

WELLNESS WEDNESDAY

Activity Tracker









Foundation

Did you know that children and adults should exercise for at least 60 minutes each day?

That can involve exercising and doing things such as walking, dancing and running that increase your heart rate.

Use this activity tracker to keep track of how much you exercise today. Whenever you complete each step you can colour in a ball and try to reach the Irish FA Crest!

ACTIVITY TRACKER

10 minutes	20 minutes	30 minutes	40 minutes	50 minutes	60 minutes
					

Top Tips:

- Try and get the rest of your family to join in and exercise together!
- Think of the games that you have played in PE at school and play them in your back garden!

LET THEM PLAY