

Fill in the blank squares with ways you like to be active...



NSW PSC 2021 10 WEEK CHALLENGE

Years K-2 logbook



Student Name

Team Name

Teacher Name

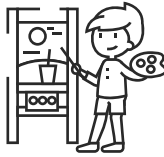


Colour in a picture for every school day that you are active.

Week 1: Being active puts a smile on your face.



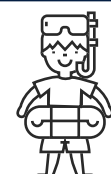
Week 2: Healthy body... healthy mind.



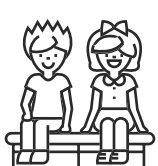
Week 3: Being active during the day helps you sleep better at night.



Week 4: Be sun safe when you're active outdoors.



Week 5: Have fun being active with friends.



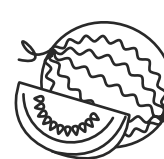
Week 6: Being active helps you listen better in class.



Week 7: Try some ball sports with your friends.



Week 8: Eating healthy foods gives you energy to be active.



Week 9: Being active helps you think better in class.



Week 10: Draw and colour your favourite physical activities and sports!

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