



"12 Days of Christmas"

PE Challenge



Complete the 12 days of physical activity challenge over Christmas and win a prize & certificate! Tick the days off as you go along. Good Luck!

<p><u>DAY 1</u></p> <p>50 Star Jumps</p>	<p><u>DAY 2</u></p> <p>Go on a festive walk - see how many animals from the stable in Bethlehem you can see</p>	<p><u>DAY 3</u></p> <p>Count the baubles on your tree, do that number of squat jumps & high knees</p>	<p><u>DAY 4</u></p> <p>Play a game of Grinch hat tig with someone in your family. Try & get the Christmas hat off the Grinch's head</p>
<p><u>DAY 5</u></p> <p>Do your own elf warm up this morning for 10 minutes - jogging, high knees, sidesteps, heel flicks, skipping etc.</p>	<p><u>DAY 6</u></p> <p>Sing 'We wish you a Merry Christmas' 3 times through whilst skipping</p>	<p><u>DAY 7</u></p> <p>Practice your chest passes with your family with a ball Can you do 50 today?!</p>	<p><u>DAY 8</u></p> <p>Play a game of "Hot Christmas Pudding" Throw the ball to one another, if the ball is dropped start singing jingle bells Keep passing and if you end up with the ball at the end of the song you're out.</p>
<p><u>DAY 9</u></p> <p>Play a game of "Run Away Pudding" Get someone to roll a ball away from you. You have to run after it, stop it & throw it back. Can you do this 20 times or more?</p>	<p><u>DAY 10</u></p> <p>Festive Football Practice your football passing, shooting and drag bags with a family member</p>	<p><u>DAY 11</u></p> <p>Every time you get up from sitting down today do your "elf quick feet" round in a circle twice</p>	<p><u>DAY 12</u></p> <p>Every hard little worker needs a rest so today on the last day if you've completed all the other days have a well-deserved rest!</p>