

Does it count towards my 60 minutes?

Activities that count towards your 60 minutes a day will:

- make you feel warmer;
- make you breathe harder;
- make your heart beat faster.

Try these activities and tick which type they are.

Activity	Counts towards my 60 minutes	Everyday activity
Play tag for 5 minutes		
Walk around the playground once		
Play a game of hopscotch		
Hula-hoop for one minute		
Sprint from one end of the playground to the other		
Your idea:		