

Physical Activity Recording Sheet

Use this document to find activities to help you reach your 60-minutes per day target. Just click on the icon and have a go!



Name: _____ Week beginning: _____

	Click on the icon to view an example activity for each day				How many minutes active?	How do you feel after?
Manic Monday						
Tumble Tuesday						
Workout Wednesday						
Thoughtful Thursday						
Family Friday						
Sporting Saturday						
Slow-down Sunday						

Don't forget our virtual events too. More info will be sent out by your school.

Did you know physical activity has all of these benefits?

- Reduced levels of stress, anxiety and depression.
- Increased levels of confidence, wellbeing and brain power.
- Strengthens immune system and improves sleep.

You should aim for 60 minutes of physical activity every day.

Further ideas on how to keep active can be found through following the School Sport Partnerships of Lincolnshire on the following Twitter feeds.

School Games Organiser	Partnership Area	Social Media Contact
Alan Grantham	The Wolds	@WoldsSSP
Jenny Elsom	City of Lincoln	@PrioryLincoln_SGO
Matt Evans	Lincolnshire Central	@CGSO outreach
Matt Haslam	Boston & District	@Bostonssp
Ricky Pledger	Lincoln & Gainsborough	@PembrokeSGO
Rupert Gibson	Lincolnshire SE	@AgilitasSports
Sarah-Jayne Smith	Lincolnshire Coastal	@SgoSjsmith
Terry Plumb	SW Lincolnshire	@inspire_plus
Jess Lovett	Active Lincolnshire	@ActiveLincs

Have you checked our safeguarding advice? Click or scan here for more information

