

## Active February!

Here is a calendar for February with some ideas you can do each day (5-10 minutes). You could print this at home and tick off each day.

<p><i>Let's get active in February!</i></p> <p>Try each of these activities <i>with the people you're with!</i></p> <p>Remember it is important to stay active and healthy!</p>						
<p><b>Have a go at each of these daily activities to help you stay active while you're at home!</b></p> <p><b>Remember it is important to stay active and healthy!</b></p>				<p><b>1</b> Do some star jumps: Bronze: 20 times Silver: 30 times Gold: 50 times</p>	<p><b>2</b> Create your own obstacle course and time yourself doing it!</p>	<p><b>3</b> Do your obstacle course again and try to beat your time!</p>
<p><b>4</b> <b>Hop</b> on the spot: Bronze: 5 times Silver: 20 times Gold: 40 times</p>	<p><b>5</b> Do some shuttle runs: Bronze: 10 runs Silver: 30 runs Gold: 50 runs</p>	<p><b>6</b> Play a throw and catch game: Bronze: 10 catches Silver: 30 catches Gold: 50+ catches</p>	<p><b>7</b> <b>Step jumps</b> – find a step and jump up and down on it safely: Bronze: 10 times Silver: 20 times Gold: 40+ times</p>	<p><b>8</b> <b>Dribble a ball</b> of any size: Bronze: 20 times Silver: 50 times Gold: 100 times</p>	<p><b>9</b> Do some <b>dancing</b> with your family! Choose a Zumba Kids or a Just Dance video and have a dance!</p>	<p><b>10</b> Choose a song and <b>create your own dance routine</b> for the song! Perform it for your family.</p>
<p><b>11</b> <b>Clap and throw</b> – throw a ball and clap: Bronze: 3 claps Silver: 5 claps Gold: 8+ claps</p>	<p><b>12</b> Have a <b>jog</b> around: Bronze: 5 minutes Silver: 10 minutes Gold: 15 minutes</p>	<p><b>13</b> Practice <b>balancing</b> on right leg: Bronze: 1 minute Silver: 2 minutes Gold: 3 minutes</p>	<p><b>14</b> <b>Sit ups!</b> Bronze: 5 sit ups Silver: 10 sit ups Gold: 15+ sit ups</p>	<p><b>15</b> <b>Skipping</b> (or just jumping!): Bronze: 1 minute Silver: 3 minutes Gold: 5 minutes</p>	<p><b>16</b> Find a <b>Yoga</b> video to do on Youtube. Do it with your family.</p>	<p><b>17</b> <b>Create your own 5-10-minute yoga routine.</b> Teach it to the people at home.</p>
<p><b>18</b> <b>Keep ups</b> – see how many times you can kick a ball up: Bronze: 5 times Silver: 10 times Gold: 20+ times</p>	<p><b>19</b> <b>Tuck jumps</b> – see how many you can do in a row Bronze: 5 jumps Silver: 10 jumps Gold: 20 jumps</p>	<p><b>20</b> Practice <b>balancing</b> on left leg: Bronze: 1 minute Silver: 2 minutes Gold: 3 minutes</p>	<p><b>21</b> <b>Wall ball</b> – throw a ball off a wall catch it: Bronze: 5 times Silver: 15 times Gold: 30+ times</p>	<p><b>22</b> <b>Catch a ball</b> with your <b>OTHER</b> hand: Bronze: 10 catches Silver: 20 catches Gold: 30 catches</p>	<p><b>23</b> <b>Create your own target game!</b> Find some soft things to throw and a target.</p>	<p><b>24</b> <b>Teach the people at home your target game</b> and see who scores the most points!</p>
<p><b>25</b> <b>Squat</b> – count how many squats you can safely do in a minute: Bronze: 10 Silver: 15 Gold: 20+</p>	<p><b>26</b> <b>High knees</b> – how long can you do high knees for? Bronze: 20 seconds Silver: 40 seconds Gold: 1 minute</p>	<p><b>27</b> <b>Toe touches</b> – how many times can you touch a ball with your toes? Bronze: 5 times Silver: 10 times Gold: 20+ times</p>	<p><b>28</b> <b>Tennis keep ups</b> – using your hand/racquet, can you hit a ball up? Bronze: 10 times Silver: 20 times Gold: 30+ times</p>	<p><b>29</b> <b>Hopscotch</b> – how long can you hopscotch for before you're tired? Bronze: 10 seconds Silver: 30 seconds Gold: 1 minute</p>	<p><b>30</b> <b>Create your own fitness circuit at home!</b> Choose some of the activities from this month to put in your circuit. Time yourself!</p>	<p><b>31</b> <b>Challenge the people in your house</b> to do your circuit or ask someone to make one for you! Try to get a better time!</p>

# Active February!

If you want to keep track of your achievements you can fill in the table below:

<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>
<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>
<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>
<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>