March Active Calendar

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday | |
|--------------------------|-----------------------|---------------------------|--|----------------------------|---|---------------------|--|
| T | 2 | 3 | 4 | 5 | Challenge I: Design your own obstacle | | |
| Do star jumps | Hop without | Complete some | Play a game of | Sit ups! | course | | |
| without stopping: | stopping: | shuttle runs: | throw and catch: | Bronze: 5 sit ups | Challenge 2: Build your obstacle course | | |
| Bronze – 10 | Bronze – 30 secs | Bronze – 10 runs | Bronze – 10 catches | Silver: 10 sit ups | and have a go | | |
| Silver – 25 | Silver – I minute | Silver – 25 runs | Silver – 30 catches | Gold: 15+ sit ups | Challenge 3: Compete against someone | | |
| Gold – 40+ | Gold – 90+ secs | Gold – 40+ runs | Gold – 50+ catches | | on your obstacle course! | | |
| 8 | 9 | 10 | H | 12 | Challenge 1: Find a YouTube dance | | |
| Dribble a ball of | Clap and throw – | Have a jog around: | Practise balancing | Step jumps – find a | tutorial and follow it! | | |
| any size (the smaller, | throw a ball and | Bronze: 5 minutes | on your left leg: | step and jump up | Challenge 2: See if you can memorise a | | |
| the harder!): | clap: Bronze: 3 claps | Silver: 10 minutes | Bronze: I minute | and down from it: | dance tutorial. | | |
| Bronze – I minute | Silver: 5 claps Gold: | Gold: 15 minutes | Silver: 2 minutes | Bronze: 10 times | Challenge 3: Create your own dance to | | |
| Silver – 3 minutes | 8+ claps | | Gold: 3 minutes | Silver: 20 times | the same music/teach the routine to | | |
| Gold – 5+ minutes | | | | Gold 40+ times | someone else. | | |
| 15 | 16 | 17 | 18 | 19 | Challenge I: Try throwing something into | | |
| Skipping (or just | Find a yoga pose | Keep ups – see | Tuck jumps – see | Practise balancing | a bucket/basket 10 times | | |
| jumping!): | you'd like to try to | how many times you | how many you can | on your right leg: | Challenge 2: Compete against someone in | | |
| Bronze: I minute | learn and hold it: | can kick a ball up: | do in a row: | Bronze: I minute | a target practice game | | |
| Silver: 3 minutes | Bronze – 10 secs | Bronze: 5 times | Bronze: 5 jumps | Silver: 2 minutes | Challenge 3: Create your own target | | |
| Gold: 5 minutes | Silver – 25 secs | Silver: 10 times | Silver: 10 jumps | Gold: 3 minutes | practice game | | |
| | Gold – 45 secs | Gold: 20+ times | Gold: 20 jumps | | | | |
| 22 | 23 | 24 | 25 | 26 | Challenge I: Play a g | ame of tennis with | |
| Wall ball – throw a | Catch a ball with | Squat – count how | High knees – how | Hopscotch – how | someone | | |
| ball off a wall catch | your OTHER | many squats you can | long can you do high | long can you | Challenge 2: Have a rally with someone | | |
| it: | hand: | safely do in a | knees for? | hopscotch for | (hitting the ball back and forth without it | | |
| Bronze: 5 times | Bronze: 10 catches | minute: | Bronze: 20 seconds | before you're tired? | dropping) | | |
| Silver: 15 times | Silver: 20 catches | Bronze: 10 | Silver: 40 seconds | Bronze: 10 seconds | Challenge 3: See if ye | ou can improve your | |
| Gold: 30+ times | Gold: 30 catches | Silver: 15 | Gold: I minute | Silver: 30 seconds | highest total rally scor | e | |
| | | Gold: 20+ | | Gold: I minute | | | |
| 29 | 30 | 31 | | | | | |
| Tennis keep ups – | Do some press | Toe touches – | Let's keep moving! | | | | |
| using your | ups without | how many times can | Take on the daily challenge! | | | | |
| hand/racquet, can | stopping: | you touch a ball with | Share your results with your teacher, your friends or your family! | | | | |
| you hit a ball up? | Bronze – 10 | your toes? | Can you beat them? | | | | |
| Bronze: 10 times | Silver – 20 | Bronze: 5 times | Can you beat them: Can you try again and beat yourself? | | | | |
| Silver: 20 times | Gold – 30+ | Silver: 10 times | Can you dry again and beat yoursen: | | | | |

Gold: 30+ times

Gold: 20+ times