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

