



Scan the QR code for a **fun dance warm up** to start your day off right! Can you make up and film your own warm up routine?

THE GOOD VILLAGE

AIS Sports Oval

Get active with our Athlete Ambassadors on the AIS Sports Oval! Complete the individual and teamwork challenges and play games to understand the link between movement and health!



? DID YOU KNOW... Our Athlete Ambassadors have appeared at several sports events, including the Olympics, World Cups and Commonwealth Games! What other sports events do you know about! **!**

Tick off the sports as you play them in your PE lessons! ✓

- Hockey
- Basketball
- Sprinting
- Long Jump
- Football
- Tennis
- High Jump
- Swimming

HOW ACTIVE HAVE YOU BEEN TODAY?

Make an arrow for yourself or your class and attach it to track your activity levels!



I really enjoy combining simple exercises like pushups and sit-ups to help improve my upper body strength for rowing.

Cameron Girdlestone, Rower and Good Village Athlete Ambassador

WHERE'S YOUR NEAREST SPORTS OVAL? WHAT SPORTS HAVE YOU SEEN BEING PLAYED THERE?