

Exercise diary / Do I get enough exercise?

Monday	Play football in break and in the afternoon	30 minutes 30 minutes
Tuesday	Play football and PE	1 hour 30 minutes 1 hour 30 minutes
Wednesday	Play football in the afternoon	30 minutes
Thursday	Play football	1 hour 30 minutes
Friday	Play football in break and in the afternoon	30 minutes 30 minutes
Saturday	football match	1 hour
Sunday	sometimes I 'm cycling	1 hour

Do I get enough exercise?

Every week I get lots of exercise. On Monday at school, we play football during the break and in the afternoon I play football with my friends.

On Tuesday I have PE for 1 hour and 30 minutes. After school I go to Lagunak to play football with my team for 1 hour and 30 minutes.

On Wednesday I play football with my friends.

On Thursday I played football with my team in Lagunak for 1 hour and 30 minutes.

On Friday I play football during the break and in the afternoon.

And on the weekend on Saturday I play a football match for 1 hour.

On Sunday I sometimes go cycling with my family.



In this photo I'm playing with my team.



In this photo I'm cycling with my brother.

By Aimar Saldise

