

# School Day Ideas

Junior High and High School



## Ideas teachers can use during the school day to encourage junior high and high school students to move more



Start up an after school bike club. This will encourage students to ride their bikes to school in the morning and participate in an activity in the afternoon before heading home for the day.



Talk to your students about the importance of being physically active – it may sound obvious, but talking to students about the benefits of physical activity and teaching them about the positive effects for their bodies and brains can go a long way. Remember everything gets better when you get active!



Don't use the removal of opportunities for physical activity as a punishment. Physical activity leads to better behaviour and better attention in the classroom.



Ask the students what lunch time activities they are interested in trying. Students are more willing to participate in an activity they are interested in. As a start, suggest activities such as pickleball, geocaching, square ball, dodgeball, or slacklining.

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Connect with School Sports Newfoundland and Labrador's Participation Nation program on tips and ideas on how to establish an outdoor adventure club that will enhance your students appreciation for the great outdoors. You could also partner with your community recreation department for supports including access to equipment and other resources.



Break up extended periods of desk sitting by offering quality daily physical activity challenges throughout the day. Try these 7 streak challenges for students to try!



Set a physical activity goal for your class and make it a fun competition. Or if you have **activity trackers** handy, try to get to a million steps by the end of the school year.



Visit a local community trail or a walking path near the school and take a nature walk. Make it educational by teaching students all about the Newfoundland and Labrador plants and trees along the way.