

Active Break Challenge

OUR class commits to a movement break every day starting ~~2/11/20~~

Break Type:	Running	Dance	Walkway	Exercise
Monday	✓	✓	✓	
Tuesday	✓		✓✓	
Wednesday	✓	✓	✓✓	
Thursday	✓		✓	✓
Friday		✓✓		✓✓

Our class knows that physical activity helps us to:

Stay Healthy

Concentrate & Focus

Have FUN

Week:	Week 1	Week 2	Week 3	Week 4
WE DID IT!	✓	✓	✓	✓



An Roinn Oideachais agus Scileanna
Department of Education and Skills



Mayo Education Centre
Ionad Oideachais Mhaigh Eo

