



# 30x30 CLASSROOM FITNESS BINGO

2-27 NOVEMBER 2026 | AGES 4-7 | MOVE • TICK • CELEBRATE

School: \_\_\_\_\_ Class: \_\_\_\_\_ Our class name / team: \_\_\_\_\_

Complete the daily challenge together. Tick the box = 1 class point. Fill a row = 5 points. Complete all 20 = BINGO!

| MONDAY                                                                                                                                                                                                                                                                                               | TUESDAY                                                                                                                                                                                                                                                                                                   | WEDNESDAY                                                                                                                                                                                                                                                                                                                       | THURSDAY                                                                                                                                                                                                                                                                                                            | FRIDAY                                                                                                                                                                                                                                                                                                                                | POINTS                                                                                                                    |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------|
| <div>2 NOV</div> <div>Star Jump Challenge</div> <div></div> <div>How many star jumps in 1 minute? Rest, then try to beat your score. Try 3 times.</div> <div><input type="checkbox"/> DONE! +1 POINT</div>          | <div>3 NOV</div> <div>Flamingo Balance</div> <div></div> <div>Balance on one leg for 20 sec, then swap. Repeat 3 times. Can you reach 30 sec without wobbling?</div> <div><input type="checkbox"/> DONE! +1 POINT</div> | <div>4 NOV</div> <div>Fast Feet</div> <div></div> <div>Run on the spot as fast as you can for 20 sec. Rest for 20 sec. Complete 5 rounds.</div> <div><input type="checkbox"/> DONE! +1 POINT</div>                                           | <div>5 NOV</div> <div>Frog Jump Challenge</div> <div></div> <div>Do 5 frog jumps + 5 reaches to the sky. Repeat for 5 rounds.</div> <div><input type="checkbox"/> DONE! +1 POINT</div>                                           | <div>6 NOV</div> <div>Move &amp; Freeze</div> <div></div> <div>Move in your space while music plays. Freeze like a statue when it stops. Play for 5-8 minutes.</div> <div><input type="checkbox"/> DONE! +1 POINT</div>                            | <div>WEEK 1</div> <div>2-6 NOV</div> <div><input type="checkbox"/></div> <div>OUT OF 5</div> <div>Great teamwork!</div>   |
| <div>9 NOV</div> <div>Sit-to-Stand Challenge</div> <div></div> <div>How many times can you stand up and sit down safely in 1 minute? Complete 2 attempts.</div> <div><input type="checkbox"/> DONE! +1 POINT</div> | <div>10 NOV</div> <div>Rocket Jumps</div> <div></div> <div>Crouch down, then reach or jump up like a rocket. Do 10 rockets, rest and repeat 3 times.</div> <div><input type="checkbox"/> DONE! +1 POINT</div>          | <div>11 NOV</div> <div>Animal Moves</div> <div></div> <div>20 sec each: bear walk, penguin walk, crab walk and frog jumps. Complete 3 rounds.</div> <div><input type="checkbox"/> DONE! +1 POINT</div>                                       | <div>12 NOV</div> <div>Toe Tap Challenge</div> <div></div> <div>Tap alternate toes quickly on a marked spot for 30 sec. Rest and repeat 5 times.</div> <div><input type="checkbox"/> DONE! +1 POINT</div>                       | <div>13 NOV</div> <div>Wall Push-Up Challenge</div> <div></div> <div>Hands on the wall, feet a small step back. Bend your elbows, then push away. Do 5 slow push-ups. Rest. Try 3 rounds.</div> <div><input type="checkbox"/> DONE! +1 POINT</div> | <div>WEEK 2</div> <div>9-13 NOV</div> <div><input type="checkbox"/></div> <div>OUT OF 5</div> <div>Great teamwork!</div>  |
| <div>16 NOV</div> <div>Superhero Challenge</div> <div></div> <div>Hold a superhero pose for 30 sec, then do 10 superhero squats. Repeat 4 times.</div> <div><input type="checkbox"/> DONE! +1 POINT</div>         | <div>17 NOV</div> <div>Knee Lift Challenge</div> <div></div> <div>How many high-knee lifts can you do in 1 minute? Rest, then try to beat your score.</div> <div><input type="checkbox"/> DONE! +1 POINT</div>        | <div>18 NOV</div> <div>Freeze Balance</div> <div></div> <div>Teacher calls: tall, small, wide or one leg. Hold each shape for 10 sec. Complete 15 freezes.</div> <div><input type="checkbox"/> DONE! +1 POINT</div>                        | <div>19 NOV</div> <div>Bunny Hop Challenge</div> <div></div> <div>Do 10 small bunny hops, then march for 20 sec. Repeat for 5 rounds.</div> <div><input type="checkbox"/> DONE! +1 POINT</div>                                 | <div>20 NOV</div> <div>Fitness Numbers</div> <div></div> <div>Teacher calls a number from 1-20. Do that many squats, jumps, reaches or knee lifts. Take turns being teacher.</div> <div><input type="checkbox"/> DONE! +1 POINT</div>            | <div>WEEK 3</div> <div>16-20 NOV</div> <div><input type="checkbox"/></div> <div>OUT OF 5</div> <div>Great teamwork!</div> |
| <div>23 NOV</div> <div>Aeroplane Balance</div> <div></div> <div>Stretch arms wide. Balance on one leg for 15 sec, then swap. Complete 5 on each side.</div> <div><input type="checkbox"/> DONE! +1 POINT</div>    | <div>24 NOV</div> <div>Speed Challenge</div> <div></div> <div>20 sec fast feet + 20 sec marching + 20 sec rest. Complete 6 rounds.</div> <div><input type="checkbox"/> DONE! +1 POINT</div>                           | <div>25 NOV</div> <div>Movement Mix</div> <div></div> <div>5 star jumps + 5 squats + 5 knee lifts each side + 5 reaches. How many rounds in 3 minutes? Repeat to beat your score.</div> <div><input type="checkbox"/> DONE! +1 POINT</div> | <div>26 NOV</div> <div>Traffic Lights</div> <div></div> <div>Green = run on spot. Amber = march. Red = freeze. Blue = squat. Teacher changes colours for 5-8 minutes.</div> <div><input type="checkbox"/> DONE! +1 POINT</div> | <div>27 NOV</div> <div>FINAL 30x30 CHALLENGE!</div> <div></div> <div>30 star jumps + 30 knee lifts + 30 toe touches + 30 sec balance + 30 sec fast feet. Celebrate!</div> <div><input type="checkbox"/> DONE! +1 POINT</div>                     | <div>WEEK 4</div> <div>23-27 NOV</div> <div><input type="checkbox"/></div> <div>OUT OF 5</div> <div>Great teamwork!</div> |

