



ACTIVE ADVENT CALENDAR 2020



1

Walk a winter mile

2

Laps of the playground - a jolly jog



3

Yule log yoga stretches



4

Rudolph runs
Hop, skip, gallop, run



5 Presents push ups



6

Santa squats



7

Penguin stretches

8

Blizzard burpees

9

Candy cane circuits



10

Lords-a-leaping shuttle run leaps



11

Metres holly hops

12

Drummers drumming
Clap your hands, stamp your feet

13

ski jumps

14

Minutes Christmas Food & drink game



15

Metres reindeer runs



16

Minutes Christmas confusion tig

17

Minutes Elves workshop game



18

Minutes Snowball dodgeball



19

Santa sit ups

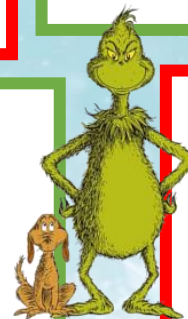


20

Minute winter walk

21

Grumpy Grinch lunges



22

Mince pie mountain climbers

23

Cracker curls

24

Christmas Eve star jumps





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- **1st December -Walk one mile** with your class or after school with a grown up.
- **2nd December- Jog 2 laps** of the playground, buddy up and keep a steady pace.
- **3rd December- 3 Yule log Yoga stretches**
 1. **Santa's Sleigh-** Sit tall with your back straight and your legs out in front of you. Place your hands at your side like you are holding on to the sleigh. Rock back and forth like you are riding on a flying sleigh
 2. **Snow Angel-** Lay flat on your back. Raise your arms above your head with your legs apart. Bring your arms back to your side while closing your legs. Repeat.
 3. **Flying Snowman-** Stand on one leg and stretch your other leg straight out behind you. Extend your body in front of you until it is parallel to the floor. Stretch your arms out in front of you like you are flying.
- **4th December- 4 reindeer runs** Organise the class in to a big circle. Number the pupils 1-4. When your number is called run around the outside of the circle and back to your place. Change to hopping/galloping/skipping.
- **5th December- 5 push ups.** Make it easier by putting your knees on the floor.
- **6th December- 6 squats**
- **7th December- 7 stretches** – calf stretch, side bend, ankle circles, touch your toes, arm circles, hamstring stretch, cross body arm stretch.
- **8th December- 8 burpees**



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- **9th December- 9 circuits-** shuttle runs, hopscotch, burpees, lunges, ski jumps (side on- jump over a small hurdle or a line), bicep curls with beanbags, star jumps, squats, zigzag run (in and out cones).
In 2s, taking turns- do each activity for 30 seconds. (If time allows, repeat the circuit. Can you beat your score?)
- **10th December- 10 shuttles, leaping-** set up 10m shuttles- leap across, jog back. Repeat 10 times.
- **11th December- 11 metres, hopping-** in relays-hopping for 11 metres, jog back to line. Repeat.
- **12th December- Clap, stamp sequence-** Make up a sequence with 12 beats. e.g. clap, clap, stamp left foot, stamp right foot, clap, clap, clap, stamp left foot, stamp left foot, stamp right foot, clap, stamp right foot.
- **13th December- 13 ski jumps-** stand side on to a line. Jump over the line 13 times keeping your feet and knees together.
- **14th December- 18 minutes Christmas food and drink.** 2 lines, roughly 10 metres apart. One line is food, one line is drink. When a drink is called run to the drink line, last pupil over the line is eliminated. When a food is called, run to the food line and again, the last one over the line is eliminated. If a food is called on the food line and you move you are also eliminated, same rule when on the drink line. The last pupil left in the game is the winner.
- **15th December- 15 metres reindeer runs-** galloping- set up 15m shuttles- gallop across, jog back. Repeat.
- **16th December- 16 minutes confusion tig-** Everybody is 'IT'. If you are tagged, crouch down. You are free to play again when the player who tagged you gets caught and crouches down. If you tig each other at the same time, play Rock, Paper, Scissors and the player that loses crouches down. This game can last a long time!



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- **17th December- 17 minutes elf workshop game-** set up 4 hoops in the corners and a hoop in the centre. (The corner hoops will be roughly 8 metres from centre hoop) The centre hoop is filled with a mix of 41 small balls/beanbags/marker cones. Split the class in to 4 teams of elves. One at a time a team member runs to the centre hoop, collects one ball/beanbag/cone (christmas toy) and takes it back to their hoop. Once in the hoop the next player goes. The game is finished when all the balls etc are removed from the centre hoop. The team with the most balls etc is the winning team.
- **18th December- 18 minutes dodgeball.**
- **19th December- 19 sit ups**
- **20th December- 20 minute walk.** Count how many Christmas trees you see.
- **21st December- 21 lunges**
- **22nd December- 22 mountain climbers**
- **23rd December- 23 bicep curls (use tins of food to make it harder)**
- **24th December- 24 star jumps**