

EXERCISE DIARY

Monday	Basque pelota	1 hour
Tuesday	P.E	1 hour and 30 minutes
Wednesday	play rugby	1 hour
Thursday	play football with my friends	1 hour
Friday	play rugby	1 hour
Saturday	play rugby with my family	1 hour
Sunday	rugby match	1 hour and 20 minutes



Every week I do enough exercise.

At school I have PE lessons once a week for 1 hour and 30 minutes. After school on Mondays I have Basque pelota for 1 hour. On Wednesday I have rugby for 1 hour. On Thursday I play football with my friends for 1 hour. On Friday I have rugby for 1 hour. On Saturday I go to play rugby with my family for 1 hour or more. On Sunday I have a rugby match for 1 hour and 20 minutes.

Tota