Teacher: clear a safe space, use stable chairs and allow rest. Adapt movements so everyone can join in; step instead of jumping if needed.

TOTAL POINTS  / 20



# 30x30 JUNIOR CLASSROOM BINGO

2-27 NOVEMBER 2026 | AGES 7-11 | 5-10 MINUTES A DAY

School: \_\_\_\_\_ Class: \_\_\_\_\_ Our class name / team: \_\_\_\_\_

Complete the daily challenge together. Tick the box = 1 class point. Fill a row = 5 points. Complete all 20 = BINGO!

| MONDAY                                                                                                                                                                                                                                                                                                  | TUESDAY                                                                                                                                                                                                                                                                                                      | WEDNESDAY                                                                                                                                                                                                                                                                                                       | THURSDAY                                                                                                                                                                                                                                                                                                        | FRIDAY                                                                                                                                                                                                                                                                                                     | POINTS                                                                                          |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------|
| <p><b>2 NOV</b></p> <p><b>Star Jump Stamina</b></p>  <p>30 sec star jumps + 30 sec marching. Complete 4 rounds. Aim for a steady pace and soft landings.</p> <p><input type="checkbox"/> DONE! +1 POINT</p>            | <p><b>3 NOV</b></p> <p><b>Balance &amp; Reach</b></p>  <p>Stand on one leg. Tap the other foot forward, sideways and back. Do 5 cycles per leg. Try 3 rounds.</p> <p><input type="checkbox"/> DONE! +1 POINT</p>           | <p><b>4 NOV</b></p> <p><b>Fast Feet Intervals</b></p>  <p>20 sec fast feet + 40 sec marching. Complete 5 rounds. Keep steps quick, light and on the spot.</p> <p><input type="checkbox"/> DONE! +1 POINT</p>                 | <p><b>5 NOV</b></p> <p><b>Squat Control</b></p>  <p>Do 10 squats: lower for 3 counts, then stand tall. March for 30 sec. Complete 3 rounds.</p> <p><input type="checkbox"/> DONE! +1 POINT</p>                               | <p><b>6 NOV</b></p> <p><b>Reaction Challenge</b></p>  <p>Teacher calls: GO = fast feet; STOP = freeze; LOW = squat; HIGH = reach. React quickly. Play for 5 minutes.</p> <p><input type="checkbox"/> DONE! +1 POINT</p> | <p><b>WEEK 1</b></p> <p>2-6 NOV</p> <div></div> <p><b>OUT OF 5</b></p> <p>Great teamwork!</p>   |
