

TOOLKIT

Appendix A

Monday	Tuesday	Wednesday	Thursday	Friday
<p><u>ELP Led</u></p> <p>Number of Minutes:</p> <p>Location:</p> <p>What Activities:</p>	<p><u>ELP Led</u></p> <p>Number of Minutes:</p> <p>Location:</p> <p>What Activities:</p>	<p><u>ELP Led</u></p> <p>Number of Minutes:</p> <p>Location:</p> <p>What Activities:</p>	<p><u>ELP Led</u></p> <p>Number of Minutes:</p> <p>Location:</p> <p>What Activities:</p>	<p><u>ELP Led</u></p> <p>Number of Minutes:</p> <p>Location:</p> <p>What Activities:</p>
<p><u>Active Free Play</u></p> <p>Number of Minutes:</p> <p>Location:</p> <p>What Activities:</p>	<p><u>Active Free Play</u></p> <p>Number of Minutes:</p> <p>Location:</p> <p>What Activities:</p>	<p><u>Active Free Play</u></p> <p>Number of Minutes:</p> <p>Location:</p> <p>What Activities:</p>	<p><u>Active Free Play</u></p> <p>Number of Minutes:</p> <p>Location:</p> <p>What Activities:</p>	<p><u>Active Free Play</u></p> <p>Number of Minutes:</p> <p>Location:</p> <p>What Activities:</p>
<p><u>Coordination</u></p> <p>1.</p> <p>2.</p>	<p><u>Coordination</u></p> <p>1.</p> <p>2.</p>	<p><u>Coordination</u></p> <p>1.</p> <p>2.</p>	<p><u>Coordination</u></p> <p>1.</p> <p>2.</p>	<p><u>Coordination</u></p> <p>1.</p> <p>2.</p>
<p><u>Locomotion</u></p>	<p><u>Locomotion</u></p>	<p><u>Locomotion</u></p>	<p><u>Locomotion</u></p>	<p><u>Locomotion</u></p>
<p><u>Balancing</u></p>	<p><u>Balancing</u></p>	<p><u>Balancing</u></p>	<p><u>Balancing</u></p>	<p><u>Balancing</u></p>
<p><i>Additional Comments (i.e. Weather conditions, special events, etc.):</i></p>				

Please use this template for planning your weekly physical activity. **Tick off or circle** what was completed. Cross out what was not completed and if possible, state the alternative. This will be submitted to your co-ordinator every two weeks.

* OD = Outdoors ID= Indoors