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fit!

10 TIPS

To Help Your Students Sneak It In!

Below are some examples of ways that you can help your students sneak in 10 mins of physical activity throughout the school day during Recreation NL's Sneakin' It In! School Challenge.

- 1 Walk the length of the hallway 5 times
- 2 Do sit ups, lunges, or jumping jacks before you start math class.
- 3 Create an activity box where students pull out a piece of paper with an activity written on it. The whole class does the activity together!
- 4 During geography class make it a fun experience by going outdoors and teaching students how to use a compass.
- 5 During class have the students get out of their chairs and march on the spot. It will get their blood flowing and help them focus better.
- 6 Have a stretch break in the middle of your class.
- 7 Have a dance session for 5 - 10 minutes in between classes.
- 8 Place a pencil on the floor and have students jump back and forth a number of times.
- 9 Have a daily physical activity rule. For example walk backwards to the fountain or jump up the stairs instead of walk.
- 10 When lining up to go to the gym, have students do push ups against the wall!

For more ideas of activities and games that you can try with your students visit www.recreationnl.com or contact ashleymercer@recreationnl.com

