

<p>Have a go at each of these daily activities to help you stay active while you're at home! Remember it is important to stay active and healthy!</p>				<p>1 High knees - how long can you do high knees for? Bronze: 20 seconds Silver: 40 seconds Gold: 1 minute plus Video</p>	<p>2 Hop on the spot without losing your balance: Bronze: 5 times Silver: 20 times Gold: 40 times Video</p>	<p>3 Do some star jumps: Bronze: 20 times Silver: 30 times Gold: 50 times Video</p>
<p>4 Step jumps - find a step and jump up and down on it safely: Bronze: 10 Silver: 15 Gold: 40 + Video</p>	<p>5 Toe touches - how many times can you touch a ball with your toes? Bronze: 10 Silver: 15 Gold: 20 + Video</p>	<p>6 Sit ups! Bronze: 10 Silver: 15 Gold: 20 + Video</p>	<p>7 Jog around or on the spot: Bronze: 1 minute Silver: 3 minutes Gold: 5+ minutes Video</p>	<p>8 Quick shakes 1 - shake your hips as fast as you can: Bronze: 10 seconds Silver: 20 seconds Gold: 30+ seconds Video</p>	<p>9 Quick shakes 2 - shake your hips as fast as you can whilst spinning your arms: Bronze: 10 seconds Silver: 20 seconds Gold: 30+ seconds Video</p>	<p>10 Criss cross - how many times can you do in a minute? Bronze: 10 Silver: 15 Gold: 20 + Video</p>
<p>11 Clap and throw - throw a ball and clap: Bronze: 3 claps Silver: 5 claps Gold: 8+ claps Video</p>	<p>12 Practise balancing on your right leg: Bronze: 1 minute Silver: 2 minutes Gold: 3 minutes Video</p>	<p>13 Do some dancing with your family! Put on some music or a Just Dance video from YouTube! Time to boogie! Video</p>	<p>14 Plank - how long can you hold the plank for? Bronze: 10 seconds Silver: 20 seconds Gold: 30+ seconds Video</p>	<p>15 Squats - count how many squats you can safely do in a minute: Bronze: 10 Silver: 15 Gold: 20 + Video</p>	<p>16 Create your own obstacle course and time yourself doing it. Video</p>	<p>17 Do your obstacle course again and try to beat your time! Video</p>
<p>18 Tuck jumps - see how many you can do in 30 seconds: Bronze: 10 jumps Silver: 20 jumps Gold: 30+ jumps Video</p>	<p>19 Wall throw - throw a ball off a wall and catch it: Bronze: 5 times Silver: 15 times Gold: 30+ times Video</p>	<p>20 Wall throw 2- throw a ball off a wall and catch with your one hand: Bronze: 10 catches Silver: 20 catches Gold: 30+ catches Video</p>	<p>21 Practise balancing on your left leg: Bronze: 1 minute Silver: 2 minutes Gold: 3 minutes Video</p>	<p>22 Skipping (or just jumping!): Bronze: 1 minute Silver: 3 minutes Gold: 5 minutes Video</p>	<p>23 Create your own target game! Find some objects and give each a point. How many points can you get with 3 throws? Video</p>	<p>24 Teach the people at home your target game and see who score the most points! Video</p>
<p>25 Tennis keep ups - using your hand/racket, can you hit a ball up? Bronze: 10 times Silver: 20 times Gold: 30+ times Video</p>	<p>26 Choose a song and create your own dance routine. You could then perform it for your family! Video</p>	<p>27 Push up knee kicks - how many can you do in a minute? Bronze: 10 knee kicks Silver: 20 knee kicks Gold: 30+ knee kicks Video</p>	<p>28 Hopscotch - how long can hopscotch for before you're tired? Bronze: 10 seconds Silver: 30 seconds Gold: 1 minute plus Video</p>	<p>29 Toe taps - how long can you do toe taps for? Bronze: 20 seconds Silver: 40 seconds Gold: 1 minute plus Video</p>	<p>30 Create your own fitness circuit at home! Choose some activities from this month to put in your circuit. Video</p>	<p>31 Challenge the people in your home to do your circuit with you or ask someone to make one for you. Video</p>