



NEWCASTLE
PE & School Sport Service

FEBRUARY

Join our Daily Health and Fitness Challenge this February

- 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 HEALTHY, HAPPY ME CHALLENGE

SUN	MON	TUE	WED	THU	FRI	SAT
	1 Set yourself 7 goals for February! Use our goals sheet. eg. walk 3 times a week.	2 Home Workout Time! - 5 burpees - 10 sit ups - 15 squats How many times can you do it in 10 minutes?	3 Need a Brain Break - do 10 Squats each time you do! How many did you do in total during the day?	4 How many burpees can you do in 1 minute?	5 Create a postcard and write to a friend.	6 Bake or cook a meal with a grown up in your family. How healthy can you make it?
7 Organise a treasure hunt in the house for your family to take part in.	8 How many claps can you do when you throw a ball of socks into the air and then catch them.	9 Home Workout Time! - 10 lunges - 20 star jumps - 30 seconds plank How many times can you do it in 10 minutes?	10 Write down 3 good things that have happened today	11 Need a Brain Break - do 5 Burpees each time you do! How many did you do in total during the day?	12 Get cozy and read a book or read your favourite book out loud to another family member	13 Go for a 10 minute jog with a member of your family.
14 Do something kind for another family member	15 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	16 Home Workout Time! - 15 squats - 15 mountain climbers - 15 Sit ups How many times can you do it in 10 minutes?	17 How many different ways can you hopscotch?	18 Play 10 pin bowling with a member of your family. You could use socks and recycling.	19 Write down 5 things you are grateful for.	20 Bake or cook a meal with a grown up in your family. How healthy can you make it?
21 Go for a 30 minute walk with your family in your local area.	22 Write down 3 goals for the day.	23 Home Workout Time! - 10 burpees - 10 lunges - 10 Sit Ups - 10 Mountain Climbers How many time can you do it in 10 minutes?	24 Make your bed!	25 Read a book and act out a scene from it.	26 Play your some of your favourite music and dance for 15 minutes.	27 Go for a 20 minute jog with a member of your family.
28 Play a board game with your family.						

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