ACTIVE SCHOOL

WALKWAY LEARNING

#WalkwayLearning

12 Days of Fitmas

Follow the Walkway route and complete the exercises at each station. Don't forget to sing the song as you do!

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An Roinn Oideachais
Department of Education

Get Ireland Walking

ACTIVE SCHOOL
MORE SCHOOLS, MORE ACTIVE, MORE OFTEN

On the 1st day of Fitmas, my teacher gave to me...

1 Jumping Jack!

...and a love of Physical Activity.

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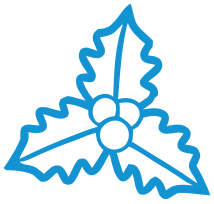
On the 2nd day of Fitmas, my teacher gave to me...

2 Toe Touches!

...and a love of Physical Activity.



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On the 3rd day of Fitmas, my teacher gave to me...

3 Squats!

...and a love of Physical Activity.

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On the 4th day of Fitmas, my teacher gave to me...

4 High Knees!

...and a love of Physical Activity.

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On the 5th day of Fitmas, my teacher gave to me...

5 Star Jumps!

...and a love of Physical Activity.

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6

On the 6th day of Fitmas, my teacher gave to me...

6 Arm Circles!

...and a love of Physical Activity.

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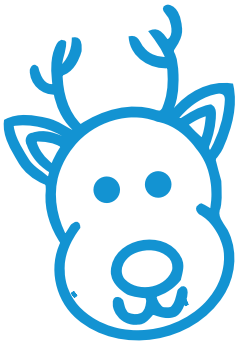
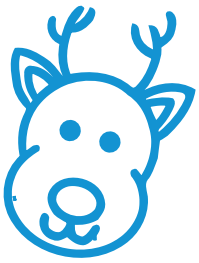


7

On the 7th day of Fitmas, my teacher gave to me...

7 Lunges!

...and a love of Physical Activity.



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On the 8th day of Fitmas, my teacher gave to me...

8 Side Steps!

...and a love of Physical Activity.

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On the 9th day of Fitmas, my teacher gave to me...

9 Skips in Place!

...and a love of Physical Activity.

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On the 10th day of Fitmas, my teacher gave to me...

10 Toe Taps!

...and a love of Physical Activity.

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11

On the 11th day of Fitmas, my teacher gave to me...

11 Marching Steps!

...and a love of Physical Activity.

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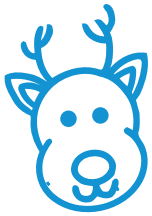
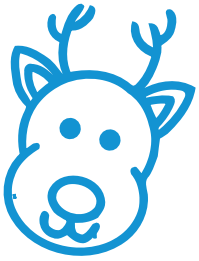


12

On the 12th day of Fitmas, my teacher gave to me...

12 Funny Dance Moves!

...and a love of Physical Activity.



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Now let's do it altogether!
On the 12th day of Fitmas,
my teacher gave to me...

12 Funny Dance Moves
11 Marching Steps
10 Toe Taps
9 Skips in Place
8 Side Steps
7 Lunges
6 Arm Circles
5 Star Jumps
4 High Knees
3 Squats
2 Toe Touches
1 Jumping Jack

AND A LOVE OF PHYSICAL ACTIVITY!

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