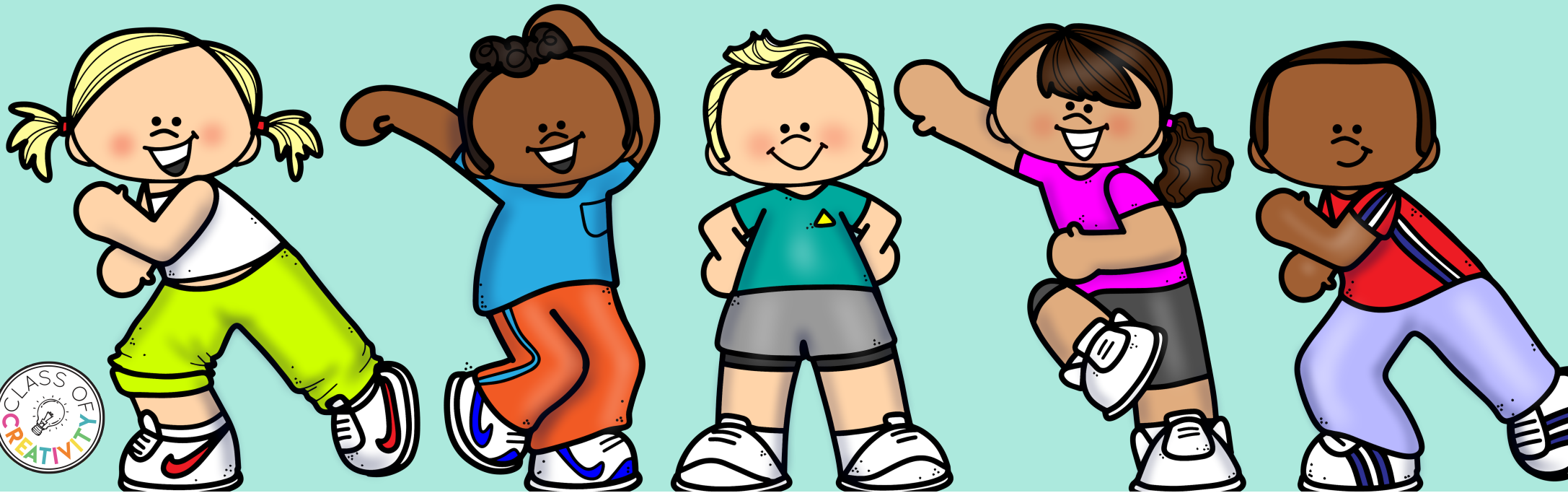


ACTIVE SCHOOLS WEEK



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

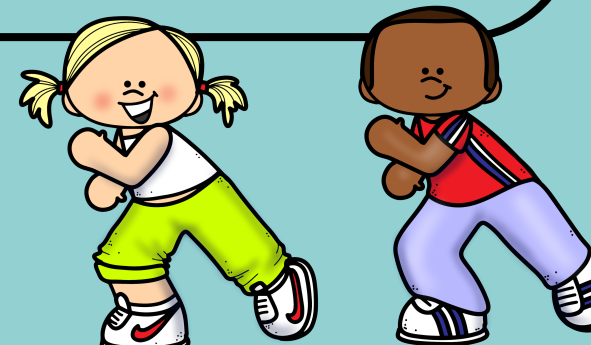
Walk or jog 5km this week. You can do it all at once or try 1km per day. Get your family involved if you can!

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

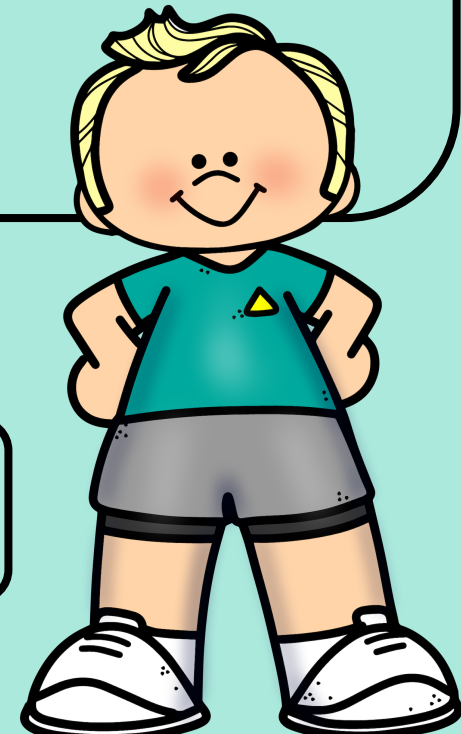
(hoovering, mopping,
gardening, tidying)

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)

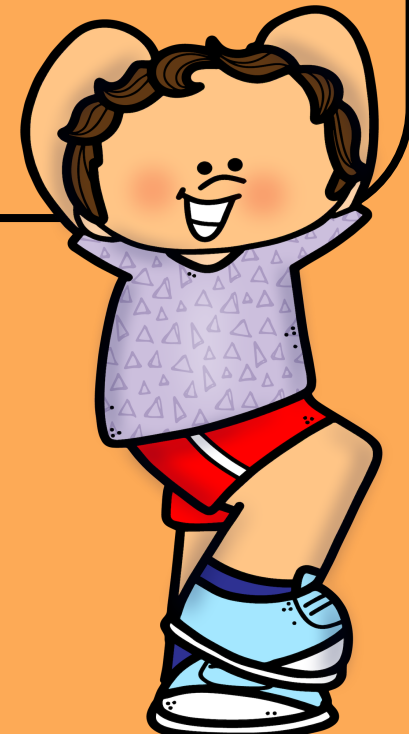
20 sit ups

-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

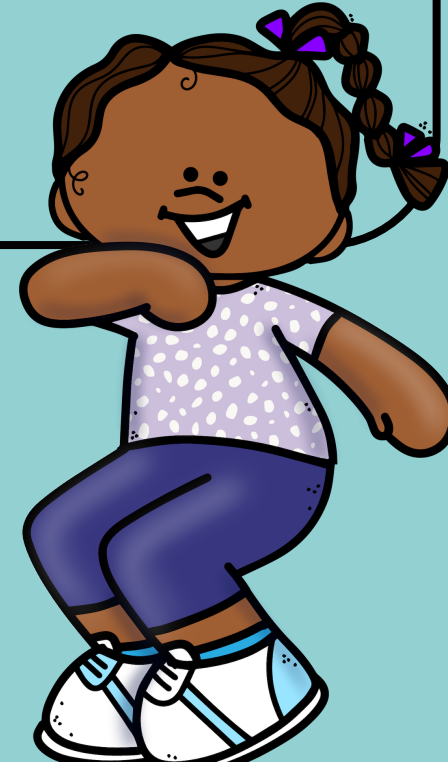
FRIDAY

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

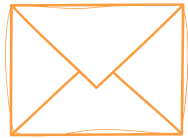
How many km have you and your family walked this week? Message your total distance to your teacher!



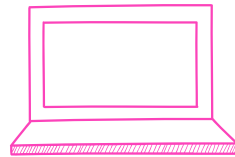
CLASS OF CREATIVITY

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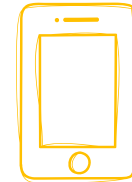
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