



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Walk/Cycle/Scoot to School					
Walk/Cycle/Scoot Home					
Physical Activity during School Time					
PE Homework					
Physical Activity during Home Time					
TOTAL MINUTES					

60 MINUTES a Day Physical Activity Challenge Chart

The World Health Organisation recommends that children and youth aged 5–17 should accumulate at least 60 minutes of moderate to vigorous intensity physical activity daily.

Pupil Signature

Parent Signature

Teacher Signature