



GET ACTIVE
Gold Coast



activity passport

Class *chart*



in lots of ways throughout

School Name:

Teacher Name:

Class Name:

create active opportunities

your day - it all counts!

1. Teachers.

Discuss and/or participate in the activity theme. Allocate time for students to complete their activity passport and mark the class chart.



PREP - YEAR 1

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2. Activity opportunities.

- Recess & Lunch games / Active Play
- Sport (school/organised)
- PE
- Household chores
- Leisure activities
- Snackactivities



PREP - YEAR 1

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3. Try a snackivity; Finger puppet moves.



PREP - YEAR 1

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Kids need 60 minutes of activity everyday.

Student Name:

get active together

Monday

get active in travel

Tuesday

mix it up, keep it up

Wednesday

get active: any way

Thursday

reduce screen time

Friday

Class Activity

Relays

Skipping

Fun Run

Obstacle Course

Ball Games

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Get up, get out...get active!