





Activity Plan for Dancing Endurance

Week 1			
Activity	How many or how long	How many days	Instructions
Dancing 	10 mins	Total for the week	<p>Did you know that you can improve your endurance by dancing? Anything that keeps you moving for more than 1 or 2 minutes will build up your endurance.</p> <p>Make sure that you are dancing to a faster song so that your heart starts to beat a little faster. See if you can dance for a total of 30 minutes this week. You can dance for as little as 2 minutes at one time, and then add up the time to get at least 10 minutes in total.</p>

Week 2			
Activity	How many or how long	How many days	Instructions
Dancing 	15 mins	Total for the week	<p>Make sure that you are dancing to a faster song so that your heart starts to be a little faster. You can dance for as little as 3 minutes at one time, and then add up the time to get at least 15 minutes in total.</p>

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Week 3			
Activity	How many or how long	How many days	Instructions
Dancing 	20 mins	Total for the week	Make sure that you are dancing to a faster song so that your heart starts to be a little faster. You can dance for as little as 5 minutes at one time, and then add up the time to get at least 20 minutes in total.

Week 4			
Activity	How many or how long	How many days	Instructions
Dancing 	25 mins	Total for the week	Put on your favourite playlist or radio station and see if you can dance for a total of 25 minutes this week. You can dance for as little as 5 minutes at one time, and then add up the time to get at least 25 minutes in total.