**PUPILS RECORD FOR PE & ACTIVITY**

Please keep a record if you can to share with your teacher.

Can use as a weekly chart to keep physically active.

Week 1 – example (design your own this is just a starting idea)

|  |  |  |  |
| --- | --- | --- | --- |
| **DAY** | **WHAT I DID** | **HOW LONG FOR** | **MY DAY TOTAL** |
| Monday |  |  |  |
| Tuesday |  |  |  |
| Wednesday |  |  |  |
| Thursday |  |  |  |
| Friday |  |  |  |
| Saturday |  |  |  |
| Sunday |  |  |  |
| **WEEK TOTAL** |  |  |  |

Challenge: Try to beat your total each week as your fitness improves – set a personal challenge.

Week 1 = 7 hours, Week 2 = 8 hours (you can do this)

Alan Beard SGO Forest of Dean