



DURATION: 30 MINUTES



MATERIALS REQUIRED: PEN &amp; PAPER

## Exercise or Not?

Aim: To work out which activities count as exercise, and which don't.

Instructions: Create a list of different activities—ones you normally do during the day and other things you can easily do in the house, or if you have a garden, things you can do there. There are some ideas on the attached worksheet to get you started. Do each activity for 1 minute and put it into the following groups:

1. Inactive: Doesn't get you moving
2. Walk and talk: You can still chat while doing the activity
3. Huff and puff: You are out of breath by the end of the minute



DURATION: 60 MINUTES



MATERIALS REQUIRED

## 60 Minute Challenge

Aim: Challenge yourself to do at least 60 minutes of activity a day

Instructions: As you go through the day fill in the second worksheet with any exercise you do, and try to reach at least 60 minutes each day. If you go over the 60 minutes, big well done to you, you have smashed the challenge!

Extension: Try to ensure that some of your activities are from the walk and talk and huff and puff columns—giving you a good mix of activity.

Enjoy this activity? Use #stayhomestayactive and tag us @SustransScot on [Facebook](#) and [Twitter](#).

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Funded by Scottish Government and delivered by Sustrans in partnership with local authorities, I Bike promotes cycling, walking and scooting in schools. I Bike encourages exercise and reduces congestion by empowering teachers, parents and pupils to travel actively, safely and confidently to school.

Find out more at [www.ibike.sustrans.org.uk](http://www.ibike.sustrans.org.uk)

*Exercise or Not?***Inactive**

(Doesn't get you moving)

**Walk and Talk**

(Gets you moving but you can still talk while doing the activity)

**Huff and puff**

(You are out of breath at the end of the activity)

*Suggested Activities*

Reading a book

Star jumps

Telling a joke

Press ups

Running on the spot

Throwing a ball

Drinking a glass of water

Jumping up and down

Cleaning the window

Sitting on the sofa

Drawing a bike

Juggling (or trying!)

Singing a song

Skipping (with a rope or not)

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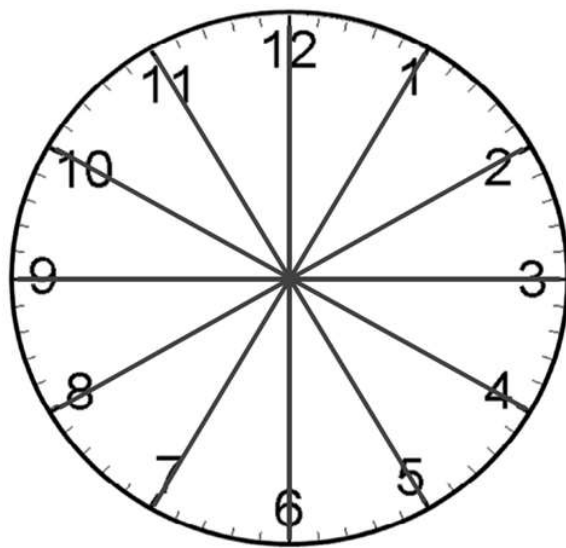
## 60 Minute Challenge

During the day record any exercise you do—so anything that gets you moving—in the clock below.

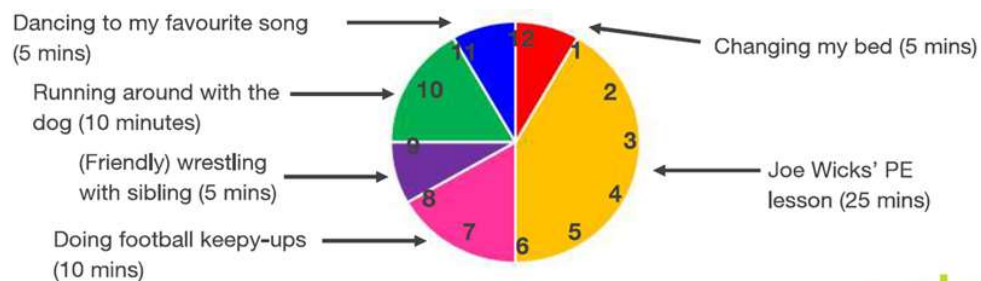
Colour in how many minutes you do it for, and write down the activity. Your challenge is to reach at least 60 minutes over the day. There is an example at the bottom of this worksheet.

Note: Each section of the clock represents 5 minutes—you are recording how long you do the activity for, **not** the time you do it at.

If you want to keep tracking your activity levels, the next worksheet has a clock for everyday of the week.



## Example



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I BIKE

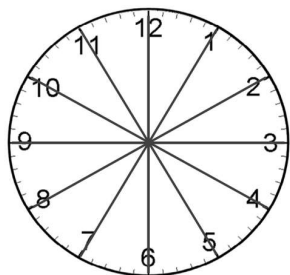
# KEEPING ACTIVE

Worksheet  
Three

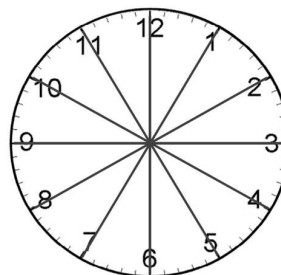
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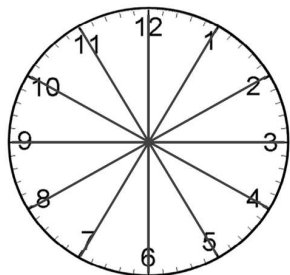
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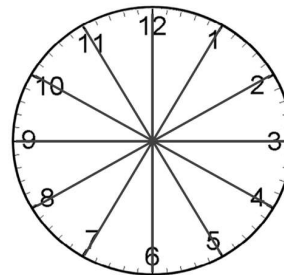
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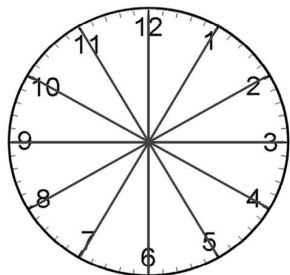
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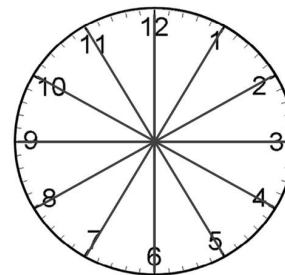
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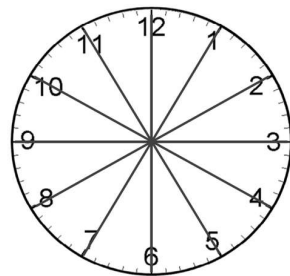
Wednesday



Sunday



Thursday



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