

Movement March

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

Feel free to adapt or replace activities so your Movement March best suits you!

1 Walk up and down the stairs for one minute

2 During the intro of a TV show, do star jumps

3 Create a dance move and give it a name

4 Lift an item over your head during the chorus of a song

5 Go on a walk, flip a coin to see whether you go left or right

6 Standing up, touch your knee with your elbow

7 Find a comfortable position to focus on your breathing

8 Pretend you're playing tennis, do your best serve

9 Squat ten times before getting in the shower

10 Balance on one leg while brushing your teeth

11 Carry in the shopping one bag at a time

12 Follow a 10 minute YouTube video

13 Jump out of bed when you wake up

14 Do four air punches whenever you feel tired

15 Reach as high as you can and hold for ten seconds

16 Touch every wall in the house

17 Park further away than usual

18 Play an active game with your family

19 Craft using your recycling

20 Dance to your favourite song

21 See how quickly you can get to the other side of the room

22 Copy an actor's movements on TV

23 Photograph an object from four different angles

24 Stretch your legs every time you've read a page

25 Polish the windows and mirrors

26 Spend time in your garden or local park

27 Touch your toes five times

28 Lunge during an un-skippable advert

29 Do an impression of an animal

30 Reach your arms outwards fifteen times

31 Pick your favourite day and do it again!