

Get up, get out...*get active!*



# Gold Coast Physical Activity *Week* Class *Chart*



School Name:

*in lots of ways throughout*  
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.

**Class Chart**  
PREP - YEAR 1 GET ACTIVE Gold Coast

**2. Activity opportunities.**

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

**Opportunities**  
PREP - YEAR 1 GET ACTIVE Gold Coast

**3. Try a snackivity; Finger puppet moves.**

**Snackivity**  
PREP - YEAR 1 GET ACTIVE Gold Coast

*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

1.					
2.					
3.					
4.					
5.					
6.					
7.					
8.					
9.					
10.					
11.					
12.					
13.					
14.					
15.					
16.					
17.					
18.					
19.					
20.					
21.					
22.					
23.					
24.					
25.					
26.					
27.					
28.					

School prizes "Sports Day Kits" kindly donated by Hart Sport. [www.hartsport.com.au](http://www.hartsport.com.au)



Australia's premier supplier sports active play equipment fitness and training aids.

An initiative of

Gold Coast Physical Activity *Alliance*

[www.getactivegoldcoast.com.au](http://www.getactivegoldcoast.com.au)