



Move more to be fit and feel good



Builds confidence & social skills



Improves sleep



Strengthens muscles & bones



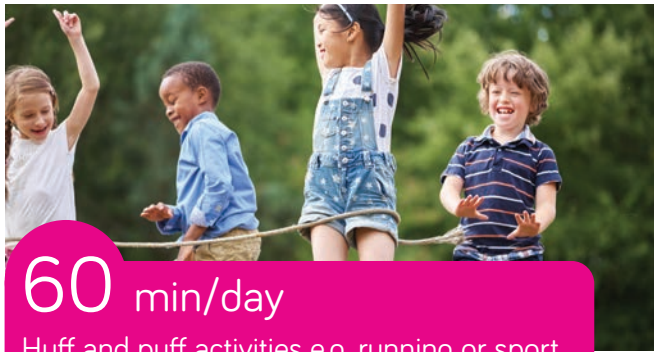
Improves health & fitness



Develops co-ordination



Improves concentration & learning



60 min/day

Huff and puff activities e.g. running or sport
60 minutes can be split up into shorter times throughout the day, for example, four 15 minute activities



3 days/week

Strength activities
e.g. jumping or climbing games



Play games or sports



Walk or ride part way to school



Explore parklands and beaches



Build cubbies or forts indoors or out



Hop, jump, run or dance



Online exercise sessions

Active Warrior



Blue column





Using the activities below as options, write in the blue column what activities you did each day to be active and move your body :

- > Run
- > Ride
- > Skate
- > Swing
- > Dance
- > Hide and go seek
- > Throw and catch
- > Jump
- > Skip
- > Scoot
- > Hula Hoop
- > Push and Pull



Yellow column

Circle the emoji that best represents how you feel after

-  Strong
-  Energised
-  Puffed
-  Hot & sweaty

	What activities did you do today?	After moving my body, I feel...
Monday		   
Tuesday		   
Wednesday		   
Thursday		   
Friday		   
Saturday		   
Sunday		   