

# Active July!

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p><b>Let's get active in July!</b>  <b>Try each of these activities with the people you're with!</b></p>		<p>1            Practise <b>balancing</b> on <b>right</b> leg:            Bronze: 1 minute            Silver: 2 minutes            Gold: 3 minutes</p>	<p>2            Practise <b>balancing</b> on <b>left</b> leg:            Bronze: 1 minute            Silver: 2 minutes            Gold: 3 minutes</p>	<p>3            See how many <b>tuck jumps</b> you can do in a row:            Bronze: 10 jumps            Silver: 20 jumps            Gold: 30 jumps</p>	<p>4            Create your <b>own circuit of exercises</b> you've learned over the <b>past few months!</b></p>	<p>5  <b>Teach</b> the people at home <b>your circuit</b> and see who <b>impresses you most!</b></p>
<p>6            Do some <b>burpees</b>:            Bronze: 10 burpees            Silver: 15 burpees            Gold: 20+ burpees</p>	<p>7            Practise <b>throwing and catching</b> with someone at home:            Bronze: 20 catches            Silver: 40 catches            Gold: 60+ catches</p>	<p>8  <b>Hopscotch</b> until you need to stop            Bronze: 30 seconds            Silver: 45 seconds            Gold: 2 minutes</p>	<p>9            Do some <b>lunges</b> in a minute: (remember to do both legs)            Bronze: 10 lunges            Silver: 20 seconds            Gold: 30 seconds</p>	<p>10  <b>Push ups!</b>            Bronze: 10 push ups            Silver: 15 push ups            Gold: 20+ push ups</p>	<p>11            Challenge yourself to <b>learning some new yoga posts</b> – watch a Youtube video to help.</p>	<p>12            Practise those yoga skills your learned and <b>see if you can balance for longer</b> than you did yesterday.</p>
<p>13            Try and do some <b>crunches</b>:            Bronze: 10 crunches            Silver: 20 crunches            Gold: 30 crunches</p>	<p>14            Do some <b>lunges</b> on both legs:            Bronze: 10 each leg            Silver: 20 each leg            Gold: 30 each leg</p>	<p>15  <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>16  <b>Squat</b> – count how many squats you can safely do in a minute:            Bronze: 10 squats            Silver: 15 squats            Gold: 20+ squats</p>	<p>17            Do some <b>frog jumps</b>:            Bronze: 10 jumps            Silver: 20 jumps            Gold: 30 jumps</p>	<p>18            Go outside and be active with someone from your house.  <b>Go for a run or a walk!</b></p>	<p>19            Use your outdoor time to <b>jump</b> over things, <b>balance</b> along things and <b>move</b> in different ways.</p>
<p>20  <b>Stand up/sit down in a minute</b>:            Bronze: 10 times            Silver: 15 times            Gold: 20+ times</p>	<p>21            Do some <b>shuttle runs</b>:            Bronze: 15 runs            Silver: 30 runs            Gold: 50 runs</p>	<p>22            Practise <b>leaping</b> without stopping:            Bronze: 10 leaps            Silver: 25 leaps            Gold: 40 leaps</p>	<p>23            Practice <b>dribbling</b> a ball:            Bronze: 1 minute            Silver: 2 minutes            Gold: 5+ minutes</p>	<p>24  <b>Toe touches</b> – touch a ball with your toe for a min.            Bronze: 10 times            Silver: 20 times            Gold: 30+ times</p>	<p>25            Find a song on Youtube to <b>dance along</b> to! See if you can dance so hard you get sweaty!</p>	<p>26            Ask someone at home to choose a song on Youtube to dance along to and <b>have a dance party!</b></p>
<p>27            Try <b>hurdling</b> over something (or just jumping!):            Bronze: 1 minute            Silver: 3 minutes            Gold: 5 minutes</p>	<p>28  <b>Catch</b> a ball with your <b>OTHER</b> hand:            Bronze: 15 catches            Silver: 25 catches            Gold: 35 catches</p>	<p>29            Do some <b>sit ups</b>:            Bronze: 10 sit ups            Silver: 20 sit ups            Gold: 40 sit ups</p>	<p>30            Do some <b>star jumps</b>:            Bronze: 20 times            Silver: 30 times            Gold: 50 times</p>	<p>31            Have a <b>jog</b> around:            Bronze: 5 minutes            Silver: 10 minutes            Gold: 15 minutes</p>	<p><b>Challenge yourself to get as many bronze/silver/golds as you can! Keep track and celebrate your achievements!</b></p>	