

MON

TUE

WED

THUR

FRI

SAT

SUN

**Have a go at this SASP physical activity challenge.
Don't forget to share your pictures or videos with us using
#SASPAugustChallenge can you complete all 31 days?**

**AUG
2020**

1st - Play musical statues with your family

2nd - Create an obstacle course with your family

3rd - Create your own family olympics with different events

4th - Try one of our challenges on the SASP Challenges website

5th - Line up empty tin cans, can you try to throw a ball of paper into them

6th - Build a den for you and your family to play inside

7th - Go for a walk and collect 5 different tree leaves

8th - Play seated volleyball with a balloon indoors

9th - Drop A4 paper above your head and try to catch it before it hits the floor

10th - Play Sporting Charades, guess the sport being acted out

11th - Try a Just Dance video online from YouTube

12th - Make a tower out of recycled cardboard

13th - Go on a bike ride or walk with your family

14th - Build a bug hotel in an outdoor space

15th - Who can do the most star jumps without stopping?

16th - Play a game of Simon Says with your family

17th - Create a family group balance, make sure you take a picture

18th - Try Cosmic Kids yoga online

19th - Learn how to make a paper aeroplane

20th - Try to walk or run 2000 steps in an hour

21st - Visit a local park to play in as a family

22nd - In the plank, can your family balance items on you

23rd - Create a treasure hunt around the house

24th - Play your favourite sport in an outdoor space

25th - Try an activity online at BBC Super Movers

26th - Make a parachute for a small toy to drop from a height

27th - Go camping in your front room or garden

28th - Your combined family age = hops on the spot

29th - Try to move around the house without touching the floor

30th & 31st - Water activities at home (water balloons, slip n slide)