



November Challenge

Movement Spaces:

Let's placemake for a healthy environment



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November: Using the power of spaces to promote physical activity in schools

Active Spaces encourage local communities to be active in their surroundings. In schools it could mean that students, teachers, parents **re-imagine school facilities** as new and safe Active Spaces.

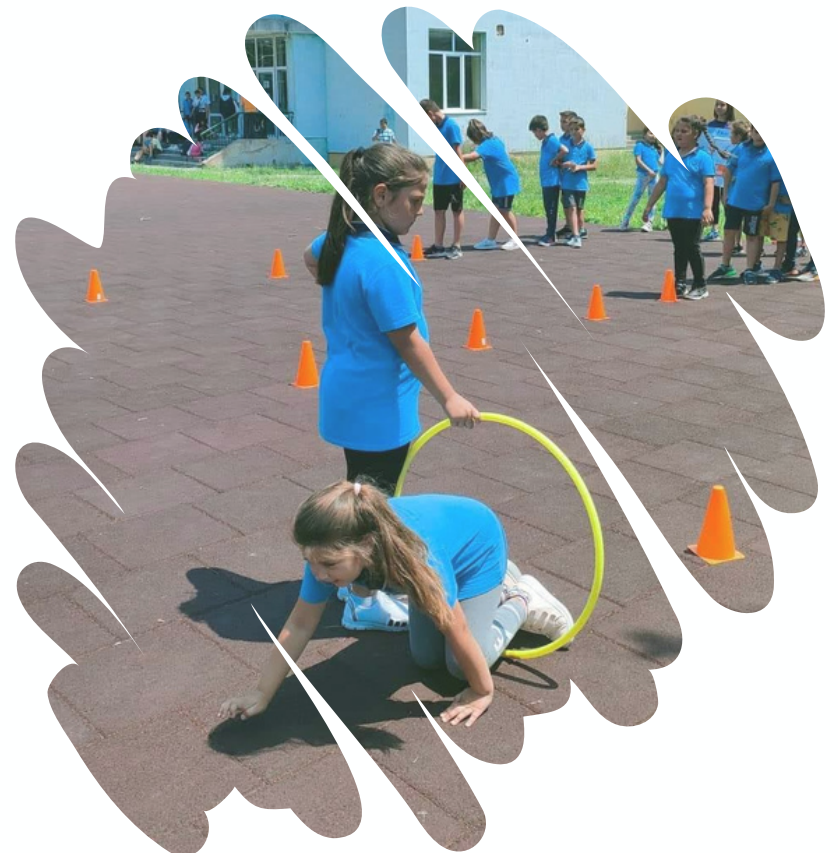
In November, we challenge you to review school facilities: school gym, other indoor spaces (corridors, stairs etc), schoolyards, open-air facilities. How can they be rearranged and become Active Spaces through methods like Placemaking?

Placemaking is a concept that draws on **creativity**.

By finding new uses for stairs, organizing active breaks or installing light equipment, we can create more accessible spaces with students to boost their health and well-being, not only in PE lessons but all day.

8 KEY STEPS TO ENGAGE CHILDREN:

1. Make engagement child-led
2. Make engagement playful
3. Make engagement reciprocal
4. Stimulate kids' creativity
5. Build Trust
6. Learn by doing
7. Use tactical urbanism for kids
8. Experiment!





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How and when to add new HKms

For the November challenge, HKms can be added in the classroom chart by:

- Going to or coming back from school
- Taking part in school sport
- Practising active breaks
- Organising active playgrounds (and using school settings creatively for physical activity)
- Undertaking a whole school activity

Will we beat the October record?



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How to

**LET THE
STUDENTS BE
THE LEADERS**

DETERMINING,
ORGANISING AND
RECORDING THE HKM

**DOWNLOAD
GUIDES AND
RESOURCES
YOU MAY NEED
AT MSC
WEBPAGE**

**PRINT A
MOTIVATIONAL
POSTER AND HANG
IT IN STRATEGIC
PLACES**

**PRINT AS
MANY
HEALTHY KM
REGISTERS AS
NEEDED**

**PLACE A
REGISTERING
TABLE IN EACH
CLASSROOM**

**SEE HOW
STUDENTS
ACHIEVE MORE
AND MORE HKM
EVERY WEEK**

***Don't forget to to record your activity on social media
to celebrate your success at the end of the month!***

Hashtag: #MovingSchoolsChallenger



Place Game at School - Collect ideas with students



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"Place Game" is a fun and interactive learning activity designed for students to assess their needs, encouraging teamwork, problem-solving, and entrepreneurship.

1. Create a scaled-down map of the school grounds.
2. Use chalk, tape, or other materials to mark places, landmarks, and important locations.
3. Prepare a list of clues, instructions, or questions related to the locations.
4. Divide pupils into teams to walk around the school setting to share what they like/dislike and what they would like to change.

Earn HKMs by exploring the school and surroundings!

More about placemaking for active recreation [here](#).



Celebrate your spaces - Park(ing) Day for Fitness



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Does your school have problems with parking spaces and traffic? **Reclaim the space** by arranging a Park(ing) Day for Fitness! Involve kids to celebrate the space and bring attention to traffic challenges.

1. Select a spot and mark the space visibly.
2. Make it safe – use the cones, signs, or border fencing to clearly demarcate the intervention within the parking spot (follow the safety instructions!)
3. Think about a variety of means to be active at the spot – yoga, fitness, games, etc.
4. Instruct the students on how to practice the activities in a safe way.

More information about Park(ing) Day for Fitness [here](#).



Dance at School- Why not?



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Introducing a short dancing session on the way to school or even in school corridors could have significantly beneficial effects on students. Dancing is a multi-cultural and educational activity – you can introduce foreign national dances or share your traditional folk dances! This is not just FUN... it is also an **extremely playful**, useful and even needed activity.

1. Choose a dance you want to share with your students and a location in the school
2. Choose and print out the dance pattern.
3. Get your paint and brushes and paint the dance steps.

Film and share with #MovingSchoolsChallenger the great way you have activated students and your school yard.



Activity Trail



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Draw and Play activity trails are an exciting way **encourage activity and creative play** during school recess and breaktimes. All you need is a bit of paint or chalk. The trail markings also help children develop social skills and stimulate their imagination. The markings can be adapted to fit within the space.

1. Choose activities you would like to add on the trail
2. Go on a walk around your school and try to spot the most suitable place for the trail
3. Invite students, parents, teachers for a joint art activity and draw your activity trail
4. Film and share with #MovingSchoolsChallenger the great new fun and creative way of activating your school yard

For more ideas, check out the [MOVEment spaces toolkit](#)