

January Active Calendar

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p>Let's keep moving!</p> <p>Take on the daily challenge and share your results with your teacher, your friends or your family!</p> <p>Can you beat them? Can you try again and beat yourself?</p>				<p>1</p> <p>Have a jog around: Bronze: 5 minutes Silver: 10 minutes Gold: 15 minutes</p>	<p>2</p> <p>Practise balancing on right leg: Bronze: 1 minute Silver: 2 minutes Gold: 3 minutes</p>	<p>3</p> <p>Practise balancing on left leg: Bronze: 1 minute Silver: 2 minutes Gold: 3 minutes</p>
<p>4</p> <p>Practise leaping without stopping: Bronze: 10 leaps Silver: 25 leaps Gold: 40 leaps</p>	<p>5</p> <p>Do some star jumps: Bronze: 20 times Silver: 30 times Gold: 50 times</p>	<p>6</p> <p>Do some lunges in a minute: (both legs) Bronze: 10 lunges Silver: 20 seconds Gold: 30 seconds</p>	<p>7</p> <p>See how many tuck jumps you can do in a row: Bronze: 10 jumps Silver: 20 jumps Gold: 30 jumps</p>	<p>8</p> <p>Practise throwing and catching: Bronze: 20 catches Silver: 40 catches Gold: 60+ catches</p>	<p>9</p> <p>Create your own circuit thinking about using lots of different muscles!</p>	<p>10</p> <p>Teach the people at home your circuit and see who impresses you most!</p>
<p>11</p> <p>Push ups! Bronze: 10 push ups Silver: 15 push ups Gold: 20+ push ups</p>	<p>16</p> <p>Catch a ball with your OTHER hand: Bronze: 15 catches Silver: 25 catches Gold: 35 catches</p>	<p>17</p> <p>Bounce up and down on the spot until you're exhausted: Bronze: 20 times Silver: 40 times Gold 70+ times</p>	<p>14</p> <p>Do some high knees until you need to stop: Bronze: 30 secs Silver: 1 min Gold: 2+ mins</p>	<p>15</p> <p>Hold a tree pose until you fall over (try both legs): Bronze: 30 seconds Silver: 1 minute Gold: 2+ mins</p>	<p>12</p> <p>Find a space to run around and time yourself doing some laps.</p>	<p>13</p> <p>See if you can beat your times from yesterday!</p>
<p>18</p> <p>Do some frog jumps: Bronze: 10 jumps Silver: 20 jumps Gold: 30 jumps</p>	<p>23</p> <p>Hopscotch until you need to stop: Bronze: 30 seconds Silver: 45 seconds Gold: 2 minutes</p>	<p>24</p> <p>Practice dribbling a ball: Bronze: 1 minute Silver: 2 minutes Gold: 5+ minutes</p>	<p>21</p> <p>Practise hopping on your left leg: Bronze: 30 seconds Silver: 1 minute Gold: 2+ minutes</p>	<p>22</p> <p>Try and do some sit ups: Bronze: 10 sit ups Silver: 20 sit ups Gold: 30 sit ups</p>	<p>19</p> <p>See how many times you can hit a ball/some socks back and forth with someone at home.</p>	<p>20</p> <p>Try to beat your score from yesterday – can you discuss the ways to improve?</p>
<p>25</p> <p>Try hurdling over something (or just jumping!): Bronze: 1 minute Silver: 3 minutes Gold: 5 minutes</p>	<p>26</p> <p>Keep ups – see how many times you can kick a ball up: Bronze: 5 times Silver: 10 times Gold: 20+ times</p>	<p>27</p> <p>Have a jog around: Bronze: 5 minutes Silver: 10 minutes Gold: 15 minutes</p>	<p>28</p> <p>Squat – count how many squats you can safely do in a minute: Bronze: 10 squats Silver: 15 squats Gold: 20+ squats</p>	<p>29</p> <p>Practise hopping on your right leg: Bronze: 30 seconds Silver: 1 minute Gold: 2+ minutes</p>	<p>30</p> <p>Choose one of the skills you've found the trickiest to practise for 15 minutes today!</p>	<p>31</p> <p>Choose your favourite skill to teach someone else today!</p>