



December Challenge

¡Gift me health!

Activities for a healthy and active end of the year



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*Last days of school:
Did you know that, all over the world, the
end of the year is celebrated with sporting
events?*

"Nadal Cup" swimming competition in Barcelona (since 1908), the Sao Silvestre (athletics) race in Sao Paulo (since 1925), the four springboards ski jumping tournament (since 1952) and many other sports.

Are you organizing your sports competition to celebrate the last days of the school year? We offer you a very simple guide to organize, for example, a race. Making it more participatory and fun (e.g. with costumes) is up to you.



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At home:

*Taking advantage of the holidays to stay
active and healthy in company.*

The festive season is here, a time to share special moments with family and friends!

This month, we challenge all students to accumulate healthy kilometers (HKms) every day of the holidays with the different activities proposed.

Let's see how many HKms we accumulate while enjoying the break we accumulate while enjoying the break!!





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How to add new HKms

- Each student receives a simple recording chart (like the one on this page) where he/she will write down each day of the holidays the **activities** performed and the **HKms** achieved, according to the activities proposed in the next pages.
- Upon returning from the break, each class will tally the HKms added together.
- The person in charge uploads the HKms to the form.

Day	Activity	HKms
XX/XX/XX		



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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
REGISTERING
TABLES AS
NEEDED**

**GIVE EACH
STUDENT A
REGISTERING
TABLE TO TAKE
HOME**

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

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

Hashtag: #MovingSchoolsChallenger

Calendar of Activities

23rd DECEMBER



Go out with your family to the park or a green space that you like and see how beautiful nature is. Go walking, jumping, playing and encourage your family. You can pick up twigs, pebbles, pine cones and leaves from the ground to make festive decorations.

1 HOUR OF THIS ACTIVITY COUNTS FOR 12 HKms

24th DECEMBER



Help your family plan festive menus. Propose a healthy dish that you can prepare yourself, and become a **FESTIVE CHEF**. You will love it and your family will enjoy it.

THIS ACTIVITY COUNTS FOR 2 HKms

Calendar of Activities

25th DECEMBER



Write a greeting card to someone you love. You can write and decorate it. It is a good opportunity to do it as a family. Include a physical activity proposal as a gift and do it together.

THIS ACTIVITY COUNTS FOR 12 HKms

26th DECEMBER



I bet dad, mom, grandparents, played games we don't know of. Ask your family to teach you a game you don't know.

**2 HKms IF THEY ARE BOARD GAMES
12 HKms IF THEY ARE PHYSICAL ACTIVITIES**

Calendar of Activities

27th DECEMBER



Take a walk through your town or city. Visit the square, the park, the church or another place you don't know. It will help you to love the place where you live, and make festive decorations.

1 HOUR OF THIS ACTIVITY COUNTS FOR 3 HKms

28th DECEMBER

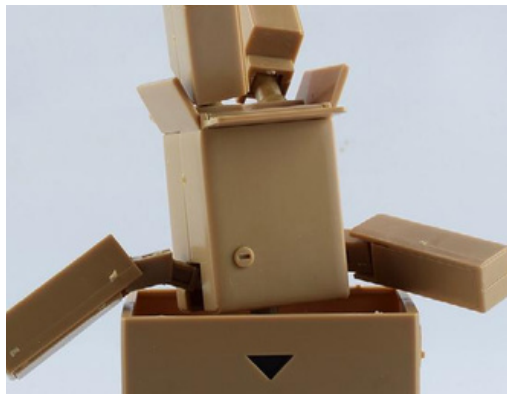


Take a walk in a park or in the countryside in silence, and listen to the sounds of nature: the sound of water, the wind, the birds. Identify the sound you hear.

1 HOUR OF THIS ACTIVITY COUNTS FOR 3 HKms

Calendar of Activities

29th DECEMBER



Make your own toys from scrap materials. It's not all about buying, sometimes it's more fun to do it yourself.

THIS ACTIVITY COUNTS FOR 1 HKms

30th DECEMBER



If you don't feel like going out, I'm sure mom, dad, and siblings would join you in reading a book and talk about it together, each giving his or her opinion. At the end you can invent a new story. How fun!

THIS ACTIVITY COUNTS FOR 1 HKms

Calendar of Activities

2nd JANUARY



Visit street markets or flea markets to get to know other cultures.

1 HOUR OF THIS ACTIVITY COUNTS FOR 3 HKms

3rd JANUARY



Surely you have a lot of left over food from festive lunches or dinners. With your family invent a new healthy meal, using the leftovers, to avoid food waste.

THIS ACTIVITY COUNTS FOR 2 HKms

Calendar of Activities

4th JANUARY



Take advantage of seasonal fruits and vegetables to design healthy, colourful desserts and dishes.

THIS ACTIVITY COUNTS FOR 2 HKms

5th JANUARY



If you have used a natural Christmas tree to decorate your house, take a trip into nature and find a place to plant it. Trees absorb CO₂ and clean the air.

THIS ACTIVITY COUNTS FOR 2 HKms