

Active Break Challenge

OUR class commits to a movement break every day starting _____

Break Type:	Running	Dance	Walkway	Exercise
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				

Our class knows that physical activity helps us to:

Stay Healthy

Concentrate & Focus

Have FUN

Week:	Week 1	Week 2	Week 3	Week 4
WE DID IT!				



An Roinn Oideachais agus Scileanna
Department of Education and Skills



Mayo Education Centre
Ionad Oideachais Mhaigh Eo

