

Active Schools Week 24th-28th May

1. Get at least 60 minutes per day of exercise
2. Wear your school tracksuit to school
3. Complete the daily challenges and write it down on your Challenges sheet
4. Complete Active homework and write it down on your Active homework sheet
5. Run Around Ireland Challenge - write down your laps and see how far you can run!

Daily Challenges

Monday	Wall Challenge
Tuesday	Mouse Trap
Wednesday	Make your own Obstacle Course
Thursday	Tellytobin Press Up or Plank Challenge
Friday	Hour of Power at school

Or maybe you can think of some of your own. Share any ideas with your teacher and class group.