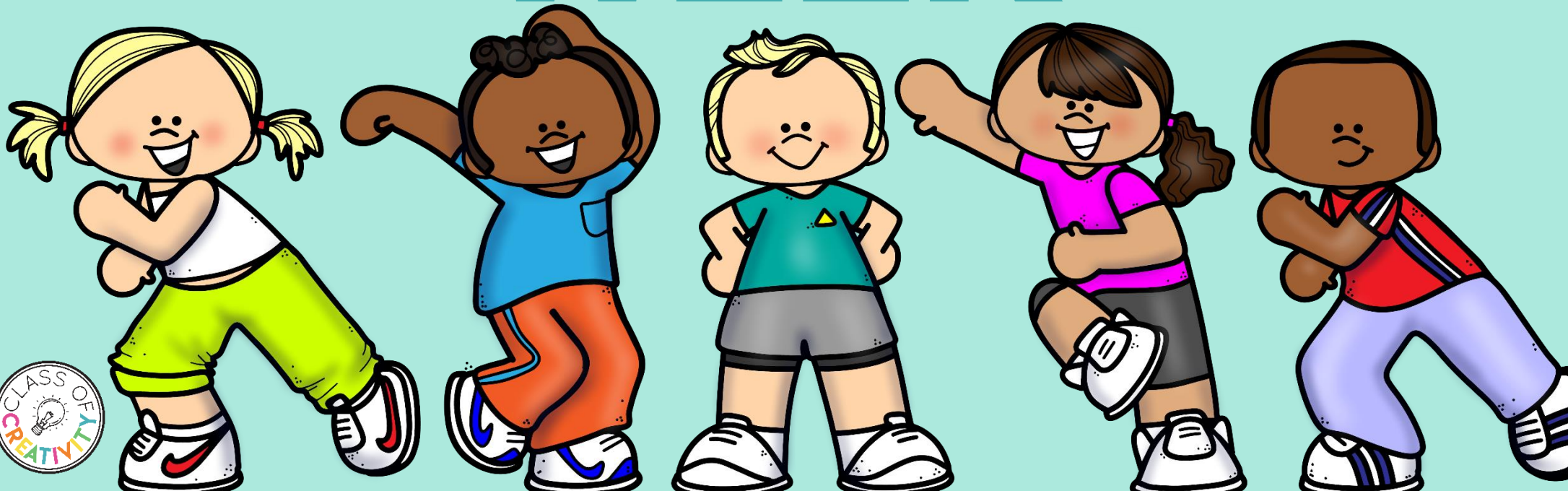


ACTIVE SCHOOLS WEEK



Active Schools Week

KM CHALLENGE

From Monday to Friday, we are trying to walk as many km as possible during active schools week. Here is how you can help...

STEP 1

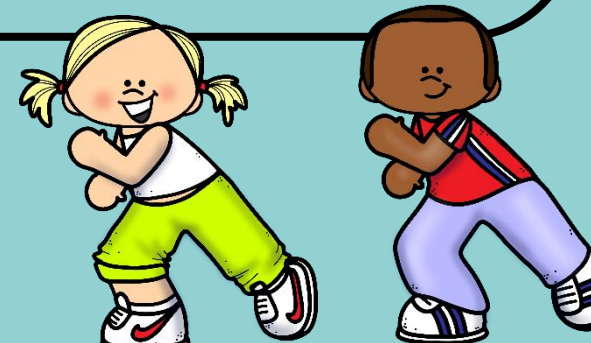
Walk or jog 5km this week. You can do it all at once or try 1 km per day. Get your family involved if you can!

STEP 2

On Friday, add up how many km you have walked altogether.

STEP 3

Contact your teacher and let them know how many km you have walked!



Active Schools Week

MONDAY

20 SIT UPS

-REST-

20 more if you can

**ACTIVE
HOUSEWORK**

10 minutes

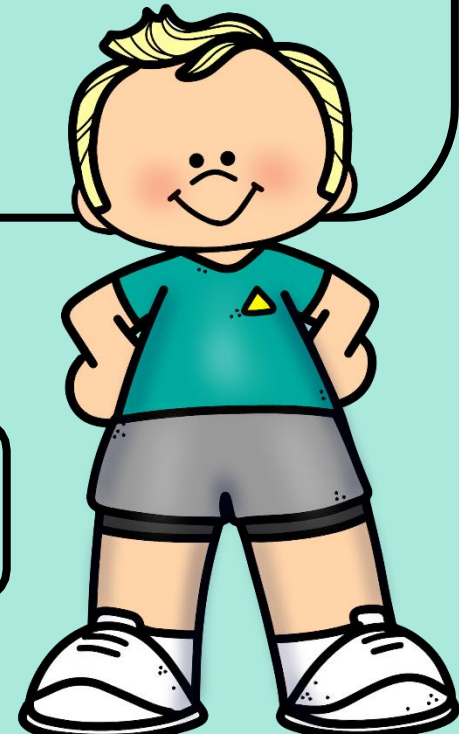
**(hoovering, mopping,
gardening, tidying)**

