

## March Active Calendar

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