

Minty's Challenges

Here are Minty's challenges. For each challenge, there are instructions on how to complete them and also a scoreboard for you to keep a track of your performance. When you have completed each challenge, make sure you use some stickers or a tick on the chart inside this booklet. For more hints on how to succeed, visit www.mintridgefoundation.org.uk to watch videos of Mintridge Ambassadors giving it their best shot!

m i n t y ' s

Active Challenge

Overcoming a Hurdle Challenge

For this challenge, you need to take yourself out of your comfort zone. In the scoreboard, we have written a challenge for you to try. Can you write three hurdles of your own which will test your courage to overcome?

Challenge 1:

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Challenge 2:

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Challenge 3:

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Sprinting Challenge

On a suitable level surface, place a marker for the start line & place another marker 30 steps away.

How fast can you run between the two markers? You might need to ask an adult to help you with a stopwatch. Keep a record of your time and see if you can beat your personal best!

Sprint Scoreboard

In the box write down how many seconds it takes you to run the distance.

Attempt 1

Attempt 2

Attempt 3

Attempt 4

Jogging Challenge

Visit a park or playing field and place a marker on the grass. Walk for 50 paces and place a second marker down. If you jog between the two markers at a steady pace for 5 minutes, how many times do you run up and down between the markers?

Jogging Scoreboard

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Javelin Challenge

Find a large open space on level ground. Place a marker on the ground to throw from. How far can you throw a tennis ball from the line. Measure to where your ball lands with a tape measure, or ask your adult to count their normal walking steps.

Javelin Scoreboard

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Shot Put Five Colour Challenge

How many different coloured fruits & veg can you eat each day this week? Eg. red (tomato or apple), orange (carrot), green (broccoli), purple (beetroot), & yellow (banana). Count the colours & add your total.

Shot Put Scoreboard

	x	✓
Monday	<input type="checkbox"/>	<input type="checkbox"/>
Tuesday	<input type="checkbox"/>	<input type="checkbox"/>
Wednesday	<input type="checkbox"/>	<input type="checkbox"/>
Thursday	<input type="checkbox"/>	<input type="checkbox"/>
Friday	<input type="checkbox"/>	<input type="checkbox"/>
Saturday	<input type="checkbox"/>	<input type="checkbox"/>
Sunday	<input type="checkbox"/>	<input type="checkbox"/>

Pole Vault 5-a-day Challenge

Can you eat your full five-a-day for at least 4 days in one week?

Include 5 different fruits or vegetables throughout the day in your meals and snacks.

5-a-day Scoreboard

	x	✓
Monday	<input type="checkbox"/>	<input type="checkbox"/>
Tuesday	<input type="checkbox"/>	<input type="checkbox"/>
Wednesday	<input type="checkbox"/>	<input type="checkbox"/>
Thursday	<input type="checkbox"/>	<input type="checkbox"/>
Friday	<input type="checkbox"/>	<input type="checkbox"/>
Saturday	<input type="checkbox"/>	<input type="checkbox"/>
Sunday	<input type="checkbox"/>	<input type="checkbox"/>

Jumping Challenge

Find a large suitable space away from walls and other objects. Place a marker on the floor. Stand with your toes in line with the marker. How far can you jump forwards? (Tip! Swing your arms to help you jump forwards). Measure from the start point to where your heels land. What is your Personal Best?

Jumping Scoreboard

In the box write how many shuttles you can do before you feel you have to stop.

Attempt 1

Attempt 2

Attempt 3

Attempt 4



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#mintysactivechallenge

HOW TO PLAY

Inside this booklet you will find the challenge chart with Minty and friends taking part in seven active athletic and nutritional challenges. Each challenge has a space for a sticker for you to record when you have completed each challenge. On the back of the booklet, you will find instructions on how to complete each challenge. If you visit the Mintridge

Foundation web site or look at the Mintridge Social Media pages you will find videos of the Mintridge ambassadors completing the physical challenges giving you a score to aim at. There will be prizes on offer for the best scores posted on social media (from an adult's account with their permission) using the hashtag #mintysactivechallenge. Good luck!

Please visit www.mintridgefoundation.org.uk to find out about how you can submit your personal best scores with a chance to win some great prizes! For more on information on Nibble's healthy snacks, please go to www.nibbleprotein.com

Support Mintridge & get 15% off using voucher code: minty15

minity's Active Challenge



The Sprinting Challenge

I have Completed the Sprinting Challenge



The Javelin Challenge

I have Completed the Javelin Challenge



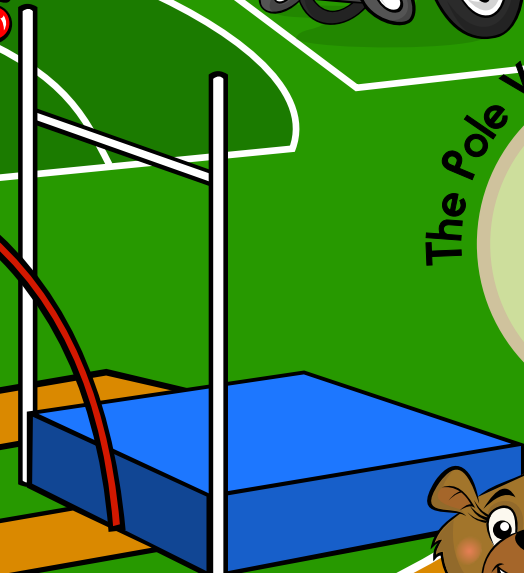
The Shot Put Five Colour Challenge

I have Completed the Five Colour Challenge



The Pole Vault 5-a-day Challenge

I have Completed the 5-a-day Challenge



The Jumping Challenge

I have Completed the Jumping Challenge



The Jogging Challenge

I have Completed the Jogging Challenge



The Hurdling Challenge

I have Completed the Hurdling Challenge



Have you nibbled something healthy today?

