

Activity Chart

Kids should aim to get 60 minutes of physical activity each day. Classroom physical activity is a perfect way to help students get moving and increase concentration. Aim for 10 minutes or more of movement breaks in your classroom per day.

Physical Activity Breaks Tracker

| Monday | Tuesday | Wednesday | Thursday | Friday |
|----------------------|----------------------|----------------------|----------------------|----------------------|
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| | | | | |
| | | | | |
| Total Minutes | Total Minutes | Total Minutes | Total Minutes | Total Minutes |

Week: _____



SAMPLE

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Physical Activity Breaks Tracker

| Monday | Tuesday | Wednesday | Thursday | Friday |
|------------------------|---------------|---------------|---------------|---------------|
| stretch (2) | | | | |
| jumping jacks (1) | | | | |
| dance (2) | | | | |
| toss the ball (2) | | | | |
| yoga (2) | | | | |
| video exercises (2) | | | | |
| | | | | |
| Total Minutes 11 | Total Minutes | Total Minutes | Total Minutes | Total Minutes |

Week: _____

