



Active HOME Week

27 April – 3 May



60 Minutes



Make it FUN!

Children and young people need at least 60 minutes of physical activity every day
World Health Organization

Please complete and return this challenge chart to your class teacher. Please remember, at all times, to follow the government COVID-19 advice. If exercising outdoors, keep within 2 km from home, keeping 2 m distance from others.

Date	Activity 1	Activity 2	Activity 3	Activity 4	Total Time
Monday 27 April					
Tuesday 28 April					
Wednesday 29 April					
Thursday 30 April					
Friday 1 May					
Saturday 2 May					
Sunday 3 May					

I DID IT!	I was active for 60 MINUTES every day	
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Pupil name _____

Class/Teacher _____



Active School Flag is a Department of Education and Skills initiative supported by Healthy Ireland.

