**Easter Exercise Challenge!**

During this holiday, why not try the **Easter Exercise Challenge**! Each day, to help you keep fit and stay healthy, try to ensure you spend at least **60 minutes being active**. This requires you to move about and it should make you breath faster and get warmer.

Use the **‘Personal Diary Sheet’** to keep a record of your physical activities like skipping in the garden or riding a bike, going swimming or playing games with family and/or friends - perhaps in a park, roller skating at a disco or training/playing with a local organised sports club e.g. football, rugby, tennis, gymnastics, dance, horse riding, etc.

Even if you are stuck indoors, you can still exercise and to help you keep active here are some useful websites:

1. **Train like a Jedi on:**

[**https://campaignresources.phe.gov.uk/schools/topics/ being-active/resources**](https://campaignresources.phe.gov.uk/schools/topics/%20being-active/resources)

1. **Move and dance along with:**

[**https://www.gonoodle.com/**](https://www.gonoodle.com/)

1. **Move while learning with the BBC Super Movers at:**

[**https://www.bbc.co.uk/sport/football/supermovers**](https://www.bbc.co.uk/sport/football/supermovers)

Every child who completes this challenge, and returns their named diary sheet to their Class Teacher on Tuesday 23rd April 2019 (accurately filled in for each day of the holiday) with at least 60 minutes of daily activities performed and verified by a parent signature, will achieve two Merit Points. For children who do not manage keeping active every day, but do complete over half of this challenge, they will achieve one Merit Point.



**Personal Diary Sheet for**

Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Class: \_\_\_\_\_\_\_\_\_

**Easter Exercise Challenge!**

|  |  |  |  |
| --- | --- | --- | --- |
| **Date:** | **Activity:** | **Time Spent:** | **Parent Signature:** |
| **Saturday****6/4/19** |  |  |  |
| **Sunday****7/4/19** |  |  |  |
| **Monday****8/4/19** |  |  |  |
| **Tuesday****9/4/19** |  |  |  |
| **Wednesday****10/4/19** |  |  |  |
| **Thursday****11/4/19** |  |  |  |
| **Friday****12/4/19** |  |  |  |
| **Date:** | **Activity:** | **Time Spent:** | **Parent Signature:** |
| **Saturday****13/4/19** |  |  |  |
| **Sunday****14/4/19** |  |  |  |
| **Monday****15/4/19** |  |  |  |
| **Tuesday****16/4/19** |  |  |  |
| **Wednesday****17/4/19** |  |  |  |
| **Thursday****18/4/19** |  |  |  |
| **Friday****19/4/19** |  |  |  |
| **Saturday****20/4/19** |  |  |  |
| **Sunday****21/4/19** |  |  |  |
| **Monday****22/4/19** |  |  |  |

**Well done! Keep active!**