



Moving Schools Challenger

Bruno's school teacher way of managing Moving Schools Challenge

Who is Roberto?

Roberto is a primary school teacher with a keen interest in getting his pupils to be active and healthy. He wanted to get involved in the Moving Schools Challenger even though he does not have time for activities in addition to his teaching duties. That is why he decided to get his pupils involved in the project so that they would be responsible for tracking and recording the HKs achieved.

What has Roberto done to hold his students accountable?

- 1- Taking advantage of a tutoring meeting with his students, he informed them about how the Moving Schools Challenger (monthly challenges, non-competitive) worked and what their objective was, to be more active and healthier.
- 2- He told them how to achieve HK every day and at weekends, drawing up a simple list of actions and rewards. This list was expanded together with the pupils to reflect everything the children did and was hung up in class.
- 3- He gave each of the pupils a record chart for each week to take home and put in their room. Also a brief information about MSC for parents, asking them to support their children's efforts.
- 4- He hung a weekly record sheet in class and appointed those responsible for collecting the information from the other pupils. The registration delegates changed every week. Their task was to record each Monday the total HK of each pupil in the class chart and keep the weekly sheets in a class folder.



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5- Roberto added up the activities each month and communicated to the class the HK achieved by them and posted the diploma of the month which was sent to him by email in the class.

How to get HK at Roberto's classroom:

	If you	You get
Wake-up	Have a shower, tidy up your room and eat a piece of fruit and bread.	1HK/day
Transport	Walk or cycle to school	1HK/every Km you cover.
Recess	Are active and play with your school mates	5HK/recess
Recess 2	Are active and play with your school mates	10HK/recess
PE	If you follow all the classroom and do all proposed exercises	10HK/lesson
Transport	Walk or cycle home	1HK/every Km you cover.
Sporting activities extra-curricular	Participate at school sport or sport club activities	10HK/1h activity
Family	If you practice any moving activity (sport, hiking, cycling...) with your family	10HK/h of activity
Monthly Challenges	The monthly challenges will give us the opportunity of discovering new options for adding more HK.	Depending on what we will consider.
Others	We will be adding other options through the year.	



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Roberto's classroom register:

	Week 1	Week 2	Week 3	Week 4	Month
Antonio	182HK				
Raquel	92HK				
Juan	83HK				
Bruno	162HK				
María	151HK				
Teresa	77HK				
Guillermo	127HK				
Florencia	179HK				
Isidro	98HK				

