

THE TEAM GARLINGE 100 ACTIVE MINUTES MISSION

INSPIRED BY CAPTAIN SIR TOM MOORE

In memory of Captain Sir Tom Moore and his amazing work that he did on being active at 100 years old, our mission is for you to complete at least 100 minutes physical activity in one week during the February half term.

Remember Physical Activity is any movement which makes your body use energy. This can include walking, running, jumping, dancing and cycling to name just a few!

Can you Aspire and Persevere to complete more than 100 minutes, can you show Respect and Teamwork and get the adults that you live with to take part too?

To complete the mission, log the activity you did and how many minutes you were active. Why not use the PE team videos on our Team Garlinge Channel on Youtube as well to help you?

Please send in any videos and pictures to PE@garlinge.kent.sch.uk Good luck, have fun being active and stay safe!

MONDAY 15TH February

ACTIVITY:

MINUTES:

TUESDAY 16TH February

ACTIVITY:

MINUTES:

WEDNESDAY 17TH February

ACTIVITY:

MINUTES:



THURSDAY 18TH February

ACTIVITY:

MINUTES:

FRIDAY 19TH February

ACTIVITY:

MINUTES:

TOTAL MINUTES:

Our vision: A chance for EVERY child to be PART of an enjoyable journey in building a healthier, stronger head, heart and hands approach to leading an active lifestyle.