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| --- | --- | --- | --- | --- | --- | --- |
| #MoveItMonday | #TargetTuesday | #DontWobbleWednesday | #ThemeThursday | #FancyDressFriday |  |  |
| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
| 8  Do as many sit ups as you can in 1 minute:  Bronze: 10 sit ups  Silver: 20 sit ups  Gold: 40 sit ups | 9  Play Hopscotch until you need to stop:  Bronze: 1 minute  Silver: 2 minutes  Gold: 3+ minutes | 10  Carefully try and do a plank:  Bronze: 30 seconds  Silver: 45 seconds  Gold: 60+ seconds | 11  **Gymnastics**  See how many tuck-jumps you can do in a row:  Bronze: 10 jumps  Silver: 20 jumps  Gold: 30 jumps | 12  Choose a pose that your fancy dress character is famous for and hold it for as long as you can:  Bronze:  Silver:  Gold: | 13  Create your own throwing and catching game! | 14  Teach the people at home your game and see who scores the most points! |

