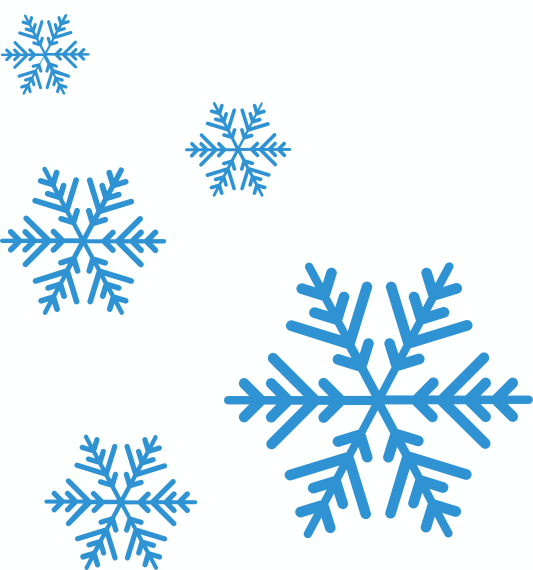




January Challenge



Winter activities
Activities for keeping warm on cold days



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Winter time:

There are lots of sports practiced only in winter that you can get to know and try!

Did you know that skiing has been practiced since before 6000 BC? It was more a form of transportation than a sport. Skiing for sport started in the 18th century as a military exercise.

Ice skating also started as a way of transportation and became a sport around the 12th century.

Take a look at the 2026 Winter Olympics to see how many sports are scheduled on their program

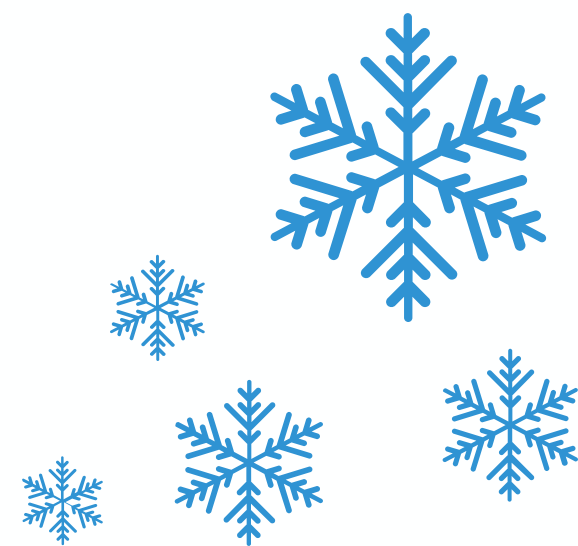
<https://milanocortina2026.olympics.com>



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How to add new HKms

- Taking part in school winter activities/ events
- Doing winter activities during the weekend with family
- Having active breaks in the fresh air
- Getting creative, e.g.: building a snowman or sleigh to play with
- Going out in nature
- Improvising sports with everyday objects
- Looking after health in colder months





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Need some inspiration?

Let's identify and practice some winter activities available to you!

IS IT SNOWY?

YES

NO

GET CREATIVE

BE ACTIVE

IMPROVISE!

FIND SNOW
INDOORS

BUILD A
SLEIGH &
TRY IT

BUILD A
SNOWMAN

SNOW
WALK

OUTDOOR
ICE
SKATING

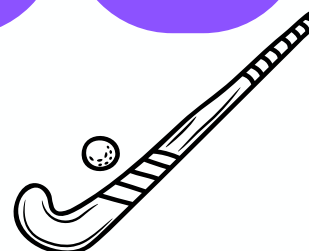
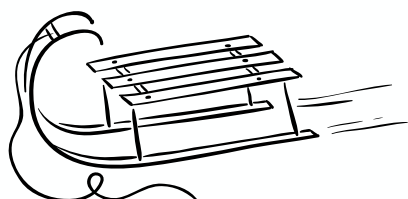
INDOOR
CURLING

ICE-LESS
HOCKEY

SNOW
BOARD

SKI

ICE
SKATE



*Always keep in mind health and safety!



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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