




Activity Plan for Skateboarding

Week 1			
Activity	How many or how long	How many days	Instructions
Skateboarding 	20 mins	Total for the week	Go skateboarding this week with your friends or family. Make sure to wear all your protective equipment. You can ride for 20 minutes all at once or break it up by going for shorter rides. Try to ride for at least 5 minutes at a time.

Week 2			
Activity	How many or how long	How many days	Instructions
Skateboarding	30 mins	Total for the week	Ride for a total of 30 minutes, you can do it all at once or break it up by going for shorter rides. Try to ride for at least 10 minutes at a time.

Week 3			
Activity	How many or how long	How many days	Instructions
Skateboarding 	45 mins	Total for the week	Go skateboarding this week and see if you can go to a skateboarding park nearby. Try some new tricks and remember to wear your helmet! You can ride for 45 minutes all at once or break it up by going for shorter rides. Try to ride for at least 10 minutes at a time.

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Week 4			
Activity	How many or how long	How many days	Instructions
Skateboarding 	60 mins	Total for the week	Go skateboarding this week with a friend or family member. You can go all at once, or add up the time from different days. Don't forget your safety gear! Of course, I know that you always wear your helmet!