



60 Minutes



Make it FUN!

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.

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	Activity 5 You choose!	Total Time
Monday	Bank Holiday!					
Tuesday	Zumba with Keith: Firehouse	Socks & Pots Challenge	Scavenger Hunt	Mario Dance Or Zumba Dance		
Wednesday	Wheelie Bin Challenge with Irish Rugby Player Kathryn Dane	Go Noodle Dance: 'Best Day of My Life - Dance Along'	250m / 500m Challenge Click here	Kids 20 min Workout or John Cena Workout		
Thursday	Coach Mike's 3 Minute Challenge Click here	Dance: 'High Hopes' Or Robot Dance	Make an Obstacle Course	Captain America Workout Or Frozen Workout		
Friday	Zumba with Keith: Tippy Toe	Cycle, Skip, Scoot or Walk	Cosmic Yoga: 'Super Power Listening'	Joe Wicks: 8 min Workout Or 5 min Workout (Infants)		
Virtual Sports Day						
Saturday & Sunday	Keep Moving over the weekend and record your total time spent ACTIVE!					
I DID IT!	I was active for 60 MINUTES every day					

Pupil name _____

Class/Teacher _____



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



Coronavirus COVID-19 Public Health Advice

