Get Active Go Getter Challenge - Get Active!

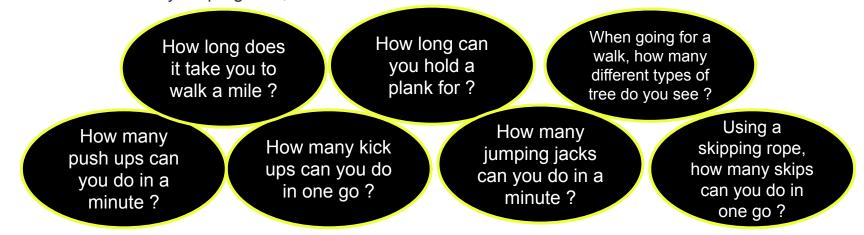


Week Two/Three Focus : Get Active (Sport & Fitness)

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 ;



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.