



SHEFFIELD HEALTHY HOLIDAYS 30 ACTIVE DAY CHALLENGE



Children and young people should be active for at least **60 minutes** every day.

This 30 Active Day Challenge is designed so that families can **stay active** during the summer holiday period.

Keep yourself active for 30 days and record how you and your family are moving more or just tick off each day you have been active.

Each day there are suggested activities however you can think of your own ways of getting active at home or in your local area. Physical activity can help you feel happier, sleep better, and connect with people. **Give the 30 Active Day Challenge a try!**

VAS

supporting community action

**SCHOOL
GAMES**

30 active days

Record how you and your family are moving more or just tick off each day you have been active.



Day 1 Go for a walk around your local area 	Day 2 How many flights of stairs can you climb today? Challenge someone from your home 	Day 3 Choose your favourite song and dance to it! Really go for it! 	Day 4 Visit your nearest local park in the Outdoor City 	Day 5 Play an active game with your family 
Day 6 Undertake an indoor scavenger hunt 	Day 7 Try some skipping today 	Day 8 Have a whee!ie good day. Get on your bike or your scooters 	Day 9 Can you touch your head, shoulders, knees & toes - 10 times 	Day 10 Challenge a friend or relative to be active this week and check in with them every day 
Day 11 Set yourself a physical challenge for the week 	Day 12 Find a new local walking route 	Day 13 Play an active game with your family 	Day 14 Set up an obstacle course in your home using household objects. Challenge your family to complete it in the fastest time 	Day 15 Lift yourself from a seated position to standing using just your legs. How many can you do? 
Day 16 Use some socks, and a bucket/pan as a target. How many times can you throw them in in one minute - then beat your score 	Day 17 Do you have a step in and around your home? Simply step up and down on it, how many steps can you do in one minute? 	Day 18 Animal Moves - Choose an animal and your family have to guess which one you are. You cannot speak, only move around 	Day 19 Build a den with your family 	Day 20 Can you find some wildlife near your house? See who can find the most obscure animal or insect 
Day 21 Undertake an outdoor scavenger hunt 	Day 22 Improve your flexibility by taking part in some Yoga 	Day 23 Throw an object in the air. How many times can you clap before you catch it? Try and beat other people in your home 	Day 24 Balance an object on your head. Can you sit down and stand up? Now try it without using your hands 	Day 25 Taking it in turns with your family, make a move each to create a mini dance routine. Does not matter if it is silly! 
Day 26 Play an active game with your family 	Day 27 How many star jumps can you do today? 	Day 28 Try to learn how to juggle 	Day 29 Choose 5 colours - Go for a walk and find something that matches these colours 	Day 30 Reflect on what you have enjoyed about being active and what you will keep doing 