

March Active Calendar

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p>1 Do star jumps without stopping: Bronze – 10 Silver – 25 Gold – 40+</p>	<p>2 Hop without stopping: Bronze – 30 secs Silver – 1 minute Gold – 90+ secs</p>	<p>3 Complete some shuttle runs: Bronze – 10 runs Silver – 25 runs Gold – 40+ runs</p>	<p>4 Play a game of throw and catch: Bronze – 10 catches Silver – 30 catches Gold – 50+ catches</p>	<p>5 Sit ups! Bronze: 5 sit ups Silver: 10 sit ups Gold: 15+ sit ups</p>	<p>Challenge 1: Design your own obstacle course Challenge 2: Build your obstacle course and have a go Challenge 3: Compete against someone on your obstacle course!</p>	
<p>8 Dribble a ball of any size (the smaller, the harder!): Bronze – 1 minute Silver – 3 minutes Gold – 5+ minutes</p>	<p>9 Clap and throw – throw a ball and clap: Bronze: 3 claps Silver: 5 claps Gold: 8+ claps</p>	<p>10 Have a jog around: Bronze: 5 minutes Silver: 10 minutes Gold: 15 minutes</p>	<p>11 Practise balancing on your left leg: Bronze: 1 minute Silver: 2 minutes Gold: 3 minutes</p>	<p>12 Step jumps – find a step and jump up and down from it: Bronze: 10 times Silver: 20 times Gold 40+ times</p>	<p>Challenge 1: Find a YouTube dance tutorial and follow it! Challenge 2: See if you can memorise a dance tutorial. Challenge 3: Create your own dance to the same music/teach the routine to someone else.</p>	
<p>15 Skipping (or just jumping!): Bronze: 1 minute Silver: 3 minutes Gold: 5 minutes</p>	<p>16 Find a yoga pose you'd like to try to learn and hold it: Bronze – 10 secs Silver – 25 secs Gold – 45 secs</p>	<p>17 Keep ups – see how many times you can kick a ball up: Bronze: 5 times Silver: 10 times Gold: 20+ times</p>	<p>18 Tuck jumps – see how many you can do in a row: Bronze: 5 jumps Silver: 10 jumps Gold: 20 jumps</p>	<p>19 Practise balancing on your right leg: Bronze: 1 minute Silver: 2 minutes Gold: 3 minutes</p>	<p>Challenge 1: Try throwing something into a bucket/basket 10 times Challenge 2: Compete against someone in a target practice game Challenge 3: Create your own target practice game</p>	
<p>22 Wall ball – throw a ball off a wall catch it: Bronze: 5 times Silver: 15 times Gold: 30+ times</p>	<p>23 Catch a ball with your OTHER hand: Bronze: 10 catches Silver: 20 catches Gold: 30 catches</p>	<p>24 Squat – count how many squats you can safely do in a minute: Bronze: 10 Silver: 15 Gold: 20+</p>	<p>25 High knees – how long can you do high knees for? Bronze: 20 seconds Silver: 40 seconds Gold: 1 minute</p>	<p>26 Hopscotch – how long can you hopscotch for before you're tired? Bronze: 10 seconds Silver: 30 seconds Gold: 1 minute</p>	<p>Challenge 1: Play a game of tennis with someone Challenge 2: Have a rally with someone (hitting the ball back and forth without it dropping) Challenge 3: See if you can improve your highest total rally score</p>	
<p>29 Tennis keep ups – using your hand/racquet, can you hit a ball up? Bronze: 10 times Silver: 20 times Gold: 30+ times</p>	<p>30 Do some press ups without stopping: Bronze – 10 Silver – 20 Gold – 30+</p>	<p>31 Toe touches – how many times can you touch a ball with your toes? Bronze: 5 times Silver: 10 times Gold: 20+ times</p>	<p>Let's keep moving! Take on the daily challenge! Share your results with your teacher, your friends or your family! Can you beat them? Can you try again and beat yourself?</p>			