

# February Active Calendar

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p><b>Let's keep moving!</b></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?</p> <p>Can you try again and beat yourself?</p>						
<p>1</p> <p><b>Catch</b> a ball with your <b>OTHER</b> hand: Bronze: 15 catches Silver: 25 catches Gold: 35 catches</p>	<p>2</p> <p>Practise <b>skipping</b>, either with a rope or without: Bronze: 2 minutes Silver: 5 minutes Gold: 7+ mins</p>	<p>3</p> <p>Try <b>dribbling</b> a ball, or some socks, around your yard. Make yourself an obstacle course to kick it around.</p>	<p>4</p> <p>Try and do some <b>sit ups</b>: Bronze: 10 sit ups Silver: 20 sit ups Gold: 30 sit ups</p>	<p>5</p> <p>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</p> <p><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</p> <p>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</p> <p><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</p> <p>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</p> <p>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</p> <p><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</p> <p><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</p> <p>Do some <b>star jumps</b>: Bronze: 20 jumps Silver: 35 jumps Gold: 50 jumps</p>	<p>16</p> <p>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</p> <p>Do some <b>high knees</b> until you need to stop: Bronze: 30 secs Silver: 1 min Gold: 2+ mins</p>	<p>18</p> <p><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</p> <p>Practise <b>hopping on both legs</b>: Bronze: 30 seconds Silver: 1 minute Gold: 2+ minutes</p>	<p>20-21</p> <p><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</p> <p>Do some <b>mountain climbers</b> for 1 minute: Bronze: 5 times Silver: 10 times Gold: 15 times</p>	<p>23</p> <p><b>Push ups!</b> Bronze: 10 push ups Silver: 15 push ups Gold: 20+ push ups</p>	<p>24</p> <p>Practise <b>balancing</b> on both legs: Bronze: 30 seconds Silver: 1 minute Gold: 2+ minutes</p>	<p>25</p> <p>Have a <b>jog</b> around: Bronze: 5 minutes Silver: 10 minutes Gold: 15 minutes</p>	<p>26</p> <p>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</p> <p><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>	