

## October Challenge

#### **Celebrating Autumn:**

School sport, jump, dance, enjoy







# 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.





## 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!





### 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



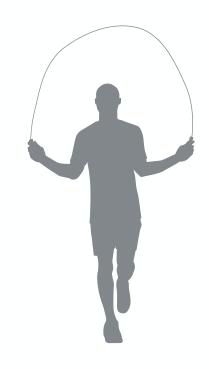
## Want to get more options?



## Zombies dance

Active playgrounds and active breaks can be the time to emulate the great Michael Jackson in his <u>Thriller video</u>. 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.