

# Pe: STEPS Tracker

Week Commencing:	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
W/C Sun 5 <sup>th</sup> August	7000 Steps 2km						
<b>TOTALS</b>							

You can record your STEPS using the Health app on your phone or by using any other fitness trackers such as Fitbits.

How many STEPS did you walk in total in the week =

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My favourite STEPS activity that I did this summer was:

My favourite PHYSICAL activity that I did this summer was:

Don't forget to answer in full sentences and use connectives. Expand your answers eg I did the most steps on... because...

Or this took place when I was on holiday...

My favourite sport is \_\_\_\_\_.

I would love to learn how to play \_\_\_\_\_