

## Active Challenge a Day - May

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p><b>Have a go at each of these Active challenges for every day in May!</b></p> <p style="text-align: right;"><a href="http://www.alittlebutalot.com">www.alittlebutalot.com</a></p>					<p><b>Weekend challenge:</b> 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 <b>Do some burpees:</b> Bronze: 10 burpees Silver: 15 burpees Gold: 20+ burpees</p>	<p>4 <b>Try planking</b> for as long as you can! Bronze: 30 seconds Silver: 1 min+ Gold: 2 mins+</p>	<p>5 <b>See how HIGH you can jump.</b> Do it again. Did you improve?</p>	<p>6 <b>Do some star jumps:</b> Bronze: 20 times Silver: 30 times Gold: 50 times</p>	<p>7 <b>Practise throwing and catching:</b> Bronze: 20 catches Silver: 40 catches Gold: 60+ catches</p>	<p><b>Weekend challenge:</b> 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 <b>See how far you can throw something soft.</b> Do it again. Did you improve?</p>	<p>11 <b>Get a racket/bat and have a rally:</b> Bronze: 10 times Silver: 20 times Gold: 40 times+</p>	<p>12 <b>Practise leaping</b> without stopping: Bronze: 10 leaps Silver: 25 leaps Gold: 40 leaps</p>	<p>13 <b>Push ups!</b> Bronze: 10 push ups Silver: 15 push ups Gold: 20+ push ups</p>	<p>14 <b>Attempt mountain climbers:</b> Bronze: Silver: Gold:</p>	<p><b>Weekend challenge:</b> Can you name a sport for every letter of the alphabet? If not, go research some obscure sports!</p>	
<p>17 <b>Try hurdling</b> over something: Bronze: 1 minute Silver: 3 minutes Gold: 5 minutes</p>	<p>18 <b>Balance</b> safely on a part of your body that ISN'T your feet! Bronze: Silver: Gold:</p>	<p>19 <b>Do some lunges</b> in a minute: (remember to do both legs) Bronze: 10 lunges Silver: 20 seconds Gold: 30 seconds</p>	<p>20 <b>See how long you can balance without wobbling:</b> Bronze: 10 seconds Silver: 30 seconds Gold: 45 seconds+</p>	<p>21 <b>Hopscotch</b> (alternate legs) without stopping: Bronze: 1 minute Silver: 3 minutes Gold: 5 minutes</p>	<p><b>Weekend challenge:</b> 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 <b>See how far you can jump.</b> Do it again. Did you improve?</p>	<p>25 <b>Have a jog</b> around: Bronze: 5 minutes Silver: 10 minutes Gold: 15 minutes</p>	<p>26 <b>Squat</b> as many times as you can, safely: Bronze: 15 times Silver: 30 times Gold: 50 times+</p>	<p>27 <b>Throw something and hit a target:</b> Bronze: 3 times Silver: 8 times Gold: 10+ times</p>	<p>28 <b>Time yourself running a certain distance.</b> Do it again. Did you improve?</p>	<p><b>Weekend challenge:</b> 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 <b>Learn a new yoga pose</b> and hold it: Bronze: 20 secs Silver: 45 secs Gold: 1 min+</p>	<p><b>Can you try again and beat yourself? What was the hardest exercise? Which was the easiest?</b></p>					

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