



Active Advent Calendar!



<p><u>1st December</u></p> <p>Face a partner. MIRROR their actions. Take it in turns to be a leader.</p>	<p><u>2nd December</u></p> <p>Find a hill to walk up. DANCE at the top of the hill . Repeat if you can. Can't find a hill? Climb some stairs.</p>	<p><u>3rd December</u></p> <p>AIM your snowballs [socks] at a target on the floor.</p>	<p><u>4th December</u></p> <p>Is it raining? Great! Go puddle JUMPING. Hop jump or leap over them.</p>	<p><u>5th December</u></p> <p>PLAY charades. Guess the sport.</p>	<p><u>6th December</u></p> <p>GO on a treasure hunt in your local park or the forest. What treasure can you find?</p>	<p><u>7th December</u></p> <p>SKIP for 60secs with or without a rope.</p>	<p><u>8th December</u></p> <p>PLAY balloon tennis with a partner. What is your highest score?</p>
<p><u>9th December</u></p> <p>CHALLENGE others to a game of Rock Paper, Scissors. Use you body to make the shapes.</p>	<p><u>10th December</u></p> <p>SIT ON A CHAIR. Put on some music or sing a song. Move to the music whilst sitting.</p>	<p><u>11th December</u></p> <p>SANTA DASH Can you take part in the National School Games run?</p>	<p><u>12th December</u></p> <p>Can you LIMBO under a long stick, rope or arm? How low can you go?</p>	<p><u>13th December</u></p> <p>How many JUMPING JACKS can you do in 60secs?</p>	<p><u>14th December</u></p> <p>MAKE an obstacle course and challenge others to complete it.</p>	<p><u>15th December</u></p> <p>Go for a WALK and FIND objects or places that spell out your name?</p>	<p><u>16th December</u></p> <p>How many KICK UPS can you do with a ball or a sock?</p>
<p><u>17th December</u></p> <p>How many one legged BALANCES can you do?</p>	<p><u>18th December</u></p> <p>Can you JOG a route around the block where you live. How many times can you complete it?</p>	<p><u>19th December</u></p> <p>Can you do a home fitness WORKOUT? Find one on YouTube?</p>	<p><u>20th December</u></p> <p>Can you go for a 20min bike or scooter RIDE today?</p>	<p><u>21st December</u></p> <p>Can you PLAY the bean game? E.g. runner-jog on spot, jelly-shake all over</p>	<p><u>22nd December</u></p> <p>Go for a WALK and collect natural items to make a picture.</p>	<p><u>23rd December</u></p> <p>Play MUSICAL statues with your family. Who is the last one standing?</p>	<p><u>24th December</u></p> <p>Play SIMON SAYS. Take it in turns to call out the instructions.</p>