

OUR CLASS commits to an ACTIVE BREAK EVERY DAY starting _____

Break Type:	Running Break	Dance Break	Exercise Break
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			

Our class knows that physical activity helps us to:

Stay Healthy

Concentrate & Focus

Have FUN

Week:	Week 1	Week 2	Week 3	Week 4
WE DID IT!				



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Department of Education and Skills

