

Everyday is special

Eat healthy

Explore around you

Walk and talk

Jump and run

Bend and stretch

Hide and seek

Wonder

Play, Play, Play

30 day Mover Challenge

Movers are happy, healthy, active learners.

Try and do each activity more than once during the day, see if you can push yourself to do more or for longer. Could you teach someone else? Could you time yourself and see how many repeats you can do?

1. Move around like a Robot
2. Play the air-guitar
3. Wiggle your fingers
4. Stand on your toes
5. Shake your whole body
6. Roll your eyes (make funny faces)
7. Wiggle your ears (this is hard)
8. Move your tongue around and around
9. Stamp your feet
10. Roly Poly (moving your arms in circles)
11. Dance
12. Bow
13. Walk on the spot
14. Run on the spot
15. Scoot (On something with wheels?)
16. Hop on one foot
17. Touch your toes (hold 15 seconds)
18. Push-ups
19. Star jumps
20. Bounce a ball
21. Throw a ball
22. Animal walk (Gorilla, Crocodile, Elephant?)
23. Twirl around
24. Reach for the sky
25. Do a YOGA pose
26. Step up and down
27. Stretch arms wide
28. Crawl
29. Kick a ball
30. Plank (try not to shake!)

You could use a device to...

- 📷 Photograph, time lapse, slow-mo (such fun, especially doing Star Jumps!)
- 📹 Record, make a movie, make an instructional video.
- 🗣️ Reflect on your challenges, what was easy, what did you find hard?
- 📢 Share your experience.

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