

Simply shade in each quarter of the clock for every 15 minutes of physical activity you complete. **Activities only count where you get at least a bit out of breath.** Can you make it to **2021 minutes** or (33.7 hours, let's call it 34!) including trying football, rugby and 5 Olympic sports? As well as showing each of the School Games Values, tick them off as you do- feel free to tick them more than once! All those reaching 34 hours by the 1st December will be entered into a draw to win a prize!

Entries should be returned to your class teacher. Good luck and have fun!!!



*Halfway there! Tweet your progress?
Or tell your teacher/parents?*



@LHschoolsport

Have you done Rugby skills? Football skills? Tried 5 Olympic Sports? Tick the icon or a ring of the Olympic logo each time you have a go at these sports. If you're not sure what sports are involved in the Olympics, why not find out? There are a lot!

