



May Challenge



MOVE with tradition!

Bringing history to life through games that unite



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May Traditional games

Why not introduce traditional sports and games in your school during TSG Global Week held May 25 to June 1?

Through active participation in traditional games or sports, students can explore their heritage, promote physical activity and build connections across generations.

TSG (Traditional Sports and Games) Week welcomes schools from around the globe that are interested in organizing an event. Choose a traditional game or sport and register in the following [link to participate](#).





How and when to add new HKms



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Here are some ideas:

- Organizing a Traditional Sports and Games (TSG) day in your school.
- Older students: researching and demonstrating traditional games; younger students: learning and playing them.
- Involving families by inviting them to teach a traditional game from their background.
- Exploring traditional games from your region and creating posters or videos explaining the rules.
- Playing tag, tug of war, sack races, hopscotch, or spinning tops during school events or PE classes!



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Bonus: Community Relay

In this game, teams of mixed ages compete in a relay race inspired by traditional activities from various cultures. Working together participants can celebrate cultural heritage in a fun and active way.

1. Form teams with a mix of people of different ages.
2. Set up a relay course with stations representing traditional activities like sack races, three-legged races, and egg-and-spoon races. Collectively decide which activities you will do.
3. Each team member completes one activity before passing the baton (or designated object) to the next teammate.
4. The first team to successfully complete all activities and cross the finish line wins.



MOVE Week at school



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This month's challenge also coincides with the internationally-celebrated MOVE Week, taking place between 26 May - 1 June 2025.

During MOVE Week, your school can deliver events in celebration of this festival of sport and physical activity. As long as the events or activities get people moving, they are eligible to be part of MOVE Week.

To get started, check out the MOVE Week official website for more information and free resources to start coordinating your activities! And don't forget to share your experience on social media: #MOVEWeek and #MovingSchoolsChallenger.





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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