

# ACTIVE HOMEWORK Ideas

Colour in the activity once it's been done!

Dates: \_\_\_\_\_

Cycle your BIKE 10 minutes	Go for a WALK 15 minutes	Create your own OBSTACLE Course	Go SWIMMING with your family
KICK a ball with someone 10 minutes	Play TAG/CATCH 10 minutes	Play BALLOON Volleyball 10 minutes	DANCE to three of your favourite songs
JUMPING JACKS 1 minute	Active HOUSEWORK 10 minutes	Go to the PLAYGROUND	RUN 5 minutes
Draw your own HOPSCOTCH with chalk and play	Play SIMON SAYS with your family	10 wall PRESS UPS – rest – 10 more if you can	Ride your SCOOTER 10 minutes
GO NOODLE 10 minutes	CRAB WALKS 1 minute	SKIP 2 minutes	20 SQUATS – rest – 20 more if you can
20 SIT UPS – rest – 20 more if you can	SKILLS Practice (any sport) 10 minutes	Make up a DANCE to your favourite song	Walk the DOG with a family member

EVERY child needs 60  
MINUTES of physical activity  
every day to be healthy  
World Health Organisation

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Pupil Signature

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Parent Signature

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Teacher Signature



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