



# BECKFOOT JUMP STARTING JANUARY

How to get involved



BECKFOOT STUDENTS AND STAFF ARE INVITED TO TAKE PART IN BECKFOOT'S JUMP START JAN! ALL YOU HAVE TO DO IS A BIT OF EXERCISE EVERY DAY AND SHARE YOUR PROGRESS WITH US! VISIT OUR WEBSITE FOR MORE INFORMATION:

[BECKFOOT SCHOOL - JUMP START JAN](http://BECKFOOT SCHOOL - JUMP START JAN)

SIGN UP TO RECEIVE A PRINTED VERSION OF THIS CALENDAR BY EMAILING [BECKFOOTSPORTSCOUNCIL@BECKFOOT.ORG](mailto:BECKFOOTSPORTSCOUNCIL@BECKFOOT.ORG)

STICK UP YOUR CALENDAR AT HOME OR IN YOUR PLANNER

BE READY TO START EXERCISING ON 1 JANUARY 2022

SHARE YOUR EXERCISE WITH THE SCHOOL COMMUNITY BY EMAILING US A PHOTO AND WE WILL SHARE YOUR SUCCESS ON TWITTER

KEEP EXERCISING; JANUARY IS A LONG MONTH, BUT REMEMBER THE CAUSE!

THROUGHOUT THE MONTH, GAIN SPONSORSHIP FROM FAMILY AND FRIENDS AND THEN COLLECT THIS MONEY IN FEBRUARY

## Example ways of getting active:

THE LIST OF EXERCISES IS ENDLESS. YOU MAY OPT FOR SOME OF THESE WAYS OR THINK OF YOUR OWN WAYS.

I LIKE TO RECORD THE TIME OF MY SESSION TOO BUT THIS ISN'T SOMETHING YOU HAVE TO DO!

LET'S BEAT THE JANUARY BLUES, TOGETHER!

1. 2K RUN	2. TABLE TENNIS	3. WALK TO SCHOOL	4. FOOTBALL	5. PE	6. 2K WALK	7. HULA HOOPING
8. YOGA	9. SKIPPING 5 MINS	10. GARDENING	11. CHEER	12. PE	13. DANCE	14. HITT WORKOUT 15 MINS
15. PARK RUN	16. JOE WICKS	17. 2K RUN	18. WALK THE DOG	19. PE	20. JUST DANCE	21. GYM WEIGHTS
22. NETBALL	23. CHEER	24. SCOOTING	25. SWIM	26. PE	27. X20 SQUATS	28. JUST DANCE
29. PILATES	30. RUGBY MATCH	31. SPA GYMNASTICS				

## #JUMPSTARTJAN