

Name: \_\_\_\_\_

Challenge Week: \_\_\_\_\_

Sunday

Date /

1. \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

4 \_\_\_\_\_

5 \_\_\_\_\_

6 \_\_\_\_\_

Monday

Date /

1. \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

4 \_\_\_\_\_

5 \_\_\_\_\_

6 \_\_\_\_\_

Tuesday

Date /

1. \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

4 \_\_\_\_\_

5 \_\_\_\_\_

6 \_\_\_\_\_

Wednesday

Date /

1. \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

4 \_\_\_\_\_

5 \_\_\_\_\_

6 \_\_\_\_\_

Name: \_\_\_\_\_

Challenge Week: \_\_\_\_\_

Thursday                      Date    /

1. \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

4 \_\_\_\_\_

5 \_\_\_\_\_

6 \_\_\_\_\_

Friday                              Date    /

1. \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

4 \_\_\_\_\_

5 \_\_\_\_\_

6 \_\_\_\_\_

Saturday                      Date    /

1. \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

4 \_\_\_\_\_

5 \_\_\_\_\_

6 \_\_\_\_\_

### What do you need to do?

Fill in at least 5 (of the 7) boxes for the week.

Fill in 6 activities each day.

Each activity is worth 10 minutes or about the length of recess time.

You can use ideas from the activity list.

<http://www.pbac.sa.edu.au/Content/Resources/List%20of%20Physical%20Activities%2014.pdf>

Photocopy these sheets back to back or reduce the size to A5 depending on the child to save paper.

[www.pbac.sa.edu.au](http://www.pbac.sa.edu.au)

