

## My Active Calendar



It is always important to keep fit and healthy (and have fun doing it!)

Here is your very own Get Set 4 PE Active Calendar. Your challenge is to complete an active game every weekday throughout September.

## Follow these steps to help you:

- Go to www.getset4education.co.uk and click on the Home Learning tab to see the Active Families Games.
- Pick an active game and play it.
- Write the name of the game you played onto your active calendar and enter a symbol to show how it made you feel. Remember, some days you may not enjoy a game but then love it on another day. Give games a go more than once.

www.getset4education.co.uk



## My Active Calendar September 2023

Name:

FRI

TUE MON WED THU I loved this game today. I found this game 'ok' today. 12 15 11 13 14 This isn't the game for me 22 18 19 21 20 today. Yay, you did it! 26 25 28 29

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