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| Play a competitive match of any sport | 20 minutes of swimming. | Bounce on a trampoline for 15 minutes. | Run for 10 minutes total (can be in separate parts) | 15 Jumping Jacks | Yoga for 10 minutes | Play catch with someone else without dropping the ball for 15 minutes |
|  |  |  |  |  |  |  |
| Take a family walk | 15 Jumping Jacks | Go Bowling | 1 minute plank | 10 Basketball squats jumps | Have a water balloon fight | Meditate for 10 minutes |
|  |  |  |  |  |  |  |
| Dance for 2 songs | 20 Power Jumps | Go to a trampoline park | Watch a sports game | 10 Speed Skaters | Skipping rope jumps x100 | 20 lunges |
|  |  |  |  |  |  |  |
| Take a family hike | 15 squats | Play Frisbee | Stretch for 5 minutes | 20 Push Ups | Shoot 10 successful goals in a netball/basketball hoop | Let your family choose an exercise for 10 reps |
|  |  |  |  |  |  |  |
| Swim in the sea | Let your family choose an exercise for 10 reps | Go ice skating | Dance for 3 songs | 20 Sit Ups | 10 burpees | Jog a competitive distance |

 Student Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Parent Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Class: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_