



How active are you? Take the activity quiz and find out...

1. How often are you active at home? (tidying your room/ cleaning/ walking the dog/ other)

- a) Never b) Some days c) Most days

2. Do you walk/cycle to school?

- a) Never b) Some days c) Most days

If never, why?

3. How active are you in school?

- a) Not very active – sitting most of the day
- b) Lightly active – some walking/ running involved
- c) Very active – a lot of activity , walking, running/ jumping during the day

4. How often are you active during leisure time outside of school? (walking, cycling, dancing, tennis, football, other activities)

- a) Never
- b) Some days
- c) Most days

5. When you exercise, how do you feel?

- a) Not very different to when I'm not exercising
- b) Warm, my heart is beating faster and I'm slightly out of breath but I can still talk
- c) I'm sweating, my heart beats very fast, I'm breathing heavily and I can feel my muscles working hard.



Mostly A's

You're not as active as you need to be to get the health benefits.

Mostly B's

You've made a really good start and are enjoying some of the benefits.

Mostly C's

Well done. Keep up this level of activity daily to continue feeling the positive health benefits.



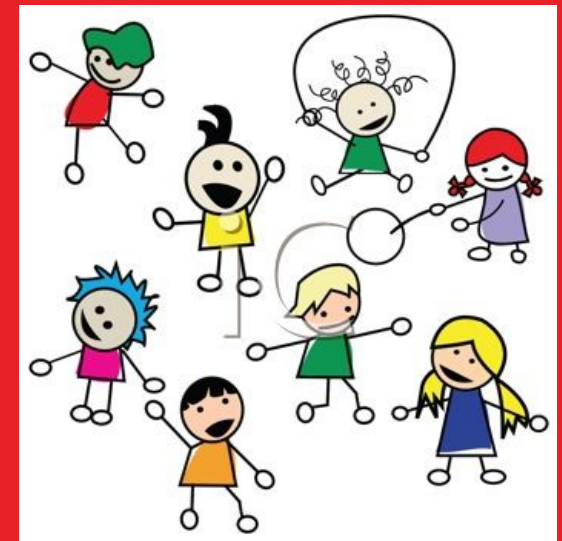
MINUTES A DAY OF PHYSICAL ACTIVITY

Name: _____
Class: _____
School: _____
Parents Signature: _____



ACTIVE HOMEWORK CHALLENGE

Adapted with kind permission from
Clare Sports Partnership's Homework Diary initiative.



www.waterfordsportspartnership.ie



Waterford Sports Partnership - Supporting Activity and Sport for All



YOUR HOMEWORK CHALLENGE



















DO 60 MINUTES OF DAILY PHYSICAL ACTIVITY FOR 3 WEEKS

GET YOUR FAMILY TO BE ACTIVE WITH YOU!



Colour in 1 star for every 10 repetitions (times) you complete the daily exercise



	Monday	Tuesday	Wednesday	Thursday	Friday	Weekend
Week 1	Jumping Jacks ★ ★ ★ ★ ★ ★ ★ ★ ★ ★	Squats ★ ★ ★ ★ ★ ★ ★ ★ ★ ★	Kneel Ups ★ ★ ★ ★ ★ ★ ★ ★ ★ ★	High Knees ★ ★ ★ ★ ★ ★ ★ ★ ★ ★	Donkey Kicks ★ ★ ★ ★ ★ ★ ★ ★ ★ ★	
Extra Physical Activity	What:  How long for:	What:  How long for:	What:  How long for:	What:  How long for:	What:  How long for:	
Week 2	Jump & Reach ★ ★ ★ ★ ★ ★ ★ ★ ★ ★	Knee Raise PullDown ★ ★ ★ ★ ★ ★ ★ ★ ★ ★	Quick Feet ★ ★ ★ ★ ★ ★ ★ ★ ★ ★	Line Jumps ★ ★ ★ ★ ★ ★ ★ ★ ★ ★	Bear Crawl ★ ★ ★ ★ ★ ★ ★ ★ ★ ★	
Extra Physical Activity	What:  How long for:	What:  How long for:	What:  How long for:	What:  How long for:	What:  How long for:	
Week 3	Stair Stepper ★ ★ ★ ★ ★ ★ ★ ★ ★ ★	Air Boxing ★ ★ ★ ★ ★ ★ ★ ★ ★ ★	Circle Arm Walk ★ ★ ★ ★ ★ ★ ★ ★ ★ ★	Shooting Hoops ★ ★ ★ ★ ★ ★ ★ ★ ★ ★	Floor Sits ★ ★ ★ ★ ★ ★ ★ ★ ★ ★	
Extra Physical Activity	What:  How long for:	What:  How long for:	What:  How long for:	What:  How long for:	What:  How long for:	
What do you like most about exercise: What do you dislike about exercise: What NEW Sport would you like to try:						