



# October Challenge

**Celebrating Autumn:**  
School dance challenge



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*October:*

*Mixing outdoor activities and dance 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!**

We invite you to follow the easy method of teacher Carmen Castellano in Spain to get everyone dancing in your school.



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## *Remember how and when to add new HKms*

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 give extra HKms to kids through fruit and water intake! Encourage them to count how much water they drink and how much fruit they eat each day.



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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***



# *Sinergia dancing*



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SINERGIA method follows the rethinking of the model of sports education to expression and communication.

The progression for this dancing unit has 5 phases:

- Introductory (how to).
- Directed (work on steps and choreography).
- Autonomous (rehearsals and recordings).
- Competitive (final performance in which the performance is evaluated).
- Final event (dance gala where we get to know each other as participants in the project).



*Wanna get inspired and  
inspire students?*



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Take a look at the links to watch Sinergia videos:

[Video 1.](#)

[Video 2](#)

[Video 3.](#)

[Pictures](#)



[And much more through Sinergia Instagram](#)