



# Nightingale Primary School

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Monday 30<sup>th</sup> December, 2020

## Active Advent

Dear Parents,

Today, the whole school started to consider the meaning of Advent and how difficult waiting for such an exciting and joyful time can be. As we wait, we have set the children, staff and yourselves the challenge of completing 24 days worth of fitness challenges. The challenge for each day has been set out in the attached calendar.

From Monday - Friday, the children will be completing the challenges in school but over the weekend, it is over to you to be completed at home. Children will have a class calendar in their class to tick off each achievement. If you would like them to have an individual one for home, please feel free to print one off.

It would be great to see the whole Nightingale Community taking on the challenge (it will also make a little more room for the indulgent Christmas period).

Look out for the pictures on ClassDojo! Thank you for your support and enjoy.

Yours sincerely,

Mrs Helen Brown  
PE Leader

# Active Advent



## COUNT DOWN TO CHRISTMAS!!

Let's keep moving this Christmas with 24 days of Christmas fitness. This is a 24-day countdown to Christmas that combines mini fitness and wellbeing challenges for that feel-good fix.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	<b>1<sup>st</sup></b> 20 Star Jumps	<b>2<sup>nd</sup></b> Jogging on the spot for 30 secs	<b>3<sup>rd</sup></b> Deep Breathing For 1-2 mins	<b>4<sup>th</sup></b> High Knees for 30 secs	<b>5<sup>th</sup></b> Take a walk around the block with your family	<b>6<sup>th</sup></b> Go for a visit to the park
<b>7<sup>th</sup></b> 20 Bunny Jumps	<b>8<sup>th</sup></b> 30 Toe Touches	<b>9<sup>th</sup></b> Arm Circles  Start small and then bigger for 1 minute.	<b>10<sup>th</sup></b> Rainbow Breathing * for 1-2 minutes	<b>11<sup>th</sup></b> Plank  Hold your plank for 10 - 30 secs	<b>12<sup>th</sup></b> 20 Tuck Jumps  How high can you jump?	<b>13<sup>th</sup></b> 10 Burpees
<b>14<sup>th</sup></b> 20 Sit Ups	<b>15<sup>th</sup></b> Mindful Minute  Lie back and close your eyes for 1 min	<b>16<sup>th</sup></b> 2 x 10 Squats	<b>17<sup>th</sup></b> 20 Twist and Jumps  Jump and twist on the spot.	<b>18<sup>th</sup></b> Bubble Breathing  Pretend to blow bubbles for 1-2 minutes.	<b>19<sup>th</sup></b> Climb the Chimney  This is much like 'climb the rope' for 1 minute.	<b>20<sup>th</sup></b> Go on a Christmas light hunt around your road.
<b>21<sup>st</sup></b> Touch Toes, Clap Hands  ** Repeat for 1 minute.	<b>22<sup>nd</sup></b> Bumblebee Breathing  *** for 1-2 minutes.	<b>23<sup>rd</sup></b> 10 Push Ups	<b>24<sup>th</sup></b> Hopping with Excitement Hop on each leg for 30 secs.	<b>25<sup>th</sup></b> <b>Merry Christmas</b>		

\* Put your feet shoulder-width apart. Put your hands out in front of you with your palms facing out. Reach up high with your hands above your head. Move them down to your sides making a big arc.

\*\* Sit down on the floor with your legs out in front of you. Stretch your arms to touch your toes. Stand up and clap your hands above your head.

\*\*\* Sit comfortably on the floor and open your hands out in front of your face. Put your fingers over your eyes and your thumbs gently in your ears. Breathe in through your nose and hum quietly like a bee as you slowly breathe out.

**Brilliant work! You are all awesome for completing our Active Advent, now go and have a wonderful Christmas.**

**Merry Christmas to you all!**