

Active May!

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p>Have a go at each of these daily activities to help you stay active while you're at home!</p> <p>Remember it is important to stay active and healthy!</p>				<p>1 Do some star jumps: Bronze: 20 times Silver: 30 times Gold: 50 times</p>	<p>2 Create your own obstacle course and time yourself doing it!</p>	<p>3 Do your obstacle course again and try to beat your time!</p>
<p>4 Hop on the spot: Bronze: 5 times Silver: 20 times Gold: 40 times</p>	<p>5 Do some shuttle runs: Bronze: 10 runs Silver: 30 runs Gold: 50 runs</p>	<p>6 Play a throw and catch game: Bronze: 10 catches Silver: 30 catches Gold: 50+ catches</p>	<p>7 Step jumps – find a step and jump up and down on it safely: Bronze: 10 times Silver: 20 times Gold 40+ times</p>	<p>8 Dribble a ball of any size: Bronze: 20 times Silver: 50 times Gold: 100 times</p>	<p>9 Do some dancing with your family! Choose a Zumba Kids or a Just Dance video and have a dance!</p>	<p>10 Choose a song and create your own dance routine for the song! Perform it for your family.</p>
<p>11 Clap and throw – throw a ball and clap: Bronze: 3 claps Silver: 5 claps Gold: 8+ claps</p>	<p>12 Have a jog around: Bronze: 5 minutes Silver: 10 minutes Gold: 15 minutes</p>	<p>13 Practice balancing on right leg: Bronze: 1 minute Silver: 2 minutes Gold: 3 minutes</p>	<p>14 Sit ups! Bronze: 5 sit ups Silver: 10 sit ups Gold: 15+ sit ups</p>	<p>15 Skipping (or just jumping!): Bronze: 1 minute Silver: 3 minutes Gold: 5 minutes</p>	<p>16 Find a Yoga video to do on Youtube. Do it with your family.</p>	<p>17 Create your own 5-10-minute yoga routine. Teach it to the people at home.</p>
<p>18 Keep ups – see how many times you can kick a ball up: Bronze: 5 times Silver: 10 times Gold: 20+ times</p>	<p>19 Tuck jumps – see how many you can do in a row Bronze: 5 jumps Silver: 10 jumps Gold: 20 jumps</p>	<p>20 Practice balancing on left leg: Bronze: 1 minute Silver: 2 minutes Gold: 3 minutes</p>	<p>21 Wall ball – throw a ball off a wall catch it: Bronze: 5 times Silver: 15 times Gold: 30+ times</p>	<p>22 Catch a ball with your OTHER hand: Bronze: 10 catches Silver: 20 catches Gold: 30 catches</p>	<p>23 Create your own target game! Find some soft things to throw and a target.</p>	<p>24 Teach the people at home your target game and see who scores the most points!</p>
<p>25 Squat – count how many squats you can safely do in a minute: Bronze: 10 Silver: 15 Gold: 20+</p>	<p>26 High knees – how long can you do high knees for? Bronze: 20 seconds Silver: 40 seconds Gold: 1 minute</p>	<p>27 Toe touches – how many times can you touch a ball with your toes? Bronze: 5 times Silver: 10 times Gold: 20+ times</p>	<p>28 Tennis keep ups – using your hand/racquet, can you hit a ball up? Bronze: 10 times Silver: 20 times Gold: 30+ times</p>	<p>29 Hopscotch – how long can you hopscotch for before you're tired? Bronze: 10 seconds Silver: 30 seconds Gold: 1 minute</p>	<p>30 Create your own fitness circuit at home! Choose some of the activities from this month to put in your circuit. Time yourself!</p>	<p>31 Challenge the people in your house to do your circuit or ask someone to make one for you! Try to get a better time!</p>