Active Week 2019

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

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| **Date** | **Activity** | **Signed** |
| Tuesday 7th | 30 seconds of **hopping on one foot**. Rest for 1 minute and switch feet. Can you do this 5 times? |  |
| Wednesday 8th | How many **bunny hops** can you do in 30 seconds. Take a rest for 1 minute and try again. Try 4 times altogether and write your best score.  My best score: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |  |
| Thursday  9th | **Run** around your house 5 times! If you can’t get outside run up and down the hall 7 times! |  |