20 second plank

-REST-

**20 seconds more if
you can**

Walk or Jog 1 km today OR plan your 5km for the week



Active Schools Week

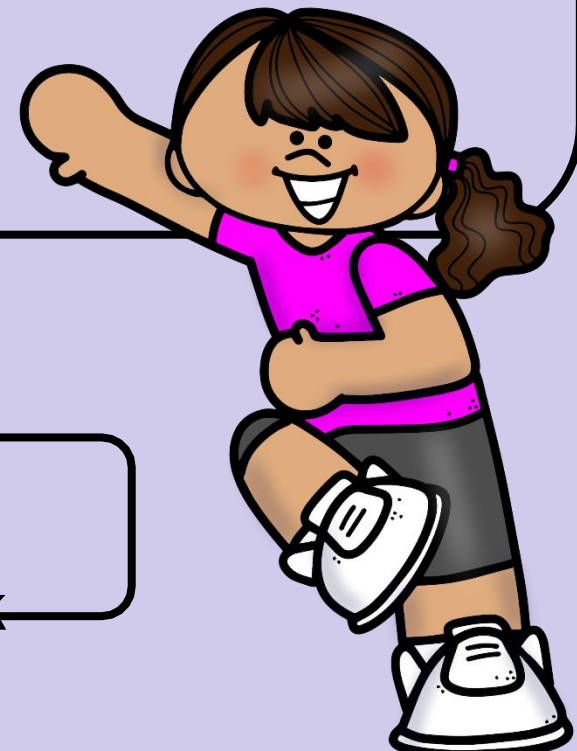
TUESDAY

Create your own
obstacle course!

40 second high knees
running on the spot
-REST-
40 seconds more if
you can

Play Simon Says with
your family!

Walk or Jog 1 km today OR plan your 5km for the week



Active Schools Week

WEDNESDAY

Run around your
garden/up and
down your road for
7 minutes

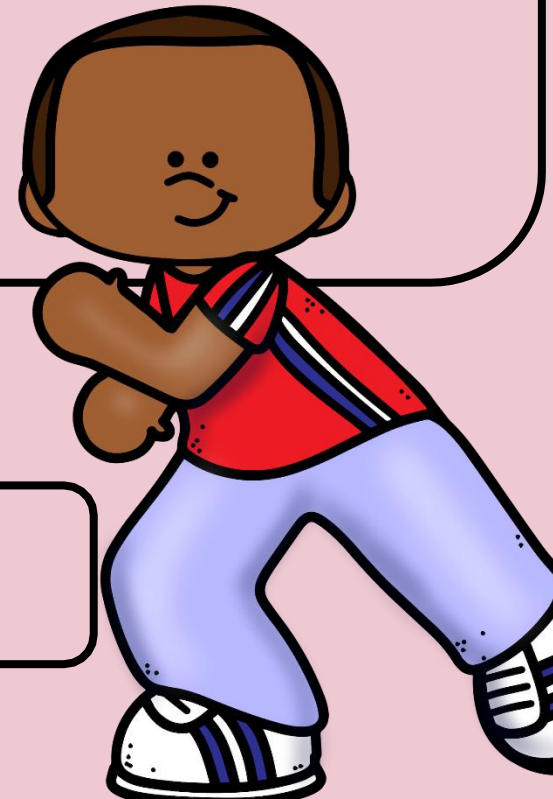
15 squats

-REST-

15 more if you can

Make up a dance to
your favourite song!

Walk or Jog 1 km today OR plan your 5km for the week



Active Schools Week

THURSDAY

**Skills Practice
20 mins
(practice kicking or
catching with a ball)**

**20 situps
-REST-
20 more if you can**

**Try a Go Noodle or
exercise video on
YouTube.**

Walk or Jog 1 km today OR plan your 5km for the week



Active Schools Week

FRIDAY

**Make sure you have
completed your 5km
for the week!**

**30 seconds mountain
climbers
-REST-
30 seconds more if
you can**

**Try a YOGA video on
YouTube.
10/15 mins**

**Don't forget to contact your teacher to let them
know how many km you walked this week!**



Active Schools Week

KM CHALLENGE

How many km have you and your family walked this week? Message your total distance to your teacher!

