

100 Actions on 100's Day

Action Schools! BC

 classroom

 gymnasium

 outside



Check each activity when complete



10 Marching Steps



10 Jumping Jacks



10 Toe Touches



10 Skips with a Rope



10 Metre Run



10 Hula Hoop Spins



10 Throws and Catches with a Friend



10 Hops on 1 Foot



10 Ball Bounces



10 Jumps on 2 Feet



NAME _____

completed 10+10+10+10+10+10+10+10+10+10+10 = _____ actions on 100's Day.