

Exercise Diary

To recognise the importance of exercise.



Fill in this exercise diary for one week. Remember, it's good to include different types of exercise. Here are some examples (but you may choose others too!):

- ▶ walking to school
- ▶ riding a scooter
- ▶ running
- ▶ skipping with a rope
- ▶ dancing
- ▶ swimming
- ▶ gymnastics
- ▶ tennis
- ▶ basketball
- ▶ football
- ▶ playground games
- ▶ cycling

Day	Exercise
Monday	
Tuesday	
Wednesday	
Thursday	
Friday	
Saturday	
Sunday	

Challenge

Can you design an imaginative **10 minute workout**?

It could be made up of dance or gymnastic moves, stretches or ball skills. It could link into a theme, such as a topic you are studying in class, and you could even suggest simple equipment to use for some of the exercises.

You can write and/or draw your sequence of exercise moves in the table below.



Name of your workout:

Move 1	Move 2
Move 3	Move 4