

born to play

## Grade 7th and above

Activity Name	Points	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Day 8	Day 9	Day 10	Day 11	Day 12	Day 13	Day 14	Day 15
Physical activity- Age appropriate Fitness, Sports specific fitness, Yoga, Self-defence (Shakti)	5															
Fitness Video Day	3															
Helping Out Parents	5															
PE Word of the Day	3															
Mental Wellbeing	3															
Brain Games/SLAM Quiz	3															
Inspire Videos	3															
Daily Total Score	25															

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Overall Total Score