




Activity Plan for Active Play

Week 1			
Activity	How many or how long	How many days	Instructions
Play Actively	30 mins		<p>Play a running game like tag or go hiking or go swimming. Try to do an activity for a total of 30 minutes during the week. You can do the 30 minutes all at once or on a few different days.</p> 


Week 2			
Activity	How many or how long	How many days	Instructions
Play Actively	30 mins		<p>Play a running game like tag or go hiking or go swimming. Try to do an activity for a total of 30 minutes during the week. You can do the 30 minutes all at once or on a few different days.</p> 

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Week 3			
Activity	How many or how long	How many days	Instructions
Play Actively	45 mins		<p>Play a running game like tag or go hiking or go swimming. Try to do an activity for a total of 45 minutes during the week. You can do the 45 minutes all at once or on a few different days.</p> 

Week 4			
Activity	How many or how long	How many days	Instructions
Play Actively	45 mins		<p>Play a running game like tag or go hiking or go swimming. Try to do an activity for a total of 45 minutes during the week. You can do the 45 minutes all at once or on a few different days.</p>

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