

Homework-Activity Points 2014



(These are suggested activities and points awarded accordingly)

Activity	Prep	Grade 1/2	Grade 3/4	Grade 5/6
Walk to school (approximately 500 mt)	15pts	15ts	15pts	15pts
Go for a walk with your dog/parents	15pts	15pts	15pts	15 pts
Create a walking club at school (10 points for each lap)	10pts	10pts	10pts	10pts
Training for a sport	25pts	25pts	25pts	25pts
Playing a game on the weekend	25pts	25pts	30pts	30pts
Dancing (10 Minutes)	20pts	20pts	20pts	20pts
Ride a bike (20minutes)	20pts	20pts	20pts	20pts
Going to scouts/ girl guides	25pts	25pts	25pts	25pts
Participating in after school sport (at school)	25 pts	25pts	25pts	25pts
Lunchtime activity	15pts	15pts	10pts	10pts
House sport	15pts	15pts	15pts	15pts
Playing on playground equipment	10pts	10pts	10pts	10pts
Play a Ball sport with someone else	10pts	10pts	10pts	10pts
Swimming	20pts	20pts	20pts	20pts
Skipping (5 Minutes)	10pts	10pts	10pts	10pts
Pushups (5)	10pts	10pts	10pts	10pts

Situps (10)	10pts	10pts	10pts	10pts
Burpees (5)	10pts	10pts	10pts	10pts
Star jumps (10)	10pts	10pts	10pts	10pts
Aerobics 10 Minutes	10pts	10pts	10pts	10pts
Goal Total				