

Year 5

Week Beginning 04/05/2020

PE

Can you keep a diary of the kinds of exercise that you are doing this week? You should record how long you exercised for, what type of exercise you did and how it made you feel using the table below.

	Time taken	Type of exercise	Feelings
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			
Total time exercised this week			

