**Active Homework Chart**

L**et’s get Lisboduff active after school!**

**It is recommended that all of us get at least 60 minutes of activity throughout the day.**

**Lots of us are involved in sport in the evening, but for the evenings you’ve nothing on try to do to two or more of these activities.**

**For more information on our Active Schools Initiative check out the Active Schools section of our website.**

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| Cycle your bike for 10 minutes | | Go for a walk | Dance to your favourite song | | Skip for 2 minutes  (count how many times you can skip in a row) | | Throw a Frisbee with someone for 10 minutes | |
| Kick a ball with someone for 10 minutes | | Play tag/catch for 10 minutes | Play a physical activity game of your choice for 10 minutes | |  | | Ride your scooter for 10 minutes | |
| Draw your own hopscotch with chalk and play | | Throw a ball with someone for 10 minutes (use different sized balls) | Create your own obstacle course | | Run for 5 minutes | | 10 minutes of Active housework: vacuuming, sweeping etc. | |
| 10 minutes of free play outside | | If possible, walk home from school one day | Play Simon says using exercises | | Child’s choice of physical activity for 10 minutes | | Parents’ choice of physical activity | |
| \*10 Push-ups (on knees) | | \*Hold plank for 10 seconds- 30 seconds | \*10 Jumping Jacks | | \*20 High Knees | | \*20 Heel kicks | |
| \*Hop on Left Leg 10 times (repeat) | \*Hop on Right leg 10 times (repeat) | | | \*Squat for 30 seconds (repeat) | | \*20 sit ups/ crunches | | \*Run on spot for 30 seconds |

**\*Mix and match these exercises to make up a circuit for 10 minutes**