**January ACTIVITY TRACKER**

**Name****\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Form Group\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

Happy New Year!

It is recommended that young people take part in at least 60 minutes of physical activity every day and we should try to reduce long periods of time spent sitting down or not moving.

There are so many benefits to taking part in regular, daily physical activity. It helps us to improve our health and fitness, maintain a healthy weight, strengthens our muscles and bones, improves our concentration and learning and can improve your mood and make you feel good!

Throughout the first two weeks of January, have a go at aiming to complete 60 minutes every day. If you think 60 minutes is a bit too much, set yourself a lower target for example, 30 minutes a day.

For more tips or information, look at <https://www.nhs.uk/live-well/exercise/physical-activity-guidelines-children-and-young-people/> or contact your teacher if you need some ideas.

Complete the table below every day describing what activities you have done and add up the minutes.

There will be rewards for students who are active every day. Have fun! We cannot wait to see what activities you have been doing to stay healthy whilst the school is closed.

Thank you,

PE Department

|  |  |  |
| --- | --- | --- |
| **DATE** | **DAILY DURATION** | **TOTAL (MINUTES)** |
| Example | Went for a walk – 30 minutes  At home PE – 20 minutes  Jo Wicks workout – 30 minutes | 80 minutes |
| 5th |  |  |
| 6th |  |  |
| 7th |  |  |
| 8th |  |  |
| 9th |  |  |
| 10th |  |  |
| 11th |  |  |
| 12th |  |  |
| 13th |  |  |
| 14th |  |  |
| 15th |  |  |
| 16th |  |  |
| 17th |  |  |

