
 **60 Minutes**  
 **Make it FUN!**

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

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

Day	Activity 1	Activity 2	Activity 3	Activity 4	Activity 5 You choose!	Total Time
Monday	Bank Holiday!					
Tuesday	Glen Daly workout <a href="#">Click here</a>	<a href="#">Toilet Roll Keep Uppies</a> How many can you get?	<a href="#">Scavenger Hunt</a>	<a href="#">Cha Cha Plank Challenge</a>		
Wednesday	Zumba with Keith: <a href="#">Firehouse</a>	500m Challenge <a href="#">Click here</a>	<a href="#">Ray &amp; O'Shea's Fitness 15 Workout</a>	Coach Mike's 5 Minute Challenge <a href="#">Click here</a>		
Thursday	<a href="#">Wheelie Bin Challenge</a> with Irish Rugby Player Kathryn Dane	<a href="#">Make an Obstacle Course</a>	Yoga	<a href="#">Katie Taylor Workout</a>		
Friday Virtual Sports Day	Zumba with Keith: <a href="#">Tippy Toe</a>	<a href="#">2m Social Distance Jump Challenge</a>	GAA Skills Challenges: <a href="#">Toe Tap</a> <a href="#">Solo run</a>	<a href="#">Joe Wicks Workout</a>		
Saturday & Sunday	Keep Moving over the weekend and record your total time spent ACTIVE!					
<b>I DID IT!</b>	<b>I was active for 60 MINUTES every day</b>					

Pupil name \_\_\_\_\_

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



*Active School Flag is a Department of Education and Skills initiative supported by HealthyIreland.*

