









Physical Activity Score card – How many can you do in 1 minute ?

Activity	Picture of how do the activity	Monday Score	Tuesday Score	Wednesday Score	Thursday Score	Friday Score
<p>Step Ups Do this on the stairs or an outside step</p>						
<p>Press Ups</p>						
<p>Sit Ups</p>						
<p>Star Jumps</p>						
<p>Lunges</p>						

Physical activity Score card – Try these exercises for 30 sec each

Activity	Picture of how do the activity	Monday ✓	Tuesday ✓	Wednesday ✓	Thursday ✓	Friday ✓
Running on the spot						
Wall sits sit against the wall without moving						
Plank Can you hold the plank						
Balance on 1 leg	