

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Welcome back!	1 Have a jog around: Bronze: 5 minutes Silver: 10 minutes Gold: 15 minutes	2 Practise balancing on right leg: Bronze: 1 minute Silver: 2 minutes Gold: 3 minutes	3 Practise balancing on left leg: Bronze: 1 minute Silver: 2 minutes Gold: 3 minutes	4 Practise leaping without stopping: Bronze: 10 leaps Silver: 25 leaps Gold: 40 leaps	5 Create your own circuit thinking about using lots of different muscles!	6 Teach the people at home your circuit and see who impresses you most!
7 See how many tuck jumps you can do in a row: Bronze: 10 jumps Silver: 20 jumps Gold: 30 jumps	8 Practise throwing and catching : Bronze: 20 catches Silver: 40 catches Gold: 60+ catches	9 Do some star jumps : Bronze: 20 times Silver: 30 times Gold: 50 times	10 Do some lunges in a minute: (remember to do both legs) Bronze: 10 lunges Silver: 20 seconds Gold: 30 seconds	11 Push ups! Bronze: 10 push ups Silver: 15 push ups Gold: 20+ push ups	12 Find a space to run around and time yourself doing some laps.	13 See if you can beat your times from yesterday!
14 Do some high knees until you need to stop: Bronze: 30 secs Silver: 1 min Gold: 2+ mins	15 Hold a tree pose until you fall over (try both legs): Bronze: 30 seconds Silver: 1 minute Gold: 2+ mins	16 Catch a ball with your OTHER hand: Bronze: 15 catches Silver: 25 catches Gold: 35 catches	17 Bounce up and down on the spot until you're exhausted: Bronze: 20 times Silver: 40 times Gold 70+ times	18 Do some frog jumps : Bronze: 10 jumps Silver: 20 jumps Gold: 30 jumps	19 Play a game of tennis – if you don't have a racket, use your hand! See how many times you can hit the ball back and forth.	20 Try to beat your score from yesterday's rally – can you talk about the ways which you can be better?
21 Practise hopping on your left leg : Bronze: 30 seconds Silver: 1 minute Gold: 2+ minutes	22 Try and do some sit ups : Bronze: 10 sit ups Silver: 20 sit ups Gold: 30 sit ups	23 Hopscotch until you need to stop: Bronze: 30 seconds Silver: 45 seconds Gold: 2 minutes	24 Practice dribbling a ball : Bronze: 1 minute Silver: 2 minutes Gold: 5+ minutes	25 Try hurdling over something (or just jumping!): Bronze: 1 minute Silver: 3 minutes Gold: 5 minutes	26 Choose one of the skills you've found the trickiest to practise for 15 minutes today!	27 Choose your favourite skill to teach someone else today!
28 Squat – count how many squats you can safely do in a minute: Bronze: 10 squats Silver: 15 squats Gold: 20+ squats	29 Practise hopping on your right leg : Bronze: 30 seconds Silver: 1 minute Gold: 2+ minutes	30 Keep ups – see how many times you can kick a ball up: Bronze: 5 times Silver: 10 times Gold: 20+ times	Let's get moving again! Take on the daily challenge and share your results with your teacher, your friends or your family! Can you beat them? Can you try again and beat yourself?			