

Active February

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 Do 100 star jumps 5 times during the day	2 Do 20 sit ups 5 times during the day	3 Do 25 catches with a pairs of socks 4 times during the day	4 Go for a 5 minute jog	5 Create your own throwing and catching game	6 Go for a family walk for 1 mile	7 Enjoy your Sunday
8 Throw and catch a pair of socks 50 times in 1 minute.	9 Try and get 7,500 steps today	10 Hold the plank for 30 seconds 4 times during the day	11 Hold a wall sit for 30 seconds 4 times today	12 Do 10 press ups 5 times during the day	13 Go for a family walk for 2 miles	14 Enjoy your Sunday
15 Get over 5,000 steps today	16 Try and hop on the spot 50 times in 1 minute. Do this 3 times during the day	17 TRY THE 100 SECOND FITNESS CHALLENGE ON THE SCHOOL WEBSITE!!!!!!!	18 Go for a 30 minute bike ride	19 Try and get 10,000 steps today	20 Go for a family walk for 3 miles	21 Enjoy your Sunday
22 How many star jumps can you do in 1 minute?	23 Go for a walk Try and get over 5000 steps	24 How many kick ups can you do with a ball in 1 minute?	25 Do 20 squats 5 times during the day	26 Go for a 10 minute jog	27 Go for a family walk for 4 miles	28 Enjoy your Sunday

Have a go at each of these daily activities to help you stay active when you're at home. It's important to stay healthy!!