











Worksheet – Weekly physical activity plan

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
 <p>Walk/cycle to school</p>							
 <p>Physical education (PE)</p>							
 <p>Training</p>							
 <p>Game/Match/Competition</p>							
 <p>Housework</p>							
 <p>Walk/cycle/swim</p>							
 <p>Physical activity total</p>							
 <p>Screen time</p>							
 <p>Sleep</p>							
 <p>Homework</p>							