



Get active

# ideas



Ask pupils to sort the Activity and energy cards into sedentary, moderate and vigorous activities. Which of these activities would they like to try during the Week?

Organise a local walk near the school for the whole class. If possible, walk to a park. You could do this during lunchtime and have a healthy picnic lunch.

Arrange a 'round the school' treasure hunt. Leave clues hidden in various locations. The fastest team to find them all wins the hunt!

Plan a 'move-a-thon' at breaktime and challenge pupils to move non-stop for the whole of break!



Organise a 'walking' lesson where the pupils learn while on the move.

Reward pupils who complete 60 minutes of activity every day of the Week with a BNF HEW certificate or with an extended Friday breaktime.



Hold an outdoor 'move more' art class. Ask pupils to walk around the school and find different things to draw. You could challenge them to draw a three minute sketch in one area, before quickly finding a new place to draw!

