

Solve the Physical Activity Mystery! Reach for 60 Minutes Every Day



Materials and Directions

- Colored paper to cover bulletin board and for contrasting border
- Letters for title: **Solve the Physical Activity Mystery! Reach for 60 Minutes Every Day**
- Colored paper for mounting daily examples – 1 per day
- Download and print:
 - Full-color picture of Arianna
 - 60-Minute Daily Physical Activity Examples – 1 per day for 7 total
 - “60” Starburst
 - 2 Magnifying glass images
- Photocopy “60” starburst onto colored paper - 7 total; cut out each starburst
- Mount bulletin board



Monday

Swim practice 30

Play outside 20

Dance 10

Tuesday

Ride scooter 20

Play freeze tag 20

Roller blade 20

Wednesday

Hop scotch 20

Ride bike 25

Tether ball 15

Thursday

Jump rope 20

Soccer practice 30

Walk dog 10

Friday

Wii Fitness 20

Play Red Rover 15

Run with mom 25

Saturday

Help in yard 45

Walk to Sarah's 15

Sunday

Dance Revolution 30

Bike to Joe's 10

Toss football 20



