

NAME:

**ACTIVE ADVENT CHALLENGE**

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**E**

**R**

**R**

**Y**

**C**

**H**

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| 1. Do what I say not what I do! Leader gives a command, hands on head whilst demonstrating hands in the air. Say squat whilst jumping. Pupils need to listen not copy the action. Leader tries to catch players out! | 2. Add an Action!  Whole class or groups. 1st child choose an action, 2nd child repeats the first and adds their own. 3rd child does 1&2 plus their own etc. Everyone does all actions in order at the end together! | 3. Fizz Buzz – Players take turns to count and replace any number divisible by ? with a certain action & any number divisible by ? with a different action. Whole class action on a 0. Simplify by just adding odd/even actions. | 4. Santa says….  Teacher gives instructions – Santa says jump / hands in the air / touch your knees etc. A pupil takes over as the leader. Children only do the action if Santa says… |
| 5.  **Go for a walk / run / cycle / scoot with a member of your family.** | 6. **Using a cereal box or rolled up towel. How many times can you jump over it in 30 secs** | 7.  Can you follow a body percussion song or make up your own to music | 8. Using the body alphabet on the back Can you spell your name! See if you can learn your name by heart! |
| 9. Christmas cards!  Turn over cards from a shuffled pack & see if you can complete the whole pack in a day! | 10. Actions to the song ‘Santa Claus is coming to town!’  Santa Claus = Turn  He = Jump  You = Punch the air | 11. Charades  Choose a Christmas film or song and act it out to a partner who has to guess what it is! | 12**.Spell your name out with actions to a member of your family & add their name!** |
| 13. **Play the 12 days of Christmas song & try to learn the actions on the back of this sheet!** | 14.Choose someone else’s name & use the body alphabet for a partner to de code which name it is! | 15.  12 days of Christmas actions to each line. | 16.  Christmas body percussion |
| 17. Who am I?  Post it note of a famous person on forehead. Ask yes/no questions to different classmates to find out who you are! | 18.  12 days of Christmas actions to each line. | 19. **Balloon Keepy Uppy**  **On your own or over a ‘net’ with a member of your family. Keep the balloon in the air!** | 20. **Treasure Hunt**  **Hide toys or treats around the house & garden for someone to find or ask someone to hide them for you!** |
| 21. **Go for a walk / run / cycle / scoot with a member of your family.** | 22. **Christmas cards! Turn over cards from a shuffled pack & see if you can do a whole pack in a day!** | 23**Tangerine juggle!**  **Start with one – throw it up & catch – count your best score without dropping. Add more tangerines – can you juggle?** | 24. **Play some Christmas music and dance / move to some festive tunes!** |
| 25. | | | |

**Body Alphabet – use your body to write your name!**

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| A = Bunny hops | N = Can-can legs |
| B = Pretend to surf | O = Skate on ice |
| C = Hopscotch | P = Lie on your back & ride your bike |
| D = Climb the stairs | Q = make a plank shape (front support) |
| E = Spotty dogs | R = Spin on a body part |
| F = Step ups | S = Lasso arm like a cowboy/girl |
| G = Karate kicks | T = Jump from 2 feet to 1 foot |
| H = Skip | U = Hop up and down |
| I = March | V = Balance on just your bottom |
| J = Tuck jumps | W = Half turn jump |
| K = Touch the floor reach up tall | X = Star jumps |
| L = Kangaroo jumps side to side | Y = Mountain climbers on the floor |
| M = Swim without water! | Z = Twist jumps side to side |

**12 Days of Christmas**

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| 1. Partridge in a pear tree | Jumping jacks (Star jumps) |
| 2. Turtle doves | Squat |
| 3. French hens | Straight jump |
| 4. Calling Birds | Clap |
| 5. Gold Rings | Turn in a circle on the spot |
| 6. Geese a laying | Run on spot |
| 7. Swans a swimming | Front crawl (arms only) |
| 8. Maids a milking | Can can |
| 9. Ladies dancing | Skip |
| 10 Lords a leaping | Hop scotch |
| 11. Pipers piping | Touch floor and jump up |
| 12. Drummers drumming | Air drumming |

**Christmas Cards**

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| --- | --- |
| Turn the cards to see what activity you need to do & how many times! Ace can be high or low! Picture cards are x10 | |
| HEARTS | Jumping Jacks |
| DIAMONDS | Squats |
| SPADES | Sit ups |
| CLUBS | Lie on your back & stand up! |
| JOKER | 30 secs fast feet run on spot |

**Santa Claus is coming to town**

Read the lyrics out or play the song. On the following words pupils have to do the action!

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| SANTA CLAUS | Turn around |
| YOU | Punch the air |
| HE | Jump |