| <p><b>9 NOV</b></p> <p><b>Wall Sit Challenge</b></p>  <p>Back against a wall, slide into a shallow squat. Hold for 20 sec, then march for 40 sec. Do 4 rounds.</p> <p><input type="checkbox"/> DONE! +1 POINT</p>      | <p><b>10 NOV</b></p> <p><b>Reverse Lunge Control</b></p>  <p>Step back into a small lunge, then stand. Do 5 per leg. Rest for 30 sec. Try 3 rounds with steady balance.</p> <p><input type="checkbox"/> DONE! +1 POINT</p> | <p><b>11 NOV</b></p> <p><b>Cross-Body Coordination</b></p>  <p>Bring opposite elbow towards raised knee. Alternate sides for 30 sec, then march for 30 sec. Do 4 rounds.</p> <p><input type="checkbox"/> DONE! +1 POINT</p> | <p><b>12 NOV</b></p> <p><b>Side-Step Speed</b></p>  <p>Step side to side across a short tape line for 40 sec. Rest for 20 sec. Do 4 rounds. Stay in your own space.</p> <p><input type="checkbox"/> DONE! +1 POINT</p>      | <p><b>13 NOV</b></p> <p><b>Push-Up Control</b></p>  <p>Do 8 slow wall push-ups with a straight body. Rest for 30 sec. Complete 3 rounds with controlled movement.</p> <p><input type="checkbox"/> DONE! +1 POINT</p>   | <p><b>WEEK 2</b></p> <p>9-13 NOV</p> <div></div> <p><b>OUT OF 5</b></p> <p>Great teamwork!</p>  |
| <p><b>16 NOV</b></p> <p><b>Calf Raise &amp; Balance</b></p>  <p>Do 15 slow calf raises. Balance for 15 sec on each leg, then march for 30 sec. Complete 3 rounds.</p> <p><input type="checkbox"/> DONE! +1 POINT</p> | <p><b>17 NOV</b></p> <p><b>High-Knee Intervals</b></p>  <p>30 sec high knees + 30 sec marching. Do 4 rounds. Count knee lifts; aim to match your first round.</p> <p><input type="checkbox"/> DONE! +1 POINT</p>         | <p><b>18 NOV</b></p> <p><b>Mirror Challenge</b></p>  <p>Face a partner. Mirror their squats, reaches and knee lifts for 40 sec. Rest 20 sec and swap. Do 4 rounds.</p> <p><input type="checkbox"/> DONE! +1 POINT</p>      | <p><b>19 NOV</b></p> <p><b>Jump &amp; Stick</b></p>  <p>Do 5 small jumps. Land softly and hold each landing for 3 sec. March for 30 sec. Complete 4 rounds.</p> <p><input type="checkbox"/> DONE! +1 POINT</p>             | <p><b>20 NOV</b></p> <p><b>Fitness Ladder</b></p>  <p>Do 2 star jumps + 2 squats + 2 knee lifts per side. Repeat with 4, 6, then 8 of each. Rest between steps.</p> <p><input type="checkbox"/> DONE! +1 POINT</p>    | <p><b>WEEK 3</b></p> <p>16-20 NOV</p> <div></div> <p><b>OUT OF 5</b></p> <p>Great teamwork!</p> |
| <p><b>23 NOV</b></p> <p><b>Single-Leg Control</b></p>  <p>Arms wide, lean slightly forward on one leg. Hold 20 sec per side. March 30 sec. Complete 3 rounds.</p> <p><input type="checkbox"/> DONE! +1 POINT</p>     | <p><b>24 NOV</b></p> <p><b>Speed Switch</b></p>  <p>20 sec fast feet + 20 sec high knees + 20 sec marching. Complete 5 rounds. Keep movements controlled.</p> <p><input type="checkbox"/> DONE! +1 POINT</p>             | <p><b>25 NOV</b></p> <p><b>Junior Circuit</b></p>  <p>8 squats + 8 wall push-ups + 8 knee lifts per side. March for 30 sec. Complete 3 rounds at your own pace.</p> <p><input type="checkbox"/> DONE! +1 POINT</p>         | <p><b>26 NOV</b></p> <p><b>Rhythm &amp; Coordination</b></p>  <p>20 sec step-and-clap + 20 sec alternate toe taps + 20 sec marching. Do 5 rounds. Keep a steady rhythm.</p> <p><input type="checkbox"/> DONE! +1 POINT</p> | <p><b>27 NOV</b></p> <p><b>30x30 FINALE</b></p>  <p>10 star jumps + 10 squats + 10 knee lifts per side + 30 sec fast feet. Rest 30 sec. Do 3 rounds. Celebrate!</p> <p><input type="checkbox"/> DONE! +1 POINT</p>    | <p><b>WEEK 4</b></p> <p>23-27 NOV</p> <div></div> <p><b>OUT OF 5</b></p> <p>Great teamwork!</p> |

