



**Dates**

| <b>Activities</b>   | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 | 21 | 22 | 23 | 24 | 25 | 26 | 27 | 28 | 29 | 30 | 31 |
|---|---|---|---|---|---|---|---|---|---|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|
| 60 Mins of Activity including 10-15 min Vigorous.                         |   |   |   |   |   |   |   |   |   |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |
| 60 Mins Age Appropriate Activities  |   |   |   |   |   |   |   |   |   |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |
| Introductions to Organized Sport  |   |   |   |   |   |   |   |   |   |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |
| Introductions to Variety of Activities to discover what each child likes. |   |   |   |   |   |   |   |   |   |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |

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| <b>Comments:</b> |  |
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- This form is to help us see what activities are working within the centres, so please check the date that you tried one of the activities or included an activity that meets the physical guidelines for your age group.
- If your centre is only open once, twice or three times a week then highlight those days so we know and check the days you've tried a new activity.
- Thank you for your time and comments, this will help us to develop and evolve this program.