

WHEEL 1

WHEEL 2



move it!

POINTS WHEEL

Instructions

Now you can make the Points Wheel at home, just follow these easy steps and you'll be collecting Move It points very soon. Ask an adult to help you with the tricky bits.

You'll need scissors, Pritt stick and a paper fastener.

- 1 Stick page 1 onto a piece of card.
- 2 **Ask an adult to help you now:**
Cut out Wheel 1 along the dotted line including the small windows inside the wheel.
- 3 Cut out Wheel 2 along the dotted line.
- 4 Cut out Wheel 3 along the dotted line.
- 5 Now stick Wheel 3 onto the back of Wheel 2.
- 6 Make a hole through the centre of Wheel 1 where the black circle is. Do the same on Wheel 2/3.
- 7 Place Wheel 1 face up over Wheel 2, make sure the centre holes line up. Now place the paper fastener through the hole and close it.

Now spin away and add up your Move It points. Don't forget to enter your move-its into your Tracker sheet.

www.mendmoveit.org

move it!
POINTS WHEEL

Instructions

- 1 Turn over the wheel and choose an activity.
- 2 Move the inner dial to match up your activity with the length of time you want to do it for and see how many move-it points you'll earn.
- 3 Do the activity and record your points in your My Move It Log Book!

More move-it points (move-its)

Activity	Points for 10 mins	Points for 15 mins	Points for 30 mins
Basketball	50	75	150
Cricket	30	45	90
Flying a kite	25	40	80
Horse riding	30	45	90
Karate	50	75	150
Riding scooter	30	45	90
Tennis	50	75	150
Volleyball	30	45	90
Washing car	25	40	80

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