

School Day Ideas

Elementary



Ideas teachers can use during the school day to encourage elementary students and teachers to move more



1 Introduce activity breaks throughout the day using ideas from the **Active Schools** initiative in Newfoundland and Labrador – even 2-3 minutes can make a huge difference by breaking up sitting and allowing students to move around. Depending on the age of the child, they can even take turns leading the class in activities.



2 Find a little extra time for movement – **extend recess** once in a while and have **outdoor equipment bags** ready and available for students to access. Every little bit helps.



3 **Take your lessons outside** – the outdoors is a great place for students to learn, while also having more opportunities to move. Added bonus: children naturally move more when they're outside.



4 Be a good **role model** – let your students see you enjoying physical activity. The more you move during the day, the more they will too. If children see that you value physical activity, best case scenario, it rubs off on them too!



5 Place **stair wraps** of encouraging messages on the stairs. Better yet “gamify” those locations like a game of Pac-Man going up the staircase to make it a fun activity for all to enjoy!



6 **Join in at recess or lunch** – balance supervisory duties and participate in some of the activities with your students. It reinforces the idea that activity is important for everyone.

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Don't let clouds rain on your physical activity parade – on rainy days use recess time to be active indoors. **Walk, wheel, skip, or jump the halls or stairs.** Put on some music in class and dance around. Try yoga or gentle stretching. There are plenty of indoor options out there!



Create and promote **active hallways** by placing stickers/ decals in the hall or on the stairs to encourage movement from one place to another. Implement low activity movement rules as students move from one space to another (ie: walk with knees high, take lunge steps or reaching high and low on walls throughout the hallways to get some stretches in).

