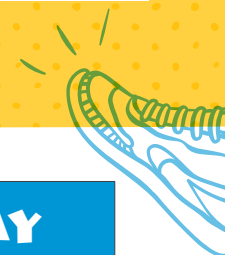


# 60 MINUTES PER DAY

## PHYSICAL ACTIVITY CHALLENGE CHART



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Walk/Cycle/Scoot to School					
Walk/Cycle/Scoot Home					
Physical Activity during School Time					
PE Homework					
Physical Activity during Home Time					
<b>TOTAL MINUTES</b>					

The World Health Organisation recommends that children and youth aged 5-17 should accumulate at least 60 minutes of moderate- to vigorous-intensity physical activity daily.

\_\_\_\_\_

Pupil Signature

\_\_\_\_\_

Parent Signature

\_\_\_\_\_

Teacher Signature

