



April Challenge



This month we celebrate healthy lifestyle habits and inclusion.



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April: Taking physical education beyond the classroom

This month's challenge aligns with the global initiative **No Elevators Day** on April 30th, which highlights a simple way to add physical activity to our daily lives: #UseTheStairs instead of the lift or escalator.

Taking the stairs burns calories, saves electricity, and contributes to a healthier, more active planet that fights sedentary lifestyles and obesity.



NO ELEVATORS DAY

#UseTheStairs





No Elevators Day at School



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The aim of No Elevators Day at School is to encourage healthier habits among students through creative activities that require only stairs or the school environment.

In addition, students can become awareness-raising agents in society by taking #NoElevatorsDay to their neighbours, public buildings, or shopping centers, helping to raise awareness about healthy lifestyles and demonstrating how easy it can be to be active in our everyday environment.

More about #NoElevatorsDay on the [Now We Move official website](#)





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How and when to add new HKms

Here are some ideas:

- Invite students to take part in organizing “No Elevators Day” at your school.
- Students can give a talk on the **benefits of using the stairs** every day to classmates, family members, teachers, etc.
- Start the day actively by **climbing all the stairs** as many times as you can and taking a photo.
- Participate in a **relay competition** by climbing (only up for safety) the stairs in mixed teams.
- Decorate **the steps** (not the areas that are stepped on) and play in groups, e.g. by standing on the step of the color a classmate calls out.





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NO ELEVATORS DAY

#UseTheStairs





Bonus: Promote inclusion through physical activity



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This month **MSC** joins the “**Physical Education at the Streets Day**” #PESD2025 (April 10 th), the event that promotes inclusion through physical activity.

Physical education is a powerful tool for inclusion. Organize activities at school that highlight the importance of accessible sport for everyone. Every action counts toward creating a more inclusive and healthy environment!



More info: <https://www.consejo-colef.es/defc-home>



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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