

**HANDOUT:**

# My Activity Pyramid

Try filling in your own Physical Activity Pyramid this week. List your physical activities for a week and then add them to the blank pyramid! (It's okay to have an adult help you if you need it.) Remember to perform a variety of fitness activities!



**Foods kangaroos eat to keep them jumping...**  
 Most kangaroos eat grasses, leaves, roots. A few smaller species of tree and rat kangaroos also eat insects and grubs.

