

Active June

Monday	Tuesday	Wednesday	Thursday	Friday	Weekend
Have a go at each of these Active challenges for every day in June!	1 Try planking for as long as you can! Bronze: 30 seconds Silver: 1 min+ Gold: 2 mins+	2 Complete a star jump for every letter of your name (including any middle names and your surname!).	3 See how long you can balance : Bronze: 10 seconds Silver: 30 seconds Gold: 45 seconds+	4 Practise throwing and catching : Bronze: 20 catches Silver: 40 catches Gold: 60+ catches	Weekend challenge: Create your own 10-minute workout. See if someone at home wants to join in with you!
7 Can you safely do a handstand ? Ask someone to watch you to check you are safe!	8 Can you think of different ways to balance ?	9 Do some sit ups : Bronze: 10 sit ups Silver: 20 sit ups Gold: 30+ sit ups	10 Do some tuck jumps : Bronze: 5 jumps Silver: 10 jumps Gold 20+ jumps	11 Practise skipping around: Bronze: 1 minute Silver: 3 minutes Gold: 5+ minutes	Weekend challenge: Can you learn to juggle? Ball up some socks to use if you haven't got anything else!
14 See how far you can throw something soft. Do it again. Did you improve?	15 Try to safely do some push ups : Bronze: 10 push ups Silver: 20 push ups Gold: 30 push ups	16 Complete some squat jumps safely: Bronze: 5 jumps Silver: 10 jumps Gold: 20 jumps	17 Try scoring goals against a friend! Grab a ball and set up a goal. Take turns being goalkeeper and striker.	18 Hopscotch (alternate legs) without stopping: Bronze: 1 minute Silver: 3 minutes Gold: 5 minutes	Weekend challenge: Create a sports quiz for your family – ask them about a range of sports. Test them on their knowledge!
21 Learn a new yoga pose and hold it: Bronze: 20 secs Silver: 45 secs Gold: 1 min+	22 Throw a ball up and see how many times you can clap before catching : Bronze: 2 claps Silver: 3 claps Gold: 5 claps	23 Have a race against someone – can you beat them? How many times can you race without getting tired?	24 Practise hitting a ball with your hand/a racket : Bronze: 10 hits Silver: 20 hits Gold: 30+ hits	25 Time yourself running a certain distance. Do it again. Did you improve?	Weekend challenge: Go on a family walk. See if you can walk past a local sporting venue and learn about a local sporting hero!
28 See if you can remember how to sidestep : Bronze: 1 minute Silver: 2 minutes Gold: 3+ minutes	29 Have a jog around: Bronze: 5 minutes Silver: 10 minutes Gold: 15 minutes	30 How accurately can you walk in a straight line with your eyes closed ?	www.alittlebutalot.com Can you try again and beat yourself? What was the hardest exercise? Which was the easiest?		

