

**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)