



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



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YOUR HOMEWORK CHALLENGE

60 minutes of daily physical activity for 3 weeks.

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:	
<p>What do you like most about exercise:</p> <p>What do you dislike about exercise:</p> <p>What NEW Sport would you like to try:</p>						