

# January Active Calendar

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