Teacher: clear space. Start with 1 minute of easy marching; finish with 1 minute of gentle movement. Allow extra rest and step instead of jump as needed.

TOTAL POINTS  / 20

**31 OCTOBER - 29 NOVEMBER 2026 | 10 WEEKEND CHALLENGES**
**Name:** \_\_\_\_\_ **Class:** \_\_\_\_\_

 Complete the challenge, then tick for 1 bonus point. Earn 2 points each weekend.  
 20 classroom challenges + 10 home challenges = your 30x30 challenge!

| SATURDAY                                                                                                                                                                                                                                                                                                                     | SUNDAY                                                                                                                                                                                                                                                                                                                            | POINTS                                                       |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------|
| <b>31 OCT</b><br><b>Family Adventure Walk</b>  <p>Walk with a grown-up for 10 minutes. Find 5 different colours. Each time you spot one, stop safely and do 5 tall reaches.</p> <input type="checkbox"/> <b>DONE! +1 BONUS POINT</b>        | <b>1 NOV</b><br><b>Living-Room Disco</b>  <p>Choose 2 favourite songs. Dance in your own space. A grown-up pauses the music: freeze for 5 seconds! Take turns choosing a pose.</p> <input type="checkbox"/> <b>DONE! +1 BONUS POINT</b>        | <b>WEEK 1</b><br><input type="checkbox"/><br><b>OUT OF 2</b> |
| <b>7 NOV</b><br><b>Sock Target Toss</b>  <p>Roll up 5 socks. Aim into a basket 1 metre away. Try 5 throws, collect and repeat 4 times. Can you improve your aim?</p> <input type="checkbox"/> <b>DONE! +1 BONUS POINT</b>                   | <b>8 NOV</b><br><b>Hop, March &amp; Balance</b>  <p>Do 5 small bunny hops, march for 20 seconds and balance for 10 seconds on each leg. Rest, then repeat 4 times.</p> <input type="checkbox"/> <b>DONE! +1 BONUS POINT</b>                    | <b>WEEK 2</b><br><input type="checkbox"/><br><b>OUT OF 2</b> |
| <b>14 NOV</b><br><b>Animal Adventure</b>  <p>Try 20 seconds each of bear steps, penguin waddles and frog jumps. Rest for 30 seconds. Complete 3 rounds with a grown-up.</p> <input type="checkbox"/> <b>DONE! +1 BONUS POINT</b>          | <b>15 NOV</b><br><b>Rocket Countdown</b>  <p>Count down from 10! Do 10 reaches or little rocket jumps, then march for 30 seconds. Next do 8, then 6, 4 and 2. Rest when needed.</p> <input type="checkbox"/> <b>DONE! +1 BONUS POINT</b>     | <b>WEEK 3</b><br><input type="checkbox"/><br><b>OUT OF 2</b> |
| <b>21 NOV</b><br><b>Family Balance Game</b>  <p>Take turns balancing on one leg for 15 seconds. Swap legs, then reach arms up or out. Try 4 rounds. Can your family stay steady?</p> <input type="checkbox"/> <b>DONE! +1 BONUS POINT</b> | <b>22 NOV</b><br><b>Knee-Lift Copycat</b>  <p>Lead a grown-up through 10 knee lifts, 10 side steps and 10 reaches. Swap leaders. Complete 3 rounds and add a funny finishing pose.</p> <input type="checkbox"/> <b>DONE! +1 BONUS POINT</b>  | <b>WEEK 4</b><br><input type="checkbox"/><br><b>OUT OF 2</b> |
| <b>28 NOV</b><br><b>Chair &amp; March Game</b>  <p>Use a stable chair against a wall. Sit and stand 5 times, then march for 30 seconds. Rest and repeat 4 times with a grown-up.</p> <input type="checkbox"/> <b>DONE! +1 BONUS POINT</b> | <b>29 NOV</b><br><b>Family Mini Olympics</b>  <p>Try 3 events: 10 star jumps, 5 sock throws into a basket and a 20-second balance on each leg. Rest and repeat. Celebrate together!</p> <input type="checkbox"/> <b>DONE! +1 BONUS POINT</b> | <b>WEEK 5</b><br><input type="checkbox"/><br><b>OUT OF 2</b> |

 With a grown-up: clear space and use soft equipment. Rest when needed; step instead of jumping.  
 Choose a safe route and a cool time for outdoor activities.

