



# Let's get moving in February!



1 <sup>st</sup> Balance on your right leg  Bronze: 1 minute Silver: 2 minutes Gold: 3 minutes	2 <sup>nd</sup> Balance on your left leg  Bronze: 1 minute Silver: 2 minutes Gold: 3 minutes	3 <sup>rd</sup> Star jumps  Bronze: 20 times Silver: 30 times Gold: 50 times	4 <sup>th</sup> Lunges (both legs)  Bronze: 10 lunges Silver: 20 lunges Gold: 30 lunges	5 <sup>th</sup> Practise catching and throwing  Bronze: 20 catches Silver: 40 catches Gold: 60+ catches	6 <sup>th</sup> Throw a ball with one hand and catch it in the other  Bronze: 15 catches Silver: 25 catches Gold: 35+ catches	7 <sup>th</sup> Push ups  Bronze: 10 push ups Silver: 15 push ups Gold: 20+ push ups
8 <sup>th</sup> High knees until you stop  Bronze: 30 seconds Silver: 1 minute Gold: 2+ minutes	9 <sup>th</sup> Try and do some sit ups  Bronze: 10 sit ups Silver: 20 sit ups Gold: 30 sit ups	10 <sup>th</sup> Target throw game  Can you knock an empty bottle over with a ball or socks? <b>Score:</b> 	11 <sup>th</sup> Squats- how many can you do?  Bronze: 10 squats Silver: 15 squats Gold: 20+ squats	12 <sup>th</sup> Hopping on your right leg  Bronze: 30 seconds Silver: 1 minute Gold: 2+ minutes	13 <sup>th</sup> Throw a ball with one hand and catch it with the other  Can you beat your last score?	14 <sup>th</sup> Hopping on your left leg  Bronze: 30 seconds Silver: 1 minute Gold: 2+ minutes
15 <sup>th</sup> Frog jumps- how many frog jumps can you do?  Bronze: 10 Jumps Silver: 20 Jumps Gold: 30 Jumps	16 <sup>th</sup> Sit ups again Can you beat your last score?  Bronze: 10 sit ups Silver: 20 sit ups Gold: 30 sit ups	17 <sup>th</sup> High knees Can you beat your time from 8 <sup>th</sup> ?  Bronze: 30 seconds Silver: 1 minute Gold: 2+ minutes	18 <sup>th</sup> Jump up and down on the spot  Bronze: 30 Jumps Silver: 40 Jumps Gold: 50+ Jumps	19 <sup>th</sup> Set up the target game again  Can you beat your last score?	20 <sup>th</sup> Can you design your own circuit with the skills you have learnt?  Practice it ☺	21 <sup>st</sup> Teach someone else the circuit you designed yesterday.
22 <sup>nd</sup> Keep ups How many times can you kick a ball up?  Bronze: 5 times Silver: 10 times Gold: 20+ times	23 <sup>rd</sup> Tuck jumps How many can you do?  Bronze: 10 Jumps Silver: 20 Jumps Gold: 30 Jumps	24 <sup>th</sup> Go for a walk with a friend or your family  Bronze: 5 minutes Silver: 10 minutes Gold: 15 minutes	25 <sup>th</sup> Dribble a ball around an obstacle  Bronze: 2 minutes Silver: 5 minutes Gold: 10+ minutes	26 <sup>th</sup> Can you beat your jumping score from 18 <sup>th</sup> ?  Bronze: 30 Jumps Silver: 40 Jumps Gold: 50+ Jumps	27 <sup>th</sup> Choose one of the skills you found the hardest and practise it.	28 <sup>th</sup> Choose your favourite skills and teach it to someone else. 

