



May Challenge



Time to MOVE!

Celebrating the power of being active together



PHOTO BY IVANA KREZIĆ



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May:



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Finding different ways to MOVE

This month's challenge coincides with the internationally-celebrated **MOVE Week**, taking place between 27 May – 2 June 2024.

The objective of MOVE Week is to promote the benefits of being active regularly, and offers the perfect excuse to **organise movement and sport activities**.

The invitation is open to all so that anyone, regardless of their age, gender, ability, background or beliefs **can try activities for free** to discover the type of movement that suits them and introduce them to a more active life. The aim is to get as many people moving as possible!



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MOVE Week at school

During MOVE Week, your school can deliver events in celebration of this **festival of sport and physical activity**. As long as the events or activities get people moving, they are eligible to be part of MOVE Week. The only rule is that they need to be **FREE to the public**, unless money is being raised to support a cause or charity.

To get started, check out the MOVE Week [official website](#) for more information and [free resources](#) to start coordinating your activities!

Don't forget to share your experience on social media using the hashtags **#MOVEWeek** and **#MovingSchoolsChallenger**.



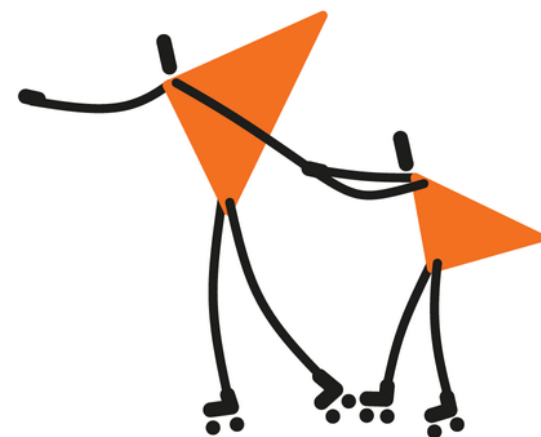


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How and when to add new HKms

Here are some ideas:

- Co-creating a MOVE Week event in school.
- Older students: planning and being referees for active games during breaks; younger students: taking part in them.
- Helping to organise or bringing participants to a public MOVE event for the community.
- Showing the whole family on the MOVE!
- Learning about and taking part in an active traditional game like boules, croquet or something local to you!
- Dancing, skating, skipping, swimming, cycling, running or bowling!





MOVE Flashmob



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A flashmob can be a very fun way to get young people and their families **up and moving!**

1. Get a big group of willing students together and **help them make decisions** about the music, style and moves, including who starts and when others join in.
2. Decide the date, time and location. If it's a public space, check the size and if you need a permit.
3. Spread the word! Invite family to join and **be a part of the MOVE flashmob**. The more the merrier!
4. Rehearse plenty of times so that students feel confident on the day. Invite them to **teach their friends and family** the dance.
5. On the big day, gather at the spot and start the music! Don't forget to capture the moment with photos or videos.



Traditional games



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Why not implement traditional sports and games into your MOVE Week?

Through learning and active participation in traditional games or sports, students can discover their heritage, promote physical activity, forge connections across generations, and foster inclusivity.

You can find out more about the value of traditional games on the [European Association for Traditional Games website](#).





Community Relay



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In this game, teams of mixed ages compete in a relay race inspired by traditional activities from various cultures. Working together participants can **celebrate cultural heritage in a fun and active way.**

1. Form teams with a mix of people of different ages.
2. Set up a relay course with stations **representing traditional activities** like sack races, three-legged races, and egg-and-spoon races. Collectively decide which activities you will do.
3. Each team member completes one activity before passing the baton (or designated object) to the next teammate.
4. The first team to successfully complete all activities and cross the finish line wins.



ENTI GAMES



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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