









Pathway 2 Fitness

We want you to carry on practicing all the fitness activities and skills you have been doing over the past few weeks. Can you keep a diary of what you have been doing?





There is a vocabulary board to help if you need some ideas.





Fitness Diary

Date:	Type of exercise:	Duration:
Use the faces to rate how you feel.   	Write a comment about your fitness: _____ _____ _____ _____ _____ _____ _____	





Date:	Type of exercise:	Duration:
Use the faces to rate how you feel.   	Write a comment about your fitness: _____ _____ _____ _____ _____ _____ _____	





Fitness Diary

Date:	Type of exercise:	Duration:
Use the faces to rate how you feel.	Write a comment about your fitness:	
  	<hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> 	

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yoga



walking



football



running



jogging



Joe Wickes



dancing



5 minutes



10 minutes



15 minutes



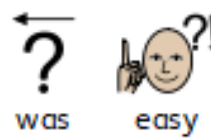
20 minutes



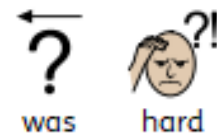
25 minutes



30 minutes



was easy



was hard



I enjoyed it



I'll try harder



I was tired



I did more



stretched my
arm



stretched my legs



stretched my back



stretched my
neck