



## ON THE FIRST DAY OF CHRISTMAS MY FAMILY GAVE TO ME A WALK IN THE PARK

Take a walk in the park with your family (or anywhere local).  
Take a look at advice from the NHS about the benefits of walking:  
<https://www.nhs.uk/live-well/exercise/walking-for-health/>

## ON THE SECOND DAY OF CHRISTMAS MY FAMILY GAVE TO ME ACTIVE TRAVEL

Try to make your journeys to school active: walk, cycle or scoot!  
Have a look at this blog about active travel  
<https://bit.ly/3l2Xera>

## ON THE THIRD DAY OF CHRISTMAS MY FAMILY GAVE TO ME AN EXERCISE ROUTINE

Here is an exercise routine from 5 a day fitness. You can try this one or look for others on the channel.  
<https://youtu.be/sLMGJ9S0seE>

## ON THE FOURTH DAY OF CHRISTMAS MY FAMILY GAVE TO ME A PERSONAL BEST CHALLENGE

Can you create your own personal best challenge and practice to improve? This might be football keepy ups, running for a set time, any form of exercise – it is entirely up to you! Here is a link to some

challenges we have done to help you get started

<https://valeroyalschoolsport.files.wordpress.com/2020/11/vrssp-sg-challenges.pdf>

## ON THE FIFTH DAY OF CHRISTMAS MY FAMILY GAVE TO ME A SUGAR SWAP

Take a look at the NHS Change 4 Life website to give you some healthy eating ideas:  
<https://www.nhs.uk/change4life/food-facts/sugar/sugar-swaps-for-kids>

## ON THE SIXTH DAY OF CHRISTMAS MY FAMILY GAVE TO ME A GAME OF BLOW FOOTBALL

Click onto the link to see how to play. All you need is a lightweight ball - something like a table tennis ball is perfect!  
<https://www.youtube.com/watch?v=YRaY8liC-wM&t=15s>

## ON THE SEVENTH DAY OF CHRISTMAS MY FAMILY GAVE TO ME A DAILY CHALLENGE (VIDEO)

Try this throwing challenge with your family.  
Throw challenge: <https://www.youtube.com/watch?v=Mqu4OLcZgUQ>

## ON THE EIGHTH DAY OF CHRISTMAS MY FAMILY GAVE TO ME AN EXERCISE CHALLENGE

See how long it takes to complete the exercises below. You don't have to do them all in one go, you can do a few of each exercise and move on to the next. Just keep a tally of what you do before moving on!

20 Burpees - <https://www.youtube.com/watch?v=Y8Tlp7s38gw>

20 Press ups - [https://www.youtube.com/watch?v=owos-auC0\\_E](https://www.youtube.com/watch?v=owos-auC0_E)

20 Sit ups - <https://www.youtube.com/watch?v=il-LuWnIkqQ>

50 Step ups - <https://www.youtube.com/watch?v=a5Mt6ycUSWU&t=38s>

100 Speed bounce - [https://www.youtube.com/watch?v=WtTIDIm\\_XT8&t=6s](https://www.youtube.com/watch?v=WtTIDIm_XT8&t=6s)

Shuttle runs – Run 500m using shuttle running. This can be completed using the space you have available, so if you have two markers 5 metres apart you will need to run 100 times! You can measure out your own shuttle and work out how many you will need to run to complete the total distance!

## ON THE NINTH DAY OF CHRISTMAS MY FAMILY GAVE TO ME A SESSION AT A COMMUNITY CLUB/ GROUP

Is there a club you would like to try? Have you ever wanted to give a local club a try?  
Whatever the activity get in touch: Roger Pickering – [rpickering@hartfordhigh.co.uk](mailto:rpickering@hartfordhigh.co.uk)

## ON THE TENTH DAY OF CHRISTMAS MY FAMILY GAVE TO ME A FAMILY RIDE/SCOOT

Can the whole family get out for a bike ride or whatever form of transport you have, as long as it is powered by you! Here is a link to routes you might like to try.  
<https://www.visitsheshire.com/things-to-do/explore-the-countryside/cycling-trails>

## ON THE ELEVENTH DAY OF CHRISTMAS MY FAMILY GAVE TO ME POV VIDEO

Sit in front of your ipad/laptop/computer/phone /TV and watch the video below.  
'Raise your feet off the floor' and see if you can move with the video as if you're involved!  
<https://www.youtube.com/watch?v=ViON9E8AqVl&list=PLAi9D42KEBUJahwofApA6QD8qOpg4dpqd2&index=16>

## ON THE TWELFTH DAY OF CHRISTMAS MY FAMILY GAVE TO ME A PROBLEM TO SOLVE

Check out our Christmas tree challenge and see if you can solve the problem.  
<https://www.youtube.com/watch?v=HmWq3kPJYlk>

