

30 DAY ACTIVITY CHALLENGE

1 Go for a family walk. Can you find a hill to roll down?
Pick out something you saw on your walk to draw when you get home.

2 T-shirt challenge: how many T-shirts can you put on in 60 seconds?
Join the Zookeepers at Chester Zoo for Virtual Zoo days. [LINK](#)

3 Try an Active Hastings HIT workout.
Help with the cooking at home; try tasting something new or unusual. [LINK](#)

4 Climb Big Ben at home! 334 steps or 25 times up and down a staircase.
Design a map of your home.

5 Grab a ball; how many keepy ups can you do?
Have a go at Draw with Rob. [LINK](#)

6 Play a game of hide and seek with your family.
Have a rock, paper, scissors tournament.

7 Take a dance class with Strictly's Oti Mabuse.
Find lots of pillows and create your own pillow fort. [LINK](#)

8 Plank challenge: how long can you hold a plank for?
Is it a good day for cloud gazing? Can you see a picture in the sky? [LINK](#)

9 Learn some animal moves with Andy's wild workouts.
Try drawing a family tree; ask your parent/carer about their brothers and sisters. [LINK](#)

10 Go for a walk at the beach; can you find a stone with a hole in it?
Take a stone home to colour or decorate.

11 Try an Active Hastings Street Bites challenge.
Read your favourite book. [LINK](#)

12 Sock ball challenge: throw a sock ball, how many times you can clap before catching it?
Use a torch to make shadow puppets on the wall.

13 Get outside and play a game of i-Spy.
Try some origami with Gary Easy Origami. [LINK](#)

14 Workout with Spiderman.
Find an empty toilet roll and some pens. Can you design a person? [LINK](#)

15 Workout with Get Kids Moving.
Have a walk to a woodland area; use what's around you to make your own den. [LINK](#)

16 How many burpees can you complete in 60 seconds?
Grab some pens and paper and learn how to make a surprise folding fish. [LINK](#)

17 Go for a walk somewhere green and bring an empty butter tub with you.
Bring home 7 green treasures and put them in a pot of water.

18 How many pairs of socks can you throw into a laundry bin in 60 seconds?
Make up your own song.

19 Get outside and find a local basketball hoop, how many shots can you make in 60 seconds?
Learn how to draw Winnie The Pooh with a Disney artist. [LINK](#)

20 Practice your football skills at home with Match of The Day Kickabout.
Have a paper airplane competition and see whose plane can go the furthest. [LINK](#) [LINK](#)

21 Relax with some Cosmic Kids Yoga.
Make a picnic lunch to have outside. [LINK](#)

22 Get your daily dose of exercise with PE with Joe.
Draw a picture of something that makes you feel happy. [LINK](#)

23 Using a frying pan and a sockball how many tennis tap ups can you do in 60 seconds?
Draw a person on your thumb and play 1,2,3,4 I declare a thumb war.

24 Take a dance class with Fusion Dance Academy.
Get outside and make a mud creation! [LINK](#)

25 How many bottle flips can you complete in 60 seconds?
Learn to draw a folding ice cream tower with Art for Kids Hub. [LINK](#)

26 At home bowling: stand up some empty toilet paper tubes and try and knock them down with sock balls.
In the evening, look up at the sky. What shape is the moon? What else can you see? [LINK](#)

27 Learn a new gymnastics skill with OBBO gym stars.
Draw a portrait of one of your family members. [LINK](#)

28 Go on a walk and collect some leaves and tree bark.
Do some crayon rubbings of what you've collected when you get home.

29 How many sit-ups can you complete in 60 seconds?
Grab a piece of paper and create your own comic book story.

30 Teabag challenge, get creative throwing tea bags into cups.
Get outside, find some dry twigs and leaves and create an insect hotel. [LINK](#)

LINKS

- 1
- 2 Search for 'Chester Zoo virtual tour' on Google
- 3 Search for 'Active Hastings' on YouTube
- 4
- 5 Search for 'Draw with Rob' on Google
- 6
- 7 Search for 'Oti Mabuse dance class' on YouTube
- 8 Search for 'Youth Sport Trust plank challenge' on Google
- 9 Search for 'Andy's Wild Workouts' on Google
- 10
- 11 Search for 'Active Hastings' on YouTube
- 12
- 13 Search for 'Gary Easy Origami' on YouTube
- 14 Search for 'Joe Wicks' on YouTube
- 15 Search for 'Get Kids Moving' on YouTube
- 16 Search for 'Youth Sport Trust burpee challenge' on Google
- 17
- 18
- 19 Search for 'Draw Winnie the Pooh' on YouTube
- 20 Search for 'Match of the Day Kickabout' on Google,
Search for 'World's best paper airplanes' on Google
- 21 Search for 'Cosmic Kids Yoga' on YouTube
- 22 Search for 'Joe Wicks' on YouTube
- 23
- 24 Search for 'Fusion Street Dance Hastings' on YouTube
- 25 Search for 'How to bottle flip' on YouTube
- 26 Search for 'Spot the Station' on Google
- 27 Search for 'CBBC Gym Stars how to' on Google
- 28
- 29
- 30 Search for 'Simple bug hotel' on Google

Active Hastings is a partnership project between Hastings Borough Council and East Sussex County Council Public Health, supporting local residents to be active.

In2Play is a community based play and activity project providing chances for local children, parents and carers to have fun while they learn, play and grow.

Hastings Opportunity Area is boosting social mobility and unlocking the potential of children and young people through education.

