

ACTIVE MAY – THE BLAKENHALE WAY

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
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| | | | | 1. Skipping how many can you do in a minute? Do this 3/5 times through the day. | 2. How many kick ups can you do without it dropping, practice this today. | 3. Go for a walk, see how many steps or how far in distance you can walk. |
| 4. Burpee's How many can you do in 1 minute? Do this 3/5 times, Try and beat your score each time. | 5. Exercise to music create a routine of 6 different exercises, repeat each exercise 8 times. | 6. Do as many press up as you can try and do 5 sets through the day. | 7. Follow a YouTube yoga video. | 8. Shuttle runs, place 2 markers on the floor 15 meters apart and sprint between the markers | 9. Throw ups using as many different balls as you have. How many times can you catch without dropping. | 10. Mountain climbers 3/5 times, how many can you do? Keep a record. |
| 11. Star jump touch the floor How many can you do in a minute? Do this 3/5 times and try and beat your score each time. | 12. Create a boxercise routine using jabs, hooks, cross uppercuts. Do each exercise 8 times, create combo's too. | 13. Do as many sit ups as you can do 5 sets through the day. | 14. Practice calming your breathing for 5 minutes, lie on the floor close your eyes breath deep. | 15. How long can you run/jog for without stopping? | 16. Practice basketball skills | 17. Touch the floor jump in the air, aim for 50 100 if you're feeling supper fit. |
| 18. Step ups using your bottom step of the stairs, how many can you do in a minute. Do 3/5 times and try and beat your score. | 19. Put together a dance routine, make it easy for your family too follow and teach them. | 20. Squats do as many in 1 minute using good technique, do this 5 times throughout the day. | 21. Think of as many balances you can and write them down. | 22. Can you make an agility course out of house hold items? Jump, Crawl, hop, sideways movements. | 23. If you have a tennis/ badminton racket practice return shots against the wall. | 24. How long can you hold a plank for? |
| 25. Star jumps how many can you do in a minute? Do this 5 times and try and beat your score. | 26. Create a fitness circuit for your family, remember you have to use moves that keeps your heart rate up. | 27. Lunges aim to do 25 each leg, repeat this 3 times through the day. | 28. Create your own yoga routine. | 29. Do joe wicks workout today | 30. Today practice football skills, dribbling around cones, control the ball at all times. | 31. Plan your own 30 minute workout, teach your family. |

