



🕒 60 Minutes
😊 Make it FUN!

Please remember, at all times, to follow the government COVID-19 advice. If exercising outdoors, keep within 2 km from home, keeping 2 m 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	Total Time
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					

I DID IT!	I was active for 60 MINUTES every day	
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Pupil name _____

Class/Teacher _____



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

