

Jan 14 2020

Active Break Challenge

OUR class commits to a movement break every day starting November 2020

Break Type:	Running	Dance	Walkway	Exercise
Monday	✓ Daily mile 1:50			✓ yoga 10:20 ✓ go noodle
Tuesday	✓ Daily mile 1:50			✓ yoga 10:20 ✓ go noodle
Wednesday	✓ Daily mile 1:50			✓ yoga 10:20 ✓ go noodle
Thursday	✓ Daily mile 1:50			✓ yoga 10:20 ✓ go noodle
Friday	✓ Daily mile 1:50			✓ yoga 10:20 ✓ go noodle

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!	✓	✓	✓	✓



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Department of Education and Skills

