

Get Active Go Getter Challenge - Get Active!



Week Two/Three Focus : Get Active (Sport & Fitness)

Task: *Over the next 2 weeks, choose a single exercise which you can do safely. Record your findings on a table (See example)*

Be Safe : Ask your mum or dad to help you find a suitable exercise for you to complete safely.

How ? : Choose one or more of the following ideas, or come up with your own, you don't need to do exercise every day, remember to record your progress ;

How long does it take you to walk a mile ?

How long can you hold a plank for ?

When going for a walk, how many different types of tree do you see ?

How many push ups can you do in a minute ?

How many kick ups can you do in one go ?

How many jumping jacks can you do in a minute ?

Using a skipping rope, how many skips can you do in one go ?

Get Active Challenge Record Sheet !



My Activity is :	
I will the number of :	

Day One		Day Eight	
Day Two		Day Nine	
Day Three		Day Ten	
Day Four		Day Eleven	
Day Five		Day Twelve	
Day Six		Day Thirteen	
Day Seven		Day Fourteen	

Remember to include rest days, you don't need to do your activity every day.