

You're a star!

Colour a star in each time you complete an act of kindness when you're doing your challenges. You can write next to the star to say what your act of kindness was.



.....

.....

.....

.....

.....

.....

How are you feeling?

Use this space to write down the things that make you happy and how you feel when you're active. You can keep adding to this list as you complete the challenges.

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

Things to think about while you complete your challenges:

1. Try and do something active every day
2. Smile and be friendly while being active safely outside
3. Encourage other people to be active too
4. Enjoy it and have fun!

Share your summer move with us

With the help of an adult, can you take a photo or video of you and your family completing your challenges? Share them with us on Twitter and Facebook as we'll be giving out prizes for our favourites.



Barnsley Summer Challenge

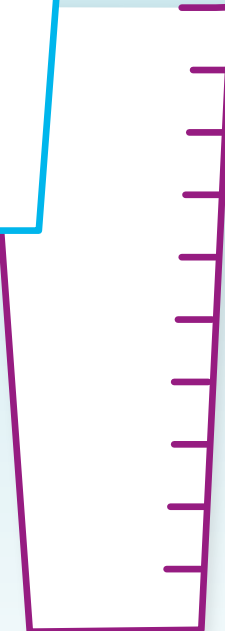


Welcome to our summer challenge! See how many challenges you can complete or write down your personal best scores. See how far you can Beat the Street in our walking challenge and remember to be kind and stay safe while out moving more with your family. Good luck, and have fun!

TARGET:

Beat the Street walking challenge

Set a walking target to complete by the end of August. This could be doing a walk every single day, or a certain number of miles walked in total. Colour in how much you complete!



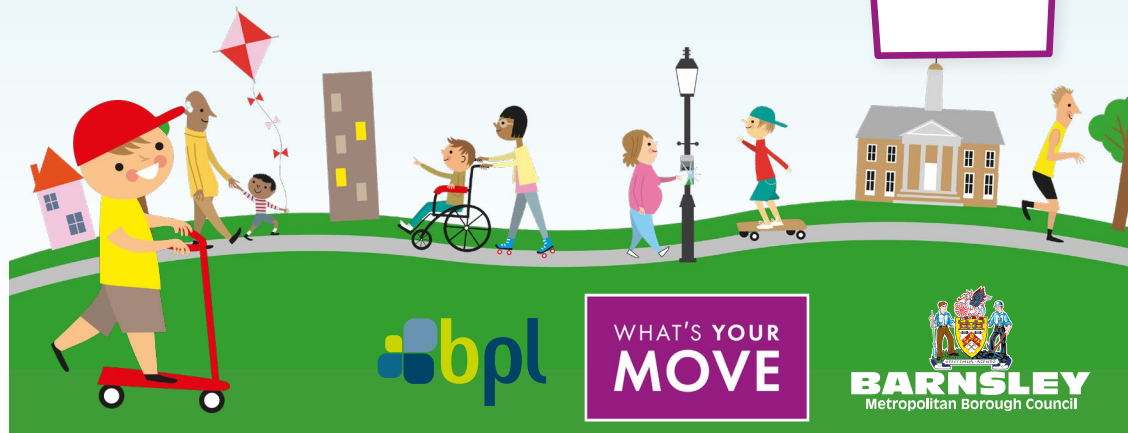
Follow us online to win prizes, using #WhatsYourMove



'Active in Barnsley'



@BarnsleyMoving



Here are 30 challenges for you to have a go at during the summer.

Tick them off once you've done them, or fill in your personal best scores. Have fun, and stay safe!

1 Set yourself a **walking target** that you are going to try and complete between now and Friday 31 August

2 Can you find some empty plastic bottles, toilet roll or cardboard boxes? Why not set them up like **bowling**

7 **Garden marathon.** How many laps of your garden or a safe space near your house can you run or walk? Can you try it every week to beat your score?

8 Play **backyard basketball**. Get a bucket or a bin and a ball and see how many times you can get the ball in. Take a step back after each successful shot and see how far away you can get from the bucket!

13 How many **keepy-uppys** can you do? You could use a bat and a ball, your hand, your foot and even a rolled-up sock if you don't have a ball. Get creative and use a book or a frying pan as a bat!

3 Who fancies playing **hot potato**? Grab your rolled-up socks or a small ball and see how many times you can pass it back and forth to someone else without dropping it. Remember it's hot so you can't hold it for too long.

4 Let's play the **floor is lava**. Can you get around your house without touching the floor? You might need to use cushions as islands.

5 Before going out on a walk, make a list of all the things you might see, with a few unusual ideas added in, and use your **adventurer's checklist** to tick them off. Can you tick them all?

6 **Learn a new game.** Ask a family member about what games they used to play when they were younger that got them active.

14 Make a packed lunch or some snacks and go on a nice walk to find somewhere to have a healthy **picnic**.

9 **Unusual art.** Draw a picture or make a model of some of the most unusual things you see when you are out walking.

10 How many **star jumps** can you do in a minute? Challenge someone else to see who can do the most.

11 Can you touch your **heads, shoulders, knees and toes** ten times, and try to get quicker each time? If you find that easy how many times can you repeat it?

12 Create an **obstacle course** in your house or garden. If you want to make it really hard ask an adult if you can try the course with an egg either in your hand or on a spoon. That sounds egg-citing!

19 Have you tried to do the **handstand wheelbarrow**? This can be done indoors, in the garden or any safe open space. Your hands go on the floor and your legs go in the air with someone holding them. How far can you get before falling over?

15 Can you mark out and play **hopscotch**? If you're not sure, ask an adult if they know how to play.

16 **Run the gauntlet.** Create a room with lots of obstacles, blindfold yourself and then listen to someone's instructions to get you through it safely. Then swap over – no peeking!

17 **Take a photo** of something that makes you smile while out on a walk, scoot, run or bike ride.

18 Can you **mix more** than one game together? For example, can you play hide and seek but the floor is lava, or what about hopscotch and backyard basketball?

20 **I'm the map...** can you think about what is around where you live and create a map of your local area? Then walk it and see how close it is. Then could you hide a distinctive stone that you can mark on your map as treasure? Try and find it again in a few days.

21 The **sprint challenge.** When you are out on one of your walks, create a space that you can sprint along as fast as you can. Then can you try sideways, zigzagging, jumping, hopping, funny walks, animal impressions or think of your own!

22 Let's have a game of **dodgeball** using any size balls. If you don't have any, then use the trusty rolled-up socks!

23 With help from an adult can you **film one of your activities** to share how you're being active and send it to @BarnsleyMoving on Twitter using the hashtag #WhatsYourMove

24 Create a **nature picture.** Next time you go on a walk, collect stones, sticks, leaves, cones or any other natural things and see what you can create.

25 Watch out, if someone shouts **'shark attack'** you need to get off the floor. This is great to play on a walk or at home and see how creative and quickly you can find something to climb or jump on.

26 On your next walk why not try to be **mindful**. What can you see? What can you hear? What is the weather like? Has anything changed since your last walk?

27 **Captain's calling.** One person is the Captain who shouts out orders to follow. Salute, climb the rigging, scrub the decks, walk the plank, bucket out the water, dodge the cannonballs. Can you think of your own?

28 **Den building.** Whether it's in the woods, in your back garden or in your front room, dens are really cool. Build your den and see who can fit inside. Is there enough room to read or play games?

29 **Love being active.** Can you write a poem or a news story about what being active means to you? Think about your favourite activities or challenge, how does it make you feel and why is it important?

30 **Challenge accepted!** Can you set yourself a goal of something you haven't achieved before? It could be running fast or further than you have run before, learning how to ride your bike or going for a walk every day for a week. Did you achieve your goal? **Let us know on Twitter @BarnsleyMoving using the hashtag #WhatsYourMove**