



LET'S GET ELF-Y KS1 ADVENT CALENDAR



Become one of Santa's little helpers by completing **EVERY** activity on the list **EVERY** day for the next 16 school days - you can complete them in any order with a partner.

DAY	✓
1 st	
2 nd	
3 rd	
6 th	
7 th	
8 th	
9 th	
10 th	
13 th	
14 th	
15 th	
16 th	
17 th	
20 th	
21 st	
22 nd	

20 star jumps - stay on the spot!	10 squat jumps - stay on the spot!	1 minutes run on the spot!	30 Knee Taps (alternate hands) - stay on the spot!
20 Knee Taps - high knees! (alternate hands)	30 seconds - run on the spot!	5 tuck jumps - stay on the spot!	'Lean on the table' Press-ups X 5
1 laps of the Daily Mile track			'Elbow to knee' marching x 25 - stay on the spot!
'High knees' marching x 25 - stay on the spot!	20 Knee Taps (alternate hands) - stay on the spot!	1 lap of the Daily Mile track	10 toe touches - alternate hands!
'Lean on the table' Press-ups x5	'Elbow to knee' marching x 25 - stay on the spot	50 heel flicks (heels to bum) - stay on the spot!	30 star jumps - stay on the spot!

Colour the elf **green** if you managed to complete **every** activity **every** day.

