



October Challenge

Celebrating Autumn:
School sport, jump, dance, enjoy



Co-funded by
the European Union



Co-funded by
the European Union

October: Making the most of the month to enjoy outdoor activities before the winter

The school year is already underway and the sporting activities have started. Now is the time to review and establish healthy lifestyle habits in order to increase, step by step, the number of healthy kilometres we can cover.

Let's go for it!

Let's use what we learned in September and improve on it with some new ideas.



Co-funded by
the European Union

How and when to add new HKms

Will we beat the September record?

Now that we are comfortable in this school year, let's get into the habit of recording our activities in our classroom chart. Let's add up HKms regularly by:

- Going to or coming back from school
- Taking part in school sport
- Practising active breaks
- Organising active playgrounds
- Undertaking a whole school activity

Let's also add HKms through fruit and water intake!



Co-funded by
the European Union

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



Want to get more options?



Co-funded by
the European Union

Zombies dance

Active playgrounds and active breaks can be the time to emulate the great Michael Jackson in his Thriller video. Does each class design its own choreography or does the whole school participate in a macro dance?



Rope skipping

Easy and with multiple variants. Jumping alone, in a group, with music, doing figures and variations. The rope is a fantastic element that adds fun to everyone. Let's also look for solutions to involve everyone.

