





Activity Plan for Ice Skating or Hockey

Week 1			
Activity	How many or how long	How many days	Instructions
Ice skating or hockey 	30 mins	Total for the week	See if you can go ice skating or play hockey for a total of 30 minutes this week. You can do the 30 minutes all at once or add up the time from different days. You can play hockey either on the ice rink or on the ground (street hockey). Make sure you always wear a helmet to keep your head safe.

Week 2			
Activity	How many or how long	How many days	Instructions
Ice skating or hockey 	35 mins	Total for the week	See if you can go ice skating or play hockey for a total of 35 minutes this week. You can do the 35 minutes all at once or add up the time from different days. You can play hockey either on the ice rink or on the ground (street hockey). Make sure you always wear a helmet to keep your head safe.

Activity Plan for Ice Skating or Hockey

Week 3			
Activity	How many or how long	How many days	Instructions
Ice skating or hockey 	35 mins	Total for the week	See if you can go ice skating or play hockey for a total of 35 minutes this week. See if you can keep moving for 5 minutes without taking a break. You can do the 35 minutes all at once or add up the time from different days. You can play hockey either on the ice rink or on the ground (street hockey). Make sure you always wear a helmet to keep your head safe.

Week 4			
Activity	How many or how long	How many days	Instructions
Ice skating or hockey 	40 mins	Total for the week	See if you can go ice skating or play hockey for a total of 40 minutes this week. You can do the 40 minutes all at once or add up the time from different days. You can play hockey either on the ice rink or on the ground (street hockey). Make sure you always wear a helmet to keep your head safe.