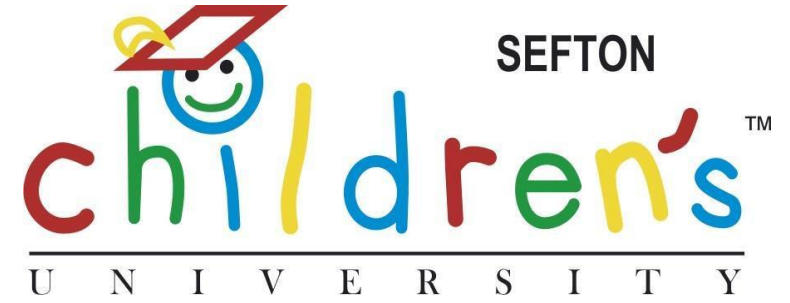




'Keep Active' Virtual Club

Week 1

Walk, run or cycle!



1. Decide on a short route near your home
2. Draw a simple map of the route
3. Each day after school with a family member, walk run or cycle the route (10 minutes is plenty)
4. Time how long it takes and record your time each day...can you get quicker each time?

