

2026 Active August

Complete one mission every day and discover your superpower!

**31 Missions
One Amazing
Summer**



31 Activities over 31 days



Every day we will share a new activity card for you to follow and try at home!

Complete all 31 activities and claim your free activity pack!

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						Stand on one leg - static balance 1
Make up a family exercise session 2	Ball toss 3	Urban bingo 4	Kick or hit 5	Make yourself a healthy snack 6	Kitchen curling 7	Mental 5-a-day 8
Sitting Volleyball 9	Clean your room 10	Wheelchair basketball 11	Be a pirate today! 12	Fastest 100m by an amputee 13	Shot put 14	Mini-Golf Madness 15
Alphabet challenge 16	Balance Beam 17	Physical activity should be fun! 18	Everybody dance Now! 19	Be bravel 20	Sit to Stand challenge 21	Be Positive 22
Every big journey starts with a little step! 23	Kindness challenge 24	Active travel 25	Get off the Sofa 26	Get off the Sofa - Pool Edition! 27	Ride a bike 28	Outdoor play 29
Airplane, Tree, Warrior - Pose! 30	Choose Your Own Adventur 31					

