

ACTIVE HOMEWORK Ideas

Colour in the activity once it's been done!

Dates: _____

Cycle your BIKE <i>10 minutes</i>	Go for a WALK <i>15 minutes</i>	Create your own OBSTACLE Course	Go SWIMMING with your family
KICK a ball with someone <i>10 minutes</i>	Play TAG/CATCH <i>10 minutes</i>	Play BALLOON Volleyball <i>10 minutes</i>	DANCE to three of your favourite songs
JUMPING JACKS <i>1 minute</i>	Active HOUSEWORK <i>10 minutes</i>	Go to the PLAYGROUND	RUN <i>5 minutes</i>
Draw your own HOPSCOTCH with chalk and play	Play SIMON SAYS with your family	10 wall PRESS UPS – rest – 10 more <i>if you can</i>	Ride your SCOOTER <i>10 minutes</i>
GO NOODLE <i>10 minutes</i>	CRAB WALKS <i>1 minute</i>	SKIP <i>2 minutes</i>	20 SQUATS – rest – 20 more <i>if you can</i>
20 SIT UPS – rest – 20 more <i>if you can</i>	SKILLS Practice (any sport) <i>10 minutes</i>	Make up a DANCE to your favourite song	Walk the DOG with a family member

EVERY child needs **60 MINUTES** of physical activity every day to be healthy
World Health Organisation

Pupil Signature

Parent Signature

Teacher Signature



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