alternate legs.	Stretching 10 Minutes
Bike Ride.	Cardio at local park Kicking Football	Fly a Kite Walk along the river.	Bike Ride 3 laps of the local oval!	Roller Skate Skate Board Scootering	Cardio at Park Play on Monkey Bars	Time on the trampoline

Print me off. Tick the box each day when you have completed the task, use a different colour for each week. Eg ...**Week 1 blue tick, Week 2 red tick.** Let's keep active during our break. We need at least 30minutes each day. Put your favourite song on when you do your exercises. Go for a bike ride, walk, run at the park. But most of all have fun!!!