

# EARLY YEARS IDEAS TO GET ACTIVE

## 4 March

**World Wildlife Day**  
(was on 3rd March)

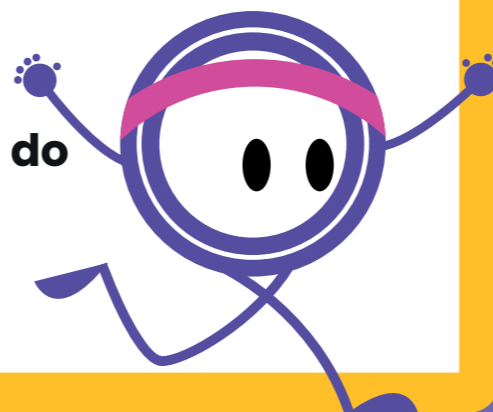
You have **5 minutes** to explore outside to see how **many bugs** you can find



## 7 March

**How does a bunny rabbit move?**

How many **hops** can you do in **1 minute**?



## 14 March

**Ballerinas train for years to walk on their tip-toes**

How many **steps** can you make on your **tip-toes**?



## 23 March

**Earth Hour Weekend Challenge**

The sun rises high in the sky and sets every evening

How high can you reach up? Then touch the ground. Do this **10 times**

## 27 March

**The Big Climb**

Can you lift **one knee** at a time above your hips?

Try doing this for **1 minute**

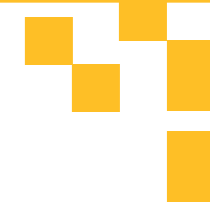


## 12 April

**Remember when you hopped like a bunny rabbit?**

Let's see if you can do even more hops this time. You have **1 minute!**

Now you should be ready for the TCS Mini London Marathon!



# PRIMARY SCHOOL IDEAS TO GET ACTIVE

## 4 March

### **World Wildlife Day** (was on 3rd March)

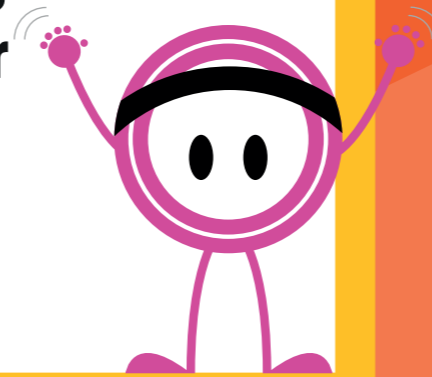
You have **5 minutes** to explore outside to see how **many bugs** you can find



## 7 March

### **How high can you jump? How wide can you get your arms and legs?**

**20 star jumps**



## 14 March

### **50 club challenge**

**50 jumps / 50 goals / 50 steps**  
– the choice is yours



## 23 March

### **Earth Hour Weekend Challenge**

You have **60 seconds** to run around your home counting how many things are plugged in using electricity.

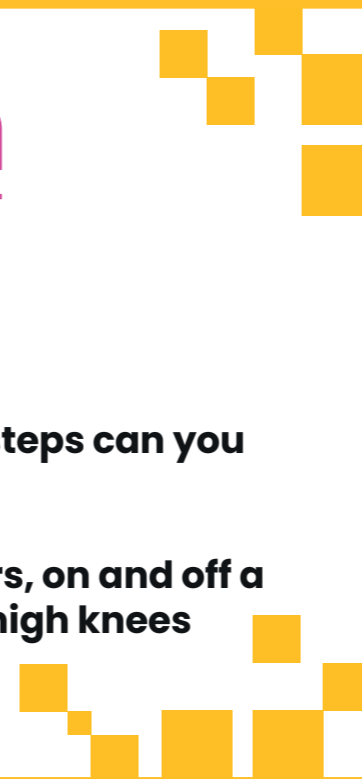
**How many need to be on?**

## 27 March

### **The Big Climb**

At home how many steps can you climb in **2 minutes?**

This could be on stairs, on and off a stable box, or doing high knees



## 12 April

### **100 club challenge**

**100 jumps / 100 goals / 100 steps**  
– the choice is yours

**Now you should be ready for the TCS Mini London Marathon!**



# SECONDARY SCHOOL IDEAS TO GET ACTIVE

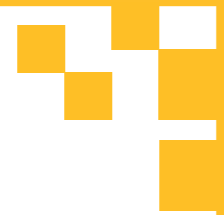
## 4 March

### **World Wildlife Day** (was on 3rd March)

Brown bears are an endangered species

**1 minute** of bear crawls

Hands directly under the shoulders, knees directly under the hips at 90 degrees. **Crawl forward**



## 7 March

### **20 Burpees**

Plank position – push up – jump to squat position

**Repeat**



## 14 March

### **100 club challenge**

**100 jumps / 100 goals / 100 steps** – the choice is yours



## 23 March

### **Earth Hour Weekend Challenge**

**60 seconds** to run around your home counting how many things are plugged in using electricity.

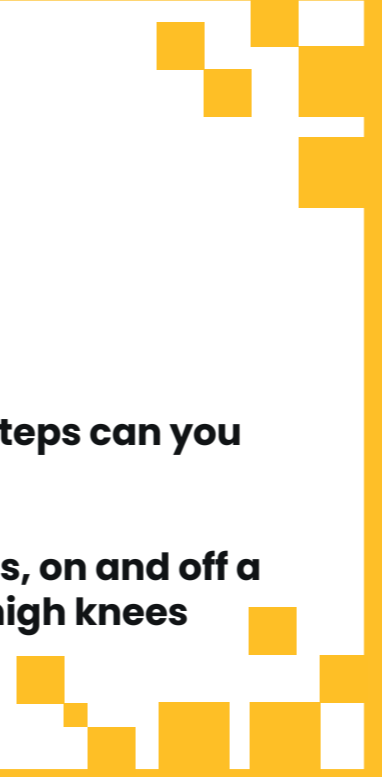
How many need to be on? **Turn off** any that don't need to be on

## 27 March

### **The Big Climb**

At home how many steps can you climb in **10 minutes**?

This could be on stairs, on and off a stable box, or doing high knees



## 12 April

### **200 club challenge**

**200 jumps / 200 goals / 200 steps** – the choice is yours

Now you should be ready for the TCS Mini London Marathon!

