Active May!

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