

April Active Calendar

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p>Let's keep moving! Take on the daily challenge! Share your results with your teacher, your friends or your family!</p>			<p>1 Learn a new yoga pose and hold it: Bronze: 20 secs Silver: 45 secs Gold: 1 min+</p>	<p>2 Gallop around until you're out of breath! Bronze: 1 min Silver: 3 mins Gold: 5 mins+</p>	<p>Challenge 1: Learn about different muscles in the body. Challenge 2: Design an exercise to strengthen one set of muscles. Challenge 3: Design a set of exercises that would strengthen many muscles.</p>	
<p>5 Try and do some crunches: Bronze: 10 crunches Silver: 20 crunches Gold: 30 crunches</p>	<p>6 Do some press ups without stopping: Bronze – 10 Silver – 20 Gold – 30+</p>	<p>7 Step jumps – find a step and jump up and down from it: Bronze: 10 times Silver: 20 times Gold 40+ times</p>	<p>8 Practise balancing on your left leg: Bronze: 1 minute Silver: 2 minutes Gold: 3 minutes</p>	<p>9 Do some burpees: Bronze: 10 burpees Silver: 15 burpees Gold: 20+ burpees</p>	<p>Challenge 1: Learn about a new sport! Challenge 2: Find a Youtube video all about this new sport and see if you can learn any of the skills. Challenge 3: Teach your new found skills to someone else.</p>	
<p>12 Try planking for as long as you can! Bronze: 30 seconds Silver: 1 min+ Gold: 2 mins+</p>	<p>13 Practise leaping without stopping: Bronze: 10 leaps Silver: 25 leaps Gold: 40 leaps</p>	<p>14 Toe touches – touch a ball with your toe for a min. Bronze: 10 times Silver: 20 times Gold: 30+ times</p>	<p>15 Do some frog jumps: Bronze: 10 jumps Silver: 20 jumps Gold: 30 jumps</p>	<p>16 Practise balancing on your right leg: Bronze: 1 minute Silver: 2 minutes Gold: 3 minutes</p>	<p>Challenge 1: Learn more about an athlete you admire. Challenge 2: See if you can practise the skills needed for your sports person. Challenge 3: Create an obstacle course for them (and you) to go through to strengthen your skills and muscles.</p>	
<p>19 Stand up/sit down in a minute: Bronze: 10 times Silver: 15 times Gold: 20+ times</p>	<p>20 Clap and throw – throw a ball and clap: Bronze: 3 claps Silver: 5 claps Gold: 8+ claps</p>	<p>21 Try hurdling over something (or just jumping!): Bronze: 1 minute Silver: 3 minutes Gold: 5 minutes</p>	<p>22 Do some star jumps: Bronze: 20 times Silver: 30 times Gold: 50 times</p>	<p>23 Do some lunges in a minute: (remember to do both legs) Bronze: 10 lunges Silver: 20 seconds Gold: 30 seconds</p>	<p>Challenge 1: Go to the park/in your garden and have a kick about. Challenge 2: See how many times you can kick the ball to each other without one of you losing it. Challenge 3: See if you can improve your highest total score.</p>	
<p>26 Practise volleyball rally skills (either over a net or just back and forth): Bronze: 3 times Silver: 8 times Gold: 10+ times</p>	<p>27 Have a jog around: Bronze: 5 minutes Silver: 10 minutes Gold: 15 minutes</p>	<p>28 Practise your aim – find something to throw and try to hit the target: Bronze: 3 times Silver: 8 times Gold: 10+ times</p>	<p>29 Try planking and touching your shoulder: Bronze: 30 seconds Silver: 1 min+ Gold: 2 mins+</p>	<p>30 Step jumps – find a step and jump up and down on it safely: Bronze: 10 times Silver: 20 times Gold 40+ times</p>	<p>Can you beat them? Can you try again and beat yourself? What was the hardest exercise? Which muscles were you working?</p>	