

How active am I usually?

On a usual day, I am active by:

 During Active Week (21st June 2021) I’m going to be a HOT SHOT!

This means I’ll be active at SCHOOL, HOME, OUTSIDE and

when I TRAVEL.

 MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY

E.g. Played football

SCHOOL

E.g. Played in the garden

HOME

E.g. Played in the park

OUTDOORS

E.g. Biked to school

TRAVEL

Thinking about Active Week

How did you feel about the activities? Will you keep on doing these activities? Tell us what you

enjoyed most and you’ll be in with a chance to win a £50 voucher and a goodie bag!

These details will not be shared and will only be kept until the prize draw is complete on 21st July 2021.

YEAR: SCHOOL

NAME:

Remember to email your activity tracker to schoolgames@activenorfolk.org by Friday 2 July for the chance to win a prize!