



# Be an Active Bright Spark this Advent



10<sup>th</sup> – 15 sit ups

14<sup>th</sup> – 30 star jumps

2<sup>nd</sup> – 30 seconds of leg drives

1<sup>st</sup> – 15 star jumps

17<sup>th</sup> – Plank for 30 seconds

6<sup>th</sup> – 20 catches with a ball

12<sup>th</sup> – Hop on one leg – 30 secs

13<sup>th</sup> – 15 tuck jumps

16<sup>th</sup> – 25 squats

20<sup>th</sup> – 1 minute – star jumps

22<sup>nd</sup> – 1 minute of leg drives

21<sup>st</sup> – Stork stand for 30

4<sup>th</sup> – 30 seconds of Spotty Dogs

5<sup>th</sup> – 15 squats

15<sup>th</sup> – 1 minute of Spotty Dogs

24<sup>th</sup> – 30 seconds of

- Spotty Dogs
- Star Jumps
- Plank

11<sup>th</sup> – Wall sit for 1 minute

19<sup>th</sup> – 15 press ups

8<sup>th</sup> – 10 press ups

23<sup>rd</sup> – Hop on one leg – 45secs

3<sup>rd</sup> – Plank for 15 seconds

9<sup>th</sup> – 3 point balance for 15sec

7<sup>th</sup> – 10 tuck jumps

18<sup>th</sup> – 30 sit ups

Can you do all these activities during advent – if you send in a photo of you doing some of the activities you will get 10 House Points – Good luck and keep active over the advent period.