

Active July!

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p>Let's get active in July! Try each of these activities with the people you're with!</p>		<p>1 Practise balancing on right leg: Bronze: 1 minute Silver: 2 minutes Gold: 3 minutes</p>	<p>2 Practise balancing on left leg: Bronze: 1 minute Silver: 2 minutes Gold: 3 minutes</p>	<p>3 See how many tuck jumps you can do in a row: Bronze: 10 jumps Silver: 20 jumps Gold: 30 jumps</p>	<p>4 Create your own circuit of exercises you've learned over the past few months!</p>	<p>5 Teach the people at home your circuit and see who impresses you most!</p>
<p>6 Do some burpees: Bronze: 10 burpees Silver: 15 burpees Gold: 20+ burpees</p>	<p>7 Practise throwing and catching with someone at home: Bronze: 20 catches Silver: 40 catches Gold: 60+ catches</p>	<p>8 Hopscotch until you need to stop Bronze: 30 seconds Silver: 45 seconds Gold: 2 minutes</p>	<p>9 Do some lunges in a minute: (remember to do both legs) Bronze: 10 lunges Silver: 20 seconds Gold: 30 seconds</p>	<p>10 Push ups! Bronze: 10 push ups Silver: 15 push ups Gold: 20+ push ups</p>	<p>11 Challenge yourself to learning some new yoga posts – watch a Youtube video to help.</p>	<p>12 Practise those yoga skills your learned and see if you can balance for longer than you did yesterday.</p>
<p>13 Try and do some crunches: Bronze: 10 crunches Silver: 20 crunches Gold: 30 crunches</p>	<p>14 Do some lunges on both legs: Bronze: 10 each leg Silver: 20 each leg Gold: 30 each leg</p>	<p>15 Step jumps – find a step and jump up and down on it safely: Bronze: 10 times Silver: 20 times Gold 40+ times</p>	<p>16 Squat – count how many squats you can safely do in a minute: Bronze: 10 squats Silver: 15 squats Gold: 20+ squats</p>	<p>17 Do some frog jumps: Bronze: 10 jumps Silver: 20 jumps Gold: 30 jumps</p>	<p>18 Go outside and be active with someone from your house. Go for a run or a walk!</p>	<p>19 Use your outdoor time to jump over things, balance along things and move in different ways.</p>
<p>20 Stand up/sit down in a minute: Bronze: 10 times Silver: 15 times Gold: 20+ times</p>	<p>21 Do some shuttle runs: Bronze: 15 runs Silver: 30 runs Gold: 50 runs</p>	<p>22 Practise leaping without stopping: Bronze: 10 leaps Silver: 25 leaps Gold: 40 leaps</p>	<p>23 Practice dribbling a ball: Bronze: 1 minute Silver: 2 minutes Gold: 5+ minutes</p>	<p>24 Toe touches – touch a ball with your toe for a min. Bronze: 10 times Silver: 20 times Gold: 30+ times</p>	<p>25 Find a song on Youtube to dance along to! See if you can dance so hard you get sweaty!</p>	<p>26 Ask someone at home to choose a song on Youtube to dance along to and have a dance party!</p>
<p>27 Try hurdling over something (or just jumping!): Bronze: 1 minute Silver: 3 minutes Gold: 5 minutes</p>	<p>28 Catch a ball with your OTHER hand: Bronze: 15 catches Silver: 25 catches Gold: 35 catches</p>	<p>29 Do some sit ups: Bronze: 10 sit ups Silver: 20 sit ups Gold: 40 sit ups</p>	<p>30 Do some star jumps: Bronze: 20 times Silver: 30 times Gold: 50 times</p>	<p>31 Have a jog around: Bronze: 5 minutes Silver: 10 minutes Gold: 15 minutes</p>	<p>Challenge yourself to get as many bronze/silver/golds as you can! Keep track and celebrate your achievements!</p>	