

# Active Break Challenge

Sen Inf

OUR class commits to a movement break every day starting 2nd Nov 20

Break Type:	Running	Dance	Walkway	Exercise
Monday	✓	✓	✓	✓
Tuesday	✓	✓	✓	Workout with Joe
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

