

MAY 2020

SASP has created a physical activity family challenge for each day in May. Print out the calendar and mark each day once you have completed the activity. Can you complete all 31 days?



MON	TUE	WED	THUR	FRI	SAT	SUN
#MayChallenge #BeActiveAtHome				1st - Play a game of Hide and Seek with your family	2nd - Create a family treasure hunt around the home	3rd - Recycling skittles, use rolled up socks as a ball
4th - Try some Yoga at 'Cosmic Kids' online	5th - Dance with your family to your favourite songs	6th - Flip a bottle so it lands upright, can you do it twice	7th - Create a hopscotch on the floor outside with chalk	8th - Play Rock, Paper, Scissors. Using large body actions	9th - Who can hold a 'Plank' position for the longest time	10th - An hour of no sitting down allowed
11th - Take part in a 'Joe Wicks' home PE lesson on YouTube	12th - Keep a balloon off the floor for as long as possible	13th - Your combined family age = that many star jumps	14th - Blow bubbles, how many can you pop in a minute	15th - Play your favourite music for 'Musical Statues'	16th - In the plank, how many items can you balance on you	17th - Move across a room without touching the floor
18th - Try some online activity videos at 'BBC Super Movers'	19th - Build a den for your family to spend time together	20th - Create your own trick shot video with different items	21st - Create a maze outside on the floor using chalk	22nd - Play 'Whats the Time Mr Wolf'	23rd - How long can you sit against a wall with bent knees	24th - Create an obstacle course in your home or garden
25th - Play an online game at 'Go Noodle'	26th - Throw & catch rolled up socks how many can you throw at once	27th - Toilet roll challenge, keep a toilet roll off the floor	28th - Perform a family dance off, who has the best moves	29th - 'Follow my Leader' and copy each others actions	30th - 'The Daily Mile' walk, sprint or jog for a mile	31st - Replay your favourite game or create your own



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