

Active Break Challenge

5th Class

OUR class commits to a movement break every day starting Nov 2nd

| 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

