

March Active Calendar

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