

# MONTHLY SCHOOL ACTIVITY CHALLENGES

## *STEPPING OUT 2009 - 2010*

Cultivate school spirit by encouraging physical activity, supporting healthy eating choices, and celebrating the benefits of healthy living for the whole school. We have suggested an exciting series of monthly challenges promoting physical activity and healthy lifestyles. Sponsored by the Western School District, participating schools will be eligible for some great monthly draw prizes. **If your school would like to participate and be eligible for the monthly draws, email Bill Allan at [bill.allan@wnlsd.ca](mailto:bill.allan@wnlsd.ca) to let him know when an activity has been completed. Get UP, Get OUT, Get ACTIVE!**



### **SEPTEMBER, 2009 Terry Fox School Run (Friday, Sept. 25)**

- The participation of school-aged children in the Terry Fox Run is a very important component of the Foundation's operation. It is amazing to see millions of students running/ walking for cancer research. This year's Run will be held on Friday, Sept. 25. For more information and to register your school, go to <http://www.terryfoxrun.org>

### **OCTOBER, 2009 Olympic Torch Relay Challenge**

- Recreation Nfld. and Labrador is sponsoring an Olympic Torch Relay Challenge. The Olympic Flame will travel 45000 km, be carried by 12000 torchbearers, and visit over 1000 communities. Have students and teachers find their Olympic spirit by walking/ running this same route. Start in October and finish by February 12, the date of the Olympics Opening Ceremonies. To register your school, go to [www.recreationnl.com/smallstepsbigresults](http://www.recreationnl.com/smallstepsbigresults)

### **NOVEMBER, 2009 Olympic Torch Relay Challenge**

### **DECEMBER, 2009**

#### **□ Walk to the North Pole Challenge**

Much the same as the Walk Across Nfld. Challenge, students are challenged to walk the equivalent distance to the North Pole to Santa's Workshop from December 1 to Christmas Break. Students can walk during the first 5 - 10 minutes during Physical Education classes and during recess and lunch. Chart the school's progress on a [Map to the North Pole and a Tracking Sheet](#). At the end of the walk when they reach the North Pole, students gather in the gym where Santa is hiding on the stage to meet the children and give out healthy treats.

## **JANUARY, 2010      Wonder + Fitness Challenge**

- Back for its sixth year after setting a new fitness totals record in 2008, this fun fitness challenge is a FREE program for K - 8 students promoting physical activity and healthy lifestyles through a series of fun exercise routines combined with great dancing tunes. Over 2500 schools across Canada will strive to reach the goal of 500 years worth of time spent exercising. Each participating school will receive FREE Fitness Challenge CD's with great tunes for kids, exercise posters for use with the CD's, lesson plans, gifts, and a chance to win huge prizes. If you're ready to take up the challenge, take 30 seconds to register at <http://www.wonderfitness.ca/>

## **FEBRUARY, 2010      Olympic Living Healthy Commotions**

- For the past three years, schools in this province have held a Living Healthy Commotions Day. Schools in the Western School District have participated with special activities to kickstart an increased focus on healthy eating, physical activity, and smoke free environments. This