

My 60 Active Minutes Record

Summerfield Primary School

Name:

Class:

Week beginning:

What does 60 active minutes look like?

Every child should aim to complete at least 60 minutes of physical activity every single day. "Active minutes" means moving your body in a way that gets your **heart rate raised**, makes you **breathe a little harder** and may even make you a little **sweaty**! These 60 minutes do not need to happen all at once — you can add them up across the day in shorter bursts of activity.

Ideas for getting active

Your active minutes can include things like:

- Walking or cycling to and from school
- Bike rides or scooter rides with family or friends
- Joining in with school clubs and after-school sports clubs
- Playing in the garden, park or local play area
- Trying out the 60-second activity cards on your own or with the family
- Dancing, skipping, swimming or any sport you enjoy
- Active games during break and lunch times at school

My weekly activity record

Use the table below to keep track of your activity each day. Write down what you did, how many activity cards you completed, and how many active minutes you managed.

Day	Activities I did	Activity cards completed	Active minutes
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			
Weekly Total			

Well done for keeping active! Please return this sheet to your class teacher at the end of the week.