



PHYSICAL EDUCATION & ACTIVE KIDS

HEALTHY LIVES CHALLENGE

NAME	
SCHOOL	
CLASS	
PEAK EDUCATOR	



CERTIFICATE OF ACHIEVEMENT

for Completing the PEAK
Healthy Lives Challenge

[Empty rectangular box for name or details]



PHYSICAL EDUCATION & ACTIVE KIDS

.....
Signed by your Headteacher

Start

Produce a healthy plate of food.

Complete a one week food diary.

Design a fruit or vegetable smoothie.

Map a 1 mile run from and back to home.

Do your run and record your time.

Take pictures of you on a walk.

Complete a 1 week activity diary.

Design and do an obstacle course.

Do your 1 mile run 2 times this week.

Make a 7 day score card for your circuit.

Finish

Do your 1 mile run 3 times this week.

Get a leaflet from your local sports centre.

No Screen Day. What did you do instead?

Design a 10 minute fitness circuit.

Record your circuit results for 1 week.

