



February Challenge

Intergenerational Activity:
Let's inspire movement across all ages!



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Generations
Uniting through
Movement



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February:

*Using the power of games to promote
movement and connection between generations*

Intergenerational connection has been shown to have **positive effects** on both young and elderly people, such as preventing loneliness, reducing depression, and improving self-esteem.

That's why it's necessary to increase awareness about the importance of intergenerational movement and promote activities at local, national and international levels.



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Generations Uniting through Movement (GUM), an international project promoting intergenerational relationships through game and sport, propose 5 key steps to deliver a successful intergenerational activity.

5 STEPS FOR SUCCESS:

1. Combining activities (like music and movement) so there's something for everyone.
2. Having a buddy system so young and elderly people feel engaged and connected.
3. Collaborating with organisations from different sectors to make the most of shared goals.
4. Planning activities well and promoting them widely.
5. Allowing both generations to co-create activities so they feel ownership over them.



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How and when to add new HKms

For the February challenge, HKms can be added to the classroom chart by:

- Taking a walk or hike with grandparents after school or at the weekend.
- Learning a traditional game from grandparents and teaching peers.
- Co-creating an activity with family.
- Planning activities with school staff for an active visit to the local care home.
- Helping to organise or participating in an intergenerational sports evening at school.



Dance Down



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This **simple but fun** activity can be carried out at home with family or in the local community as a bigger event. All you need is music, speakers, imagination and people of different ages willing to share and learn dances!

1. Divide into two groups: young people and older adults.
2. Have each group decide on their preferred dance styles and music to teach to the other group step by step.
3. If holding an event, have representatives of both groups meet and plan it, including how many dances will be shown, when and who will be the Master of Ceremonies.

Don't forget to film and **share** on social media using #MovingSchoolsChallenger!



The Movers



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This activity is perfect for an intergenerational event or family gathering. The aim is to **work together** to take as many objects as possible from the opposite camp in a set time!

1. Equally divide young and older players into two groups.
2. Specify the playing field and place the same number of varying-sized objects in each camp.
3. Explain the aim and specify the rules: one object per participant at a time, collaboration is allowed, but no running!
4. The team with the most objects in their camp at the end of the time set wins.



Homemade games



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Bewegen is Leven is a great channel to find inspirational and easy games for intergenerational activity which can be devised from **everyday household objects** and tailored to the interests and abilities of players.

This is a great resource to use if you wish to carry out an active visit to the local care home, plan an intergenerational evening in the school, or simply want to provide some inspiration for students to create fun games at home to play with grandparents.





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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