**BONUS TOTAL**

**/10**

Parent / carer initials: \_\_\_\_\_

Participation earns the point. Every effort counts.

31 OCTOBER - 29 NOVEMBER 2026 | 10 WEEKEND CHALLENGES

Name: \_\_\_\_\_ Class: \_\_\_\_\_

Complete the challenge, then tick for 1 bonus point. Earn 2 points each weekend.  
 20 classroom challenges + 10 home challenges = your 30x30 challenge!

| SATURDAY                                                                                                                                                                                                                                                                                                                    | SUNDAY                                                                                                                                                                                                                                                                                                                      | POINTS                                       |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------|
| <b>31 OCT</b><br><b>Family Walk Intervals</b>  <p>Walk for 15 minutes with family. After 3 easy minutes, alternate 1 brisk minute and 1 easy minute 5 times. Finish with 2 easy minutes.</p> <input type="checkbox"/> DONE! +1 BONUS POINT | <b>1 NOV</b><br><b>Home Strength Circuit</b>  <p>10 squats + 8 wall push-ups + 10 knee lifts per side. March for 30 seconds. Complete 3 rounds, keeping each movement controlled.</p> <input type="checkbox"/> DONE! +1 BONUS POINT      | <b>WEEK 1</b><br><div></div> <b>OUT OF 2</b> |
| <b>7 NOV</b><br><b>Balance Trail</b>  <p>Place 3 flat markers within reach. Stand on one leg and tap each with the other foot. Do 5 cycles per leg. Rest and repeat 3 times.</p> <input type="checkbox"/> DONE! +1 BONUS POINT             | <b>8 NOV</b><br><b>Family Mirror Match</b>  <p>Face a family member. Lead 40 seconds of squats, reaches and knee lifts. Rest 20 seconds, then swap leaders. Complete 6 rounds.</p> <input type="checkbox"/> DONE! +1 BONUS POINT         | <b>WEEK 2</b><br><div></div> <b>OUT OF 2</b> |
| <b>14 NOV</b><br><b>Tape-Line Footwork</b>  <p>Across a short tape line: side-step for 30 seconds, step forward and back for 30 seconds, then rest 30 seconds. Complete 4 rounds.</p> <input type="checkbox"/> DONE! +1 BONUS POINT      | <b>15 NOV</b><br><b>Push-Up Progress</b>  <p>Complete 3 sets of 8-10 slow wall push-ups. Rest 45 seconds between sets. Keep a straight body. Count only well-controlled repetitions.</p> <input type="checkbox"/> DONE! +1 BONUS POINT | <b>WEEK 3</b><br><div></div> <b>OUT OF 2</b> |
| <b>21 NOV</b><br><b>Jump &amp; Hold</b>  <p>Do 8 small jumps. Land softly and hold each landing for 3 seconds. March for 30 seconds. Complete 4 rounds. Aim for quiet landings.</p> <input type="checkbox"/> DONE! +1 BONUS POINT        | <b>22 NOV</b><br><b>Family Fitness Ladder</b>  <p>Do 2 squats + 2 star jumps + 2 knee lifts per side. Repeat with 4, 6, then 8 of each. Rest between steps. Encourage your family!</p> <input type="checkbox"/> DONE! +1 BONUS POINT   | <b>WEEK 4</b><br><div></div> <b>OUT OF 2</b> |
| <b>28 NOV</b><br><b>High-Knee Challenge</b>  <p>30 seconds high knees + 30 seconds marching. Complete 6 rounds. Count your knee lifts and try to maintain a steady score.</p> <input type="checkbox"/> DONE! +1 BONUS POINT              | <b>29 NOV</b><br><b>Junior Fitness Finale</b>  <p>Complete 10 squats, 10 wall push-ups and 10 knee lifts per side. Add a 20-second balance per leg. Rest 45 seconds. Do 3 rounds.</p> <input type="checkbox"/> DONE! +1 BONUS POINT    | <b>WEEK 5</b><br><div></div> <b>OUT OF 2</b> |

At home: clear space; warm up and cool down for 1 minute each. Adapt reps, add rest or step instead of jumping. For outdoor activities, agree a safe route and choose a cool time.

BONUS TOTAL

**/10**

Parent / carer initials: \_\_\_\_\_

Participation earns the point. Every effort counts.

31 OCTOBER - 29 NOVEMBER 2026 | 10 WEEKEND CHALLENGES

Name: \_\_\_\_\_ Class: \_\_\_\_\_

Complete the challenge, then tick for 1 bonus point. Earn 2 points each weekend.  
 20 classroom challenges + 10 home challenges = your 30x30 challenge!

| SATURDAY                                                                                                                                                                                                                                                                                                                        | SUNDAY                                                                                                                                                                                                                                                                                                                                | POINTS                                       |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------|
| <b>31 OCT</b><br><b>20-Minute Active Walk</b>  <p>Walk briskly for 20 minutes on a safe route. Use the first and last 3 minutes at an easy pace. Keep a pace that still allows conversation.</p> <input type="checkbox"/> DONE! +1 BONUS POINT | <b>1 NOV</b><br><b>Strength &amp; Control</b>  <p>12 tempo squats + 10 wall push-ups + 8 reverse lunges per leg. Rest 45 seconds. Do 3 rounds. Lower slowly and maintain technique.</p> <input type="checkbox"/> DONE! +1 BONUS POINT              | <b>WEEK 1</b><br><div></div> <b>OUT OF 2</b> |
| <b>7 NOV</b><br><b>Single-Leg Stability</b>  <p>Do 8 slow single-leg hinges per side, keeping your back straight. Then balance for 20 seconds per leg. Rest 30 seconds. Do 3 rounds.</p> <input type="checkbox"/> DONE! +1 BONUS POINT         | <b>8 NOV</b><br><b>Home Interval Session</b>  <p>40 seconds jumping jacks + 20 seconds marching; 40 seconds high knees + 20 seconds marching. Repeat the sequence 4 times.</p> <input type="checkbox"/> DONE! +1 BONUS POINT                       | <b>WEEK 2</b><br><div></div> <b>OUT OF 2</b> |
| <b>14 NOV</b><br><b>Lower-Body Endurance</b>  <p>12 slow squats + a 30-second wall sit + 15 calf raises. Rest 45 seconds. Do 3 rounds. Keep breathing and use a comfortable squat depth.</p> <input type="checkbox"/> DONE! +1 BONUS POINT   | <b>15 NOV</b><br><b>Partner Technique Check</b>  <p>Do 10 tempo squats + 10 wall push-ups. A family member gives one helpful technique cue. Swap roles. Complete 3 rounds each.</p> <input type="checkbox"/> DONE! +1 BONUS POINT                | <b>WEEK 3</b><br><div></div> <b>OUT OF 2</b> |
| <b>21 NOV</b><br><b>Footwork &amp; Reaction</b>  <p>Side-step across a tape line for 40 seconds. A partner calls changes of direction. March 20 seconds. Do 6 rounds in a clear space.</p> <input type="checkbox"/> DONE! +1 BONUS POINT     | <b>22 NOV</b><br><b>Controlled Strength Ladder</b>  <p>4 squats + 4 wall push-ups + 4 reverse lunges per leg. Repeat with 6, 8, then 10 of each. Rest 45 seconds between steps.</p> <input type="checkbox"/> DONE! +1 BONUS POINT                | <b>WEEK 4</b><br><div></div> <b>OUT OF 2</b> |
| <b>28 NOV</b><br><b>Wall Push-Up Tempo</b>  <p>Do 10 wall push-ups: lower for 3 seconds, pause 1 second, then push away. Rest 45 seconds. Complete 4 sets with a straight body.</p> <input type="checkbox"/> DONE! +1 BONUS POINT            | <b>29 NOV</b><br><b>Weekend Fitness Finale</b>  <p>40 seconds each: jumping jacks, squats and high knees, with 20 seconds marching after each. Do 3 rounds. Aim for steady, controlled effort.</p> <input type="checkbox"/> DONE! +1 BONUS POINT | <b>WEEK 5</b><br><div></div> <b>OUT OF 2</b> |

At home: clear space; warm up and cool down for 1 minute each. Adapt reps, add rest or step instead of jumping. For outdoor activities, agree a safe route and choose a cool time.

BONUS TOTAL

/10

Parent / carer initials: \_\_\_\_\_

Participation earns the point. Every effort counts.