



NEWCASTLE  
PE & School Sport Service

# JANUARY

- Join our Daily Health and Fitness Challenge this January
- It's really simple to take part
  - Just complete the challenge for that day
  - You can tick them off each day
  - Anyone that you live with can take part
  - You can print this Challenge off and put it on the fridge!
  - You can share any photos you have of you and your family taking part by tagging us on Social Media - you will need a grown up to do this

## OUR DAILY HEALTH & FITNESS CHALLENGE

SUN	MON	TUE	WED	THU	FRI	SAT
					Have a go at Yoga, time 1 to relax after a busy Christmas.  Go Noodle has lots of Yoga videos you can try	At Home ABC Hunt: 2 Grab a basket or box and collect items that start with each letter of the alphabet. How long does it take you? What did you find for Q, X & Z?
3	How long can you do a Plank for? Try it 3 times over the day 4	Throw and catch a ball or pair of socks 25 times! Can you do it one handed? 5	Fast Feet Time! Sprint on the spot for 30 seconds, do this 5 times during the day 6	Home Workout Time ! - 10 Star Jumps - 10 Squats - 10 Sit Ups - 10 Mountain Climbers Rest and repeat 2 times 7	Organise a bear hunt in your house for your family. Hide your favourite teddy and your family have to find it. You can take turns to hide teddy 8	Skip for 60 seconds 9
10	Need a Brain Break - do 10 Squats each time you do! How many did you do in total during the day? 11	Write a letter or draw a picture for a friend! 12	Home Workout Time ! - 10 Star Jumps - 10 Squats - 10 Sit Ups - 10 Mountain Climbers Rest and repeat 3 times 13	Write down 3 good things that have happened today 14	Throw a family Dance party. Create a playlist of all your favourite tunes 15	Go on a mini beast hunt - this can be your garden, local park or area. Can you spot 5 mini beasts? 16
17	Bake or cook a meal with a grown up in your family. How healthy can you make it? 17	How long can you balance on your left foot, how long on your right foot? Try this throughout the day, what is the longest time you can balance for? 18	Take a mindful moment. On a piece of paper write down: 5 things you can see, 4 you can hear, 3 you can smell, 2 you can touch, 1 you can taste 19	Need a Brain Break - do 5 Burpees each time you do! How many did you do in total during the day? 20	Throw and catch a ball or pair of socks 50 times! Can you do it one handed? 21	Throw a Teddy Bear Tea Party! Invite your family to attend 23
24	Play Mirror Mirror - Stand opposite a family member & get them to copy your movements, then switch roles! 24	Home Workout Time ! - 10 Star Jumps - 10 Squats - 10 Sit Ups - 10 Mountain Climbers Rest and repeat 4 times 25	Choreograph a Dance routine to your favourite song and perform in front of your family 26	Do something kind for another family member 27	Fast Feet Time! Sprint on the spot for 30 seconds, do this 5 times during the day 28	Get cozy and read a book or read your favourite book out loud to another family member 29
31	Go for a 30 minute walk with your family in your local area. 31					Set up a Scavenger Hunt that you can play with your family; can be indoors or outdoors 30

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