

School Games Active April

Can you be active every day?

Can you beat your personal best?

Can you challenge others?

Can you try different activities?

What skills can you develop?

April is the month to get active, using your chart can you create a physical activity record of your month's activities?

Try to engage in an activity a day whether it be a sport, a personal challenge, a new activity, an online workout or a challenge with family members or friends.

Make April the month we set new routines, we challenge ourselves, we discover new abilities and develop our existing skills, and make April the month we look back at with pride at our chart packed with activity and reward.



| Date | Activity | Duration | Distance | Quantity | Heart Rate before/after 1 min | Personal Best? Y/N | SM/VC Post?* |
|------|----------|----------|----------|----------|-------------------------------|--------------------|--------------|
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| 28th | | | | | | | |
| 29th | | | | | | | |
| 30th | | | | | | | |

- Update the community with your social media post, send to your School Games Organiser via Twitter @SGOstroud and Instagram @school_games_stroud