

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