

# Festive Physical Activity calendar 2022

Islington  
PESSPA

• Physical Education  
• School Sport  
• Physical Activity



 ISLINGTON



 <p>25</p>	 <p>24</p>	 <p>23</p>	 <p>22</p>	 <p>Twenty one</p>
 <p>20</p>	 <p>19</p>	 <p>18</p>	 <p>17</p>	 <p>16</p>
 <p>fifteen</p>	 <p>14</p>	 <p>13</p>	 <p>12</p>	 <p>eleven</p>
 <p>Ten</p>	 <p>9</p>	 <p>8</p>	 <p>seven</p>	 <p>6</p>
 <p>5</p>	 <p>four</p>	 <p>three</p>	 <p>2</p>	 <p>1</p>




















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Instructions: **PRINT** out the two printable pages, but **NOT** back-to-back. Place the two sheets on top of one another and **TAPE** the tops back together. On the day matching the number, **CUT** along the sides to lift up the number flap and reveal the physical activity for the day. When you have completed the physical activity, "X" it out. After the first week, cut off that row of numbers and move on to the next. At the end you will have completed a month of festive physical activity!

Scan the QR codes to play the physical activity videos. Some activities that are not videos do not have QR codes, the instructions for those activities can be found in your activity booklet.

Sports Bingo Game  Or  Walk or Bike Ride with Family	Wall Ball or   Special Olympics School of Strength	Pokémon Yoga or   Circus Skills Challenge	Fast Feet Challenge  Or  Tokyo Ten Challenge	Hopscotch Challenge  Or  Five Senses Scavenger Hunt
Climb The Mountain Challenge  Or  Connect 4 Physical Activity Game	Plank Challenge Or   Joe Wicks Energizing 5 Minute Workout	Play in the park Or   Kick Start Football Challenge	Disney 10 Minute Shake Up Game  Or   Joe Wicks Teddy Bear Workout	The Daily Mile Gift Box Challenge Or   Spider Power Yoga
Dance Video 2  Or   Storm Break Copy Cats Challenge	The Daily Mile Gift Box Challenge  Or  Arsenal school Challenge 3	Yoga In Space Video 2  Or   African Body Percussion	Arsenal School Challenge 1  Or  The Daily Mile Gift Box Challenge	Get Going at Home Challenges Or   Red Light Green Light
Arsenal Weekend Challenge 2 Or   Joe Wicks Dinosaur Workout	The Daily Mile Gift Box Challenge Or   Yoga In Space video 1	Sound Ball Bowling  Or  PESSPA Football Dribble Challenge	The Daily Mile Gift Box Challenge Or   Disney 10 minute Shake Up Game	Through the Hoops Challenge Or   Dance Video 1 - Part 2
The Daily Mile Gift Box Challenge Or   London Youth Games Football Challenge	Arsenal Schools Challenge 2  Or  Visit an Adventure Playground	Arsenal Weekend Challenge 1 Or   Storm Break Lily Pad Leaps Challenge	The Daily Mile Gift Box Challenge  Or  3 of the 60 Second Challenges	The Daily Mile Gift Box Challenge or   Dance Video 1 - Part 1