



April Challenge



See you later elevator
This month we USE the stairs!



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April: Using our local environment as a gym

This month's challenge coincides with the global initiative **No Elevators Day** (24th April), which highlights a simple way to add physical activity to our daily lives: **#UseTheStairs** instead of the lift or escalator.

Taking the stairs **burns calories, not electricity**, and contributes to a healthier, more active planet that fights against sedentary lifestyles and obesity.



NO ELEVATORS DAY

#UseTheStairs





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No Elevators Day at school

The aim of No Elevators Day 4 Schools is to encourage healthier habits among students through **creative activities** that require only stairs or the school environment.

In addition, students can become **awareness-raising agents in society** by taking #NoElevatorsDay to their neighbours, public buildings, hotels or shopping centres, thus helping to raise awareness about healthy lifestyles and demonstrating how easy it can be to be active in our **everyday environment**.

More about #NoElevatorsDay on the
Now We Move [official website](#).





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How and when to add new HKms

Here are some ideas:

- Invite students to take part in organising a "No Elevators Day" event at your school.
- Students can give a talk about the **benefits of climbing stairs** every day to classmates, staff, teachers etc.
- Start the day actively by climbing the stairs as many times as you can and taking a photo.
- Participate in a **relay competition** by climbing (only up for safety) the stairs in mixed teams.
- **Decorating the steps** (the part that is not walked on) and playing in groups, e.g. by standing on the step of the colour a classmate calls out.





The stairs test



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A community cardiovascular health activity led by students as **social mobilisers**.

1. The students, with help of teachers, invite family members and citizens to perform the cardiac recovery test in a public space with stairs (school grounds, a square etc)
2. Before starting, students take the resting pulse of the participants.
3. During the test, participants **walk up the stairs at a good pace**.
4. At the top of the stairs, the students take their pulse again, and once more after a 1-minute rest.
5. With this data, the students **report on the participant's fitness** (cardiovascular endurance) and provide info on the benefits of using the stairs daily.



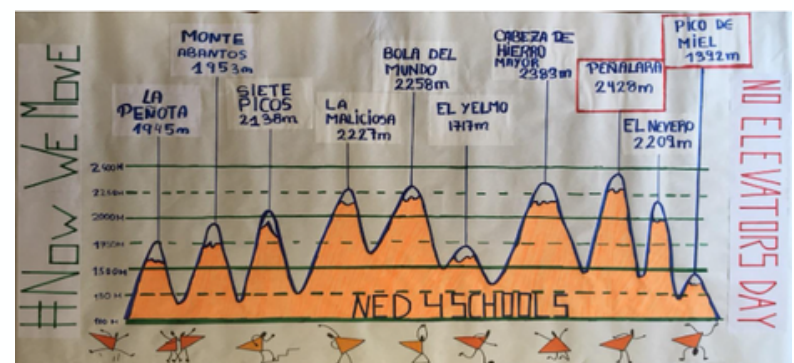
Geography route



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The aim is to get pupils to **be active and learn geography**.

1. Create a route near the school, better if it has trees, **stairs and slopes**. Measure the total distance, the number of steps and the total elevation of the route.
2. With the pupils, locate the highest nearby peaks and draw their geographic profile and height on a poster.
3. Calculate the number of times you would have to walk the route in total to reach all the summits.
4. Now it's time to walk! Walk the route with pupils and teachers, noting down the summits reached.
5. Back in the classroom, write down on the poster the total height and number of **summits reached!**





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And why not **decorate** the most representative places in the school, such as **the steps**, corridors and main entrances? Together with all students and staff, create posters with pictures and phrases representative of No Elevators Day.





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If you want to make a big impact, you can also make a No Elevators Day **human mosaic**!

With the help of older pupils, mark out an image of the #NoElevatorsDay campaign in the main playground. Then invite all pupils and school staff to go out into the playground (in order) and do a circuit of stairs before positioning themselves on the image drawn on the ground.

Take a photo from a good height, and **don't forget to share it on social media!**
#MovingSchoolsChallenger
#NoElevatorsDay





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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 record your activity on social media
to celebrate your success at the end of the month!***

Hashtag: #MovingSchoolsChallenger