

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