

Health tasks Friday 13th

You will have a total of 30 minutes to complete the following tasks. You may do them in any order you wish. Please note the times that we will pause our writing to stop, think, collate and share our ideas and progress.

- Find out how many minutes of exercise you should be doing each day
- Find out why you should be doing this many minutes of exercise daily.
- What ways have I been physically active this week?
- What can I do next week to improve my daily physical activity?
- Find out how many minutes of exercise adults need to do daily.
- Find out why adults need to engage in daily physical activity.

Check in times:

10:45

11: 00

11:15

11:30 – **finish**

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