The government and doctors recommend 30 minutes of "active time" each day.

Circle at least 3 "active" activities you could do during home learning.

1. Running on the spot
2. Yoga or pilates
3. Dancing videos (e.g., Just Dance)
4. Step ups
5. Exercise videos
6. Skipping
7. Wii games
8. Boxercise
9. Throw and catch games (e.g., hot potato)
10. Star jumps
11. Hula hooping
12. Sensory activities
13. Sit ups
14. Balloon games (e.g., balloon tennis)
15. Other:
16. Other:
Why not set targets for your "active time"? For example:

<table>
<thead>
<tr>
<th>Week</th>
<th>Activity</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Exercise videos</td>
<td>10 min</td>
</tr>
<tr>
<td>2</td>
<td>Step ups</td>
<td>20</td>
</tr>
<tr>
<td>3</td>
<td>Step ups</td>
<td>30</td>
</tr>
<tr>
<td>4</td>
<td>Step ups</td>
<td>40</td>
</tr>
<tr>
<td>5</td>
<td>Step ups</td>
<td>50</td>
</tr>
</tbody>
</table>

Now, your turn:
Write down 3 achievements from your "active time"

E.g. I ran on the spot for 10 minutes.

Achievement 1:

Achievement 2:

Achievement 3:

Why not add "active time" to your weekly timetable, for 30 minutes each day.

You can use "active time" to work towards your "active time" targets.