



Move it March

IS COMING TO END!

(26TH FEB TO 22ND MARCH)

IT HAS BEEN AMAZING TO SEE SO MANY
CHILDREN TAKING PART IN PHYSICAL ACTIVITY
DURING 'MOVE IT MARCH'.

WE WOULD LOVE TO KNOW HOW YOU ARE
GOING TO TRY TO STAY ACTIVE AFTER
'MOVE IT MARCH' IS OVER.

IMPORTANT!

DON'T FORGET TO
SUBMIT YOUR RESULTS
TO YOUR TEACHER OR
VIA THE PARENT
SPREADSHEET [HERE!](#)

Maybe you would
like to do 60
active minutes of
physical activity
per day.

You might like
to join a sports
club at school.

If you've enjoyed
walking, maybe aim
to go on 2 walks
with your family
every week.

Write down your physical
activity goal here

If you can, try to
set a **SMART** goal!
To learn more
about **SMART**
goals, click [here](#)

REMEMBER!

The guidelines for children
are to aim for an average
of at least 60 minutes of
moderate or vigorous
intensity physical activity
a day across the week.

