

Active May!

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--|---|--|---|--|---|---|
| <p align="center">Have a go at each of these daily activities to help you stay active while you're at home!</p> <p align="center">Remember it is important to stay active and healthy!</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> |