

Active Challenge a Day - May

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p>Have a go at each of these Active challenges for every day in May!</p> <p style="text-align: right;">www.alittlebutalot.com</p>					<p>Weekend challenge: Learn about the life of a famous female athlete. Create a poster showing why she is a good role model and sports person.</p>	
<p>3 Do some burpees: Bronze: 10 burpees Silver: 15 burpees Gold: 20+ burpees</p>	<p>4 Try planking for as long as you can! Bronze: 30 seconds Silver: 1 min+ Gold: 2 mins+</p>	<p>5 See how HIGH you can jump. Do it again. Did you improve?</p>	<p>6 Do some star jumps: Bronze: 20 times Silver: 30 times Gold: 50 times</p>	<p>7 Practise throwing and catching: Bronze: 20 catches Silver: 40 catches Gold: 60+ catches</p>	<p>Weekend challenge: Create your own sport/game. Think about the rules and teach it to someone. Ask them what they think about your game.</p>	
<p>10 See how far you can throw something soft. Do it again. Did you improve?</p>	<p>11 Get a racket/bat and have a rally: Bronze: 10 times Silver: 20 times Gold: 40 times+</p>	<p>12 Practise leaping without stopping: Bronze: 10 leaps Silver: 25 leaps Gold: 40 leaps</p>	<p>13 Push ups! Bronze: 10 push ups Silver: 15 push ups Gold: 20+ push ups</p>	<p>14 Attempt mountain climbers: Bronze: Silver: Gold:</p>	<p>Weekend challenge: Can you name a sport for every letter of the alphabet? If not, go research some obscure sports!</p>	
<p>17 Try hurdling over something: Bronze: 1 minute Silver: 3 minutes Gold: 5 minutes</p>	<p>18 Balance safely on a part of your body that ISN'T your feet! Bronze: Silver: Gold:</p>	<p>19 Do some lunges in a minute: (remember to do both legs) Bronze: 10 lunges Silver: 20 seconds Gold: 30 seconds</p>	<p>20 See how long you can balance without wobbling: Bronze: 10 seconds Silver: 30 seconds Gold: 45 seconds+</p>	<p>21 Hopscotch (alternate legs) without stopping: Bronze: 1 minute Silver: 3 minutes Gold: 5 minutes</p>	<p>Weekend challenge: Create some activities that would help people to practise their agility or flexibility! (If you're not sure what they mean, look them up/talk to someone about them).</p>	
<p>24 See how far you can jump. Do it again. Did you improve?</p>	<p>25 Have a jog around: Bronze: 5 minutes Silver: 10 minutes Gold: 15 minutes</p>	<p>26 Squat as many times as you can, safely: Bronze: 15 times Silver: 30 times Gold: 50 times+</p>	<p>27 Throw something and hit a target: Bronze: 3 times Silver: 8 times Gold: 10+ times</p>	<p>28 Time yourself running a certain distance. Do it again. Did you improve?</p>	<p>Weekend challenge: Go for a long walk with your parents. Can you walk more than 5,000 steps? Can you walk more than 10,000 steps?</p>	
<p>31 Learn a new yoga pose and hold it: Bronze: 20 secs Silver: 45 secs Gold: 1 min+</p>	<p>Can you try again and beat yourself? What was the hardest exercise? Which was the easiest?</p>					

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