February Active Calendar

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Let's keep moving! 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?						
1 **Catch** a ball with your **OTHER** hand: Bronze: 15 catches Silver: 25 catches Gold: 35 catches	2 Practise **skipping**, either with a rope or without: Bronze: 2 minutes Silver: 5 minutes Gold: 7+ mins	3 Try **dribbling** a ball, or some socks, around your yard. Make yourself an obstacle course to kick it around.	4 Try and do some **sit ups**: Bronze: 10 sit ups Silver: 20 sit ups Gold: 30 sit ups	5 Try and do some **step ups** onto something: Bronze: 20 step ups Silver: 40 step ups Gold: 50+ step ups	6-7 **Challenge 1:** Find a yoga video to try out at home. **Challenge 2:** Create your own yoga pose or routine **Challenge 3:** Teach your yoga pose/routine to someone at home.	
8 Find a **yoga pose** you'd like to try and see how long you can hold it: Bronze: 30 seconds Silver: 1 minute Gold: 2+ mins	9 **Jump on the spot** for as long as you can without getting tired: Bronze: 30 seconds Silver: 1 minute Gold: 2+ mins	10 Practise **throwing to improve aim**, see how many times you hit the target: Bronze: 5 times Silver: 10 times Gold: 15+ times	11 Go for **a run or a jog** if you are able to – see how long you can keep going: Bronze: 2 minutes Silver: 5 minutes Gold: 7+ mins	12 **Squat** – count how many squats you can safely do in a minute: Bronze: 15 squats Silver: 20 squats Gold: 25+ squats	13-14 **Challenge 1:** Complete an exercise for every person in your house **Challenge 2:** Complete an exercise for every letter of your name **Challenge 3:** Complete an exercise for every year of your age	
15 Do some **star jumps**: Bronze: 20 jumps Silver: 35 jumps Gold: 50 jumps	16 Play a **game of catch** – how many can you catch without dropping: Bronze: 15 times Silver: 20 times Gold: 40+ times	17 Do some **high knees** until you need to stop: Bronze: 30 secs Silver: 1 min Gold: 2+ mins	18 **Keep ups** – see how many times you can kick a ball up: Bronze: 5 times Silver: 10 times Gold: 20+ times	19 Practise **hopping on both legs:** Bronze: 30 seconds Silver: 1 minute Gold: 2+ minutes	20-21 **Challenge 1:** Follow along to a Just Dance video on Youtube **Challenge 2:** Try to memorise the dance routine you've been following **Challenge 3:** Create your own dance routine for a song	
22 Do some **mountain climbers** for 1 minute: Bronze: 5 times Silver: 10 times Gold: 15 times	23 **Push ups**! Bronze: 10 push ups Silver: 15 push ups Gold: 20+ push ups	24 Practise **balancing** on both legs: Bronze: 30 seconds Silver: 1 minute Gold: 2+ minutes	25 Have a **jog** around: Bronze: 5 minutes Silver: 10 minutes Gold: 15 minutes	26 See how many **tuck jumps** you can do in a row: Bronze: 10 jumps Silver: 20 jumps Gold: 30 jumps	27-28 **Challenge 1:** Choose your 3 favourite exercises from this month to do again. **Challenge 2:** Choose your 5 favourite exercises from this month to do again. **Challenge 3:** Choose your 7 favourite exercises from this month to do again.	