



Activity Plan for Commercial Movement Challenge

Week 1			
Activity	How many or how long	How many days	Instructions
TV commercial challenge	Once	Five	When you are watching television and the commercials come on, take the one commercial challenge. See if you can keep moving around for the whole commercial. You can leap, jump, spin, or practice your favourite dance move as long as you keep moving fast during one whole commercial.

Week 2			
Activity	How many or how long	How many days	Instructions
TV commercial challenge	Twice	Five	When you are watching television and the commercials come on, take the one commercial challenge. See if you can keep moving for the whole commercial (ideas: jumping jacks, leaps, dancing, walking up and down the stairs). Try to do the challenge for a total of two commercials each day (but not commercials back-to-back, take a rest in between)

Week 3			
Activity	How many or how long	How many days	Instructions
TV commercial challenge 	Twice	Five	When you are watching television and the commercials come on, take the one commercial challenge. See if you can dance around for the whole commercial. You can switch up your movements (i.e., switching from jumping jacks to dancing) Try to do the challenge for a total of two commercials each day (but not commercials back-to-back, take a rest in between)

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Week 4			
Activity	How many or how long	How many days	Instructions
TV commercial challenge 	Twice	Five	When you are watching television and the commercials come on, take the one commercial challenge. See if you can dance around for the whole commercial. You can switch up your dance moves or try to be creative. Try to do the challenge for a total of two commercials each day (but not commercials back-to-back, take a rest in between)