

**June 2021 – Active Month**  
**Here are 30 Active Challenges! Can you complete them all?**

Cycle your bike for 10 minutes.	Kick a ball with someone for 10 minutes.	Draw your own hopscotch with chalk and play.	Go for a walk around your area.	Throw a ball with someone for 10 minutes.
Set a timer for 30 seconds, how many Jumping Jacks can you do?	Put on some music and dance for 10 minutes.	Try 20 High Knees.	Skip for one minute. Take a break. Skip for another minute.	Play tag/catch with someone.
Try 20 Heel kicks.	Go for a bear crawl around your garden.	Ride your scooter for 10 minutes.	Set up your own obstacle course.	Try 10 minutes of active housework – sweep the floor, empty the dishwasher etc.
Pick your own active challenge.	Hop for 1 minute.	How many burpees can you do?	Practise some throwing and catching. Use a ball/beanbag/balloon.	Ask a parent or guardian to pick an active challenge.
Pick your favourite GoNoodle activity.	Do some gardening – sweep the ground, water the flowers.	Go the playground with your friends or family.	Go for a walk in the park.	Throw a ball against a wall. How many different types of throws can you do?
Set up some hurdles in your back garden.	Jog on the spot – set your own target, 1 minute? 2 minutes?	Practise standing jumps – one foot to one foot, one foot to two feet, high jump, distance jump etc.	Try some Yoga on the GoNoodle website.	Do a Joe Wicks workout.

