

PHYSICAL ACTIVITY PROGRAM TEMPLATE



Physical Activity & Nutrition Outside School Hours

Session: Before School Care

Date from: / /

Date to: / /

Activities available everyday

Activity available	Location e.g. oval, under cover area

Activities available for the day

	Monday	Tuesday	Wednesday	Thursday	Friday
Focus					
Activity planned					
Location					
Focus					
Activity planned					
Location					
Focus					
Activity planned					
Location					
Focus					
Activity planned					
Location					



Session: After School Care

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