

# Active May!

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