

Active June!

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p>1 Do some sit ups: Bronze: 10 sit ups Silver: 20 sit ups Gold: 40 sit ups</p>	<p>2 Do some star jumps: Bronze: 20 times Silver: 30 times Gold: 50 times</p>	<p>3 Practise balancing on right leg: Bronze: 1 minute Silver: 2 minutes Gold: 3 minutes</p>	<p>4 Practise balancing on left leg: Bronze: 1 minute Silver: 2 minutes Gold: 3 minutes</p>	<p>5 Have a jog around: Bronze: 5 minutes Silver: 10 minutes Gold: 15 minutes</p>	<p>6 Create your own throwing and catching game!</p>	<p>7 Teach the people at home your game and see who scores the most points!</p>
<p>8 Do some burpees: Bronze: 10 burpees Silver: 15 burpees Gold: 20+ burpees</p>	<p>9 Try and do some mountain climbers: Bronze: 10 times Silver: 20 times Gold: 30+ times</p>	<p>10 Carefully try and do a plank: Bronze: 30 seconds Silver: 45 seconds Gold: 60+ seconds</p>	<p>11 See how many tuck jumps you can do in a row: Bronze: 10 jumps Silver: 20 jumps Gold: 30 jumps</p>	<p>12 Push ups! Bronze: 10 push ups Silver: 15 push ups Gold: 20+ push ups</p>	<p>13 Use a pack of cards and create a game involving different exercises and the different suits!</p>	<p>14 Compete against someone at home to see who can complete more exercises in a given time.</p>
<p>15 Try and do some crunches: Bronze: 10 crunches Silver: 20 crunches Gold: 30 crunches</p>	<p>16 Do some lunges on both legs: Bronze: 10 each leg Silver: 20 each leg Gold: 30 each leg</p>	<p>17 Do a wall sit – remember, stay still: Bronze: 20 seconds Silver: 30 seconds Gold: 60 seconds</p>	<p>18 Squat – count how many squats you can safely do in a minute: Bronze: 10 squats Silver: 15 squats Gold: 20+ squats</p>	<p>19 High knees – Keep going without stopping Bronze: 30 seconds Silver: 50 seconds Gold: 1+ minute</p>	<p>15 Challenge yourself to learning some new yoga posts – watch a Youtube video to help.</p>	<p>16 Practise those yoga skills your learned and see if you can balance for longer than you did yesterday.</p>
<p>22 Try doing some scissor kicks: Bronze: 30 seconds Silver: 45 seconds Gold: 60+ seconds</p>	<p>23 Do some shuttle runs: Bronze: 15 runs Silver: 30 runs Gold: 50 runs</p>	<p>24 Hop on the spot: Bronze: 10 each leg Silver: 25 each leg Gold: 50 each leg</p>	<p>25 Hopscotch until you need to stop Bronze: 30 seconds Silver: 45 seconds Gold: 2 minutes</p>	<p>26 Try safely to do some jump squats in a minute: Bronze: 10 squats Silver: 15 squats Gold: 20+ squats</p>	<p>27 Go outside and be active with someone from your house. Go for a run or a walk!</p>	<p>28 Use your outdoor time to jump over things, balance along things and move in different ways.</p>
<p>29 Try hurdling over something (or just jumping!): Bronze: 1 minute Silver: 3 minutes Gold: 5 minutes</p>	<p>30 Step jumps – find a step and jump up and down on it safely: Bronze: 10 times Silver: 20 times Gold 40+ times</p>	<p>Let's get active in June! Try each of these activities with the people you're with! Challenge yourself to get as many bronze/silver/golds as you can! Keep track and celebrate your achievements! Remember it is important to stay active and healthy!</p>				