



# Active HOME Week

27 April – 3 May



60 Minutes



Make it FUN!

Please complete and return this challenge chart to your class teacher.

Please remember, at all times, to follow the government COVID-19 advice. If exercising outdoors, keep within 2 km from home, keeping 2 m distance from others.

Children and young people need at least 60 minutes of physical activity every day  
World Health Organization

Date	Activity 1	Activity 2	Activity 3	Activity 4	Total Time
<b>Monday</b> 27 April					
<b>Tuesday</b> 28 April					
<b>Wednesday</b> 29 April					
<b>Thursday</b> 30 April					
<b>Friday</b> 1 May					
<b>Saturday</b> 2 May					
<b>Sunday</b> 3 May					

<b>I DID IT!</b>	<b>I was active for 60 MINUTES every day</b>	
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Pupil name \_\_\_\_\_

Class/Teacher \_\_\_\_\_



Active School Flag is a Department of Education and Skills initiative supported by Healthy Ireland.

