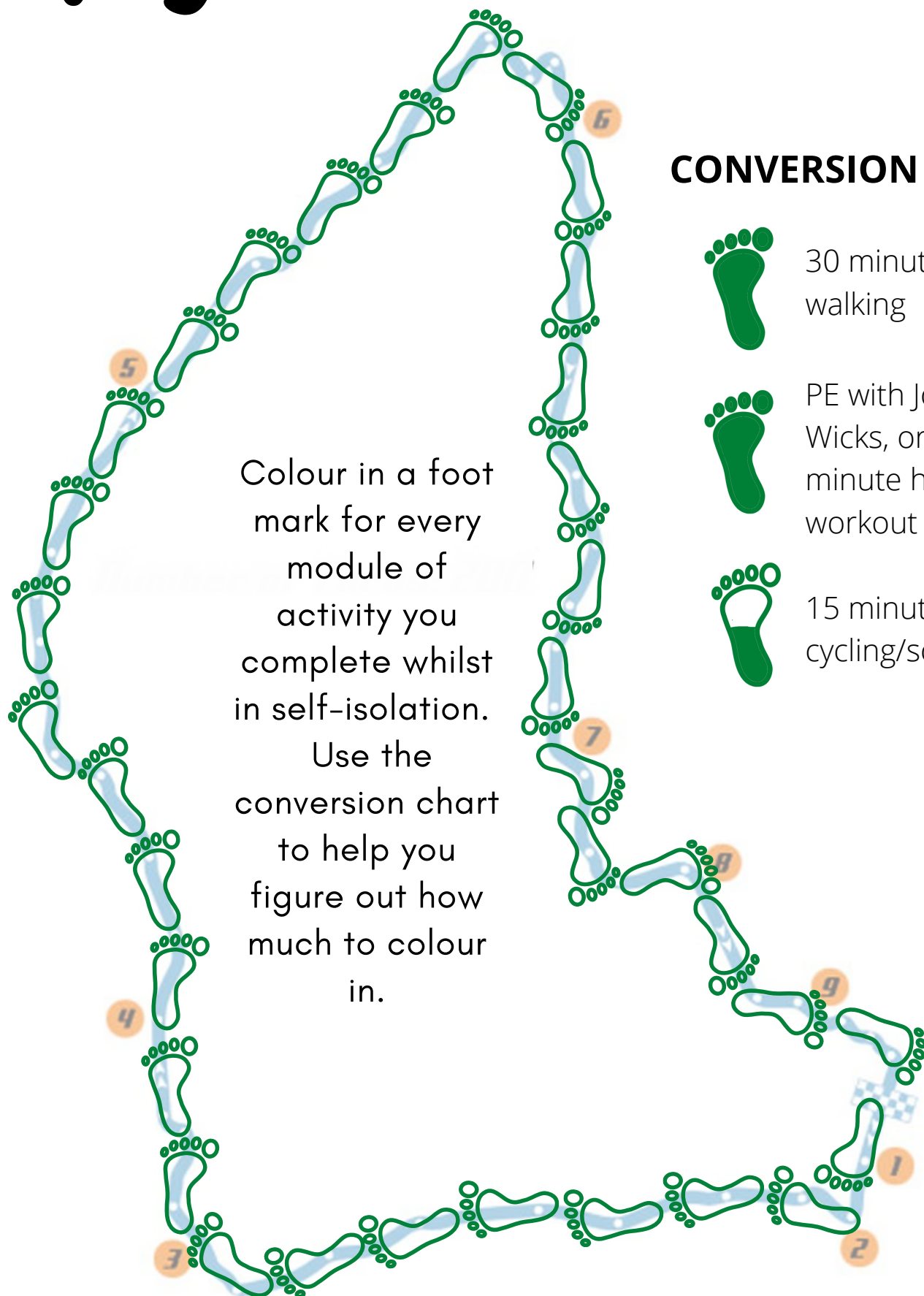


stay at home, stay active



Colour in a foot mark for every module of activity you complete whilst in self-isolation. Use the conversion chart to help you figure out how much to colour in.

CONVERSION CHART



30 minutes
walking



PE with Joe
Wicks, or a 20
minute home
workout



15 minutes
cycling/scooting

School is a bit different this term and most of us have been asked to stay at home. This is to help stop the spread of the coronavirus, but it doesn't mean we can't be active. It's important for us to keep active, not only so we can keep up with our friends in the playground when we get back to school, but also to make sure we get some happy hormones flowing through our body - these are called endorphins.

Over the next month, your aim is to work your way around the sTay home, sTay active course. Each week your goal is to colour in 5 footprints by completing various activities. You can pick what activities to do based on your preferences.

Make sure that if you're going for a walk or bike/scooter ride that you're with an adult and that you're obeying the self-isolation rules.

As you make your way around the sTay Home, sTay Active course, you'll find various check points (orange, numbered circles). When you reach one of these checkpoints, you must complete a special activity. Only once this special activity is completed can you move onto your next 'module' and continue colouring the next footprint in your active journey. Between yourself and your parent/guardian decide what activity you'll do to mark your milestone.

Here are some suggestions: help in the garden for an hour, help make dinner, make a fun dance routine.

As you complete the challenge, record your activities on the chart on the next pages. Write down what your milestone activity was underneath.

Get creative! There will be prizes for the best documented journeys! Share your journey along the way on social media using #stayhomestayactive. You can even tag us in it using @sustrans

My Activity was...

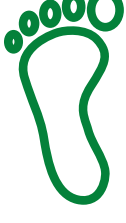
Let's document how active you were! What did you do and when?



1



2



3



4





5



6



7





8



9

