**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.**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  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**