

Active Me

I discovered...

Write, draw or
paste pictures of
what you discovered
by taking part in
the activities

I took part in...

Treasure Chest

- ☐ At school
- ☐ At home
- ☒ Outside

and felt...



I discovered...

I had good skills
because I go bowling.
I enjoyed trying to
beat my own score.

I took part in...

Body Builder

- ☐ At school
- ☒ At home
- ☐ Outside

and felt...



I discovered...

I prefer team
activities but
I made up some
simple exercises to
keep fit at home.

I took part in...

Keep Clear

- ☒ At school
- ☐ At home
- ☐ Outside

and felt...



I discovered...

I am good at
encouraging my
team mates.
I would like to try
orienteering.