

INTERMEDIATE

LET'S GET MOVING!

Physical activity is important for students in Grades 7-8. It can develop confidence while helping youth feel good about themselves and their bodies.



AT SCHOOL >>>

The following tips can help increase physical activity opportunities for students during the school day.

- * **Create a classroom environment** that promotes physical activity, such as active breaks and space to stand throughout the day.
- * **Try physical activity-based challenges** with other classrooms, such as “Which class can earn the most active minutes?”
- * **Have students write** physical activity-based content for the school newsletter or social media accounts.
- * **Take class trips that include physical activity**, such as skating, indoor rock climbing, or visiting a conservation area.
- * **Have students organize** a health fair or a “Family Fitness Night” at your school.
- * **Consider sharing the tips below** with your students’ families to encourage physical activity beyond the school day.

AT HOME >>>>

Kids need to move! Here are some ideas to encourage moving more and sitting less!

- * **Walk or wheel** instead of driving whenever possible.
- * **Try a family** screen-time challenge.
- * **Ensure kids are getting enough sleep** so they have energy to be active.
- * **Create a “boredom buster” jar** with active ideas.
- * **Include stretch breaks** during homework time.
- * **Help out at an active community event**, such as a park cleanup, car wash, or graffiti removal.
- * **Organize an active Olympics** at a local park and invite families from your neighbourhood. Try events such as an obstacle course or potato sack race.