Get in the Ladygroove

Get the whole family active for 30 minutes a day and 60 minutes at the weekend to be an active star!

+Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Names:	Names:	Names:	Names:	Names:	Names:	Names:
Activity:	Activity:	Activity:	Activity:	Activity:	Activity:	Activity:
Colour the star!	Colour the star!	Colour the star!	Colour the star!	Colour the star!	Colour the star!	Colour the star!

Please feel free to send in any active pictures/videos to your year Group email address.