



MAY-hem Challenge



Simply click on the challenge icon or scan the QR code. This will take you to our CGS Outreach YouTube channel. Fill in the clocks with your daily minutes and submit them back to us to be in with the chance of winning a prize!

Can you achieve your 60 minutes per day?

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Extra Activities <ul style="list-style-type: none"> ◇ Frog challenge ◇ Blindfold obstacle ◇ Battleships 	Extra Activities <ul style="list-style-type: none"> ◇ Walk ◇ Beat the burpee ◇ Agility run 	Extra Activities <ul style="list-style-type: none"> ◇ Cycle slow race ◇ Handstand press up challenge ◇ Over-arm target throw 	Extra Activities <ul style="list-style-type: none"> ◇ Stretch bingo ◇ Plank Jenga ◇ Racket challenge 	Extra Activities <ul style="list-style-type: none"> ◇ Yoga ◇ Ball catch ◇ Forwards roll challenge

Completed it? Well send it via; Twitter @CGSOutreach or Instagram @CarresActive or Facebook Carre's Community Sport
 Include your name here: _____ and your school here: _____