

Active January!

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p>Let's get active this January! Try each of these activities with the people you are with!</p> <p>Challenge yourself to get as many bronze/silver/golds as you can! Keep track and celebrate your achievements!</p> <p>Make it your new years resolution to stay active and healthy this January!</p>				<p>1st Do some star jumps: Bronze: 20 times Silver: 30 times Gold: 50 times</p>	<p>2nd Practise balancing on right leg: Bronze: 1 minute Silver: 2 minutes Gold: 3 minutes</p>	<p>3rd Go for a walk with your family and reflect on all the good times you have had together during the festive period.</p>
<p>4th Practise balancing on left leg: Bronze: 1 minute Silver: 2 minutes Gold: 3 minutes</p>	<p>5th Have a jog around your garden/street: Bronze: 5 minutes Silver: 10 minutes Gold: 15minutes</p>	<p>6th Do some burpees: Bronze: 10 burpees. Silver: 15 burpees. Gold: 20+ burpees.</p>	<p>7th Push ups! Bronze: 10 push ups. Silver: 15 push ups. Gold: 20+ push ups.</p>	<p>8th Carefully try to do the plank: Bronze: 30 seconds. Silver: 45 seconds. Gold: 60+ seconds</p>	<p>9th Use a pack of cards and create a game involving different exercises for the different suits.</p>	<p>10th Compete against someone at home to see who can complete more exercises in a given time.</p>
<p>11th See how many tuck jumps you can do in a row: Bronze: 10 jumps. Silver: 20 jumps. Gold: 30 jumps.</p>	<p>12th Using 1 step, do some steps up and down: Bronze: 20 steps. Silver: 40 steps. Gold: 60 steps.</p>	<p>13th Try and do some crunches: Bronze: 10 crunches. Silver: 20 crunches. Gold: 30 crunches.</p>	<p>14th Do some lunges on both legs: Bronze: 10 each leg. Silver: 20 each leg. Gold: 30 each leg.</p>	<p>15th Do a wall sit – remember, stay still: Bronze: 20 seconds. Silver: 30 seconds. Gold: 40 seconds.</p>	<p>16th Challenge yourself to learn some yoga positions – watch a Youtube video to help.</p>	<p>17th Practise those yoga skills you learned and see if you can balance for longer than you did yesterday.</p>
<p>18th Squats – count how many squats you can safely do in 1 minute: Bronze: 10 squats. Silver: 15 squats. Gold: 20+ squats.</p>	<p>19th High Knees – keep going without stopping: Bronze: 30 seconds. Silver: 50 seconds. Gold: 60+ seconds.</p>	<p>20th Try doing some scissor kicks: Bronze: 30 seconds. Silver: 45 seconds. Gold: 60+ seconds.</p>	<p>21st Do some sprints, between 2 markers: Bronze: 15 runs. Silver: 30 runs. Gold: 50+ runs.</p>	<p>22nd Hop on the spot: Bronze: 10 each leg. Silver: 20 each leg. Gold: 50 each leg.</p>	<p>23rd Go outside and be active with someone from your house. Go for a run, bike ride or a walk.</p>	<p>24th Use you outdoor time today to jump over things, balance along things and move in different ways.</p>
<p>25th Hopscotch until you need to stop: Bronze: 30 seconds. Silver: 45 seconds. Gold: 2 minutes.</p>	<p>26th Try to safely do some jump squats in 1 minute: Bronze: 10 squats. Silver: 15 squats. Gold: 20+ squats.</p>	<p>27th Try hurdling over something (or just jumping): Bronze: 1 minute. Silver: 2 minutes. Gold: 4 minutes.</p>	<p>28th Speed jumps – use a line or put a stick in floor to jump over: Bronze: 30 seconds. Silver: 45 seconds. Gold: 1 minute.</p>	<p>29th Do some sit ups: Bronze: 10 sit ups Silver: 20 sit ups Gold: 40 Sit ups</p>	<p>30th Create your own throwing and catching game!</p>	<p>31st Teach the people at home your game and see who scores the most points!</p>

