ealthy CERTIFICATE OF ACHIEVEMENT Completing Lives eng



PHYSICAL EDUCATION & ACTIVE KIDS

HEALTHY LIVES CHALLENGE

NAME	
SCHOOL	
CLASS	
PEAK EDUCATOR	





Signed by your Headteacher







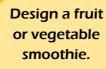
Complete a



one week food diary.

Do your 1 mile

run 2 times this week.

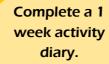




Map a 1 mile run from and back to home.



Do your run and record your time.





Design and do an obstacle course.



Make a 7 day score card for your circuit.



Do your 1 mile run 3 times this week.



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Record your circuit results for 1 week.



