

## April Active Calendar

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