

Let's Get Active- *May*

1 Do 50 star jumps!	2 Use a bat and ball in an outside space.	3 How many keepie uppies can you do with a ball?	4 Practise throwing and catching a ball with a friend.	5 How many items can you balance on yourself?	6 Wash a family members car.	7 Do some squats whilst brushing your teeth.	8 Set the table for dinner.
9 Make a den inside or outside.	10 Go for a bike ride with a friend or family member.	11 How many sit ups can you do in a minute?	12 Go for a walk around the block.	13 Balance on one leg then swap over.	14 Paint rocks and place them around your neighbourhood.	15 Dust your bedroom.	16 Play hopscotch.
17 How long can you keep a balloon off the floor?	18 Offer to make somebody lunch today.	19 Sort out your wardrobe and try on your favourite outfits.	20 Use cupboard tins to lift weights.	21 Practise juggling.	22 Roll down a hill in your local park or green space.	23 Sort out some old toys and take them to charity.	24 Play frisbee with a family member or friend.
25 Have a family dance off!	26 Go for a run to the local shop.	27 Do some stretches when you wake up in the morning.	28 See how fast you can run 100 metres.	29 How long can you hold the plank position?	30 Create a quick workout to do when the TV adverts are on.	31 Hit a ball against the wall for as long as you can.	

