



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

# 60 MINUTES a Day Physical Activity Challenge Chart

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