

# MOVEMENT SNACKING CALENDAR

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
<ul style="list-style-type: none"><li>• Finding Your feet</li><li>• Resting Monkey</li></ul>	<ul style="list-style-type: none"><li>• Rock Drop</li><li>• Stick Get Up</li></ul>	<ul style="list-style-type: none"><li>• Figures of 8</li><li>• Ankle Rocker</li></ul>	<ul style="list-style-type: none"><li>• Duck Walk</li><li>• Bucket Lift</li></ul>	<ul style="list-style-type: none"><li>• Pogo Jumps</li><li>• Monkeying Around</li></ul>	<ul style="list-style-type: none"><li>• Hanging Out</li><li>• Throwing Your Toys</li></ul>	<ul style="list-style-type: none"><li>• Log Balance</li><li>• One-Leg Reacher</li></ul>
DAY 8	DAY 9	DAY 10	DAY 11	DAY 12	DAY 13	DAY 14
<ul style="list-style-type: none"><li>• Extended Pogo</li><li>• Timber</li></ul>	<ul style="list-style-type: none"><li>• Walk the Plank</li><li>• Fast Feet</li></ul>	<ul style="list-style-type: none"><li>• Clock</li><li>• Obstacle Squat</li></ul>	<ul style="list-style-type: none"><li>• One-Leg Rock Drop</li><li>• Swinging Bag</li></ul>	<ul style="list-style-type: none"><li>• Stick Support</li><li>• Red Light</li></ul>	<ul style="list-style-type: none"><li>• Lying Down Reacher</li><li>• Bucket Transfer</li></ul>	<ul style="list-style-type: none"><li>• Side Hop</li><li>• Off the Mark</li></ul>

**LEVEL**

**1**

Choose ONE of the daily snacks  5 mins of snacking

**LEVEL**

**2**

Do BOTH of the daily snacks  7 mins of snacking

**LEVEL**

**3**

Do BOTH of the daily snacks and make them harder!  10 mins of snacking

**LEVEL**

**4**

Pick any snack and do something new - challenge yourself with it!  10 mins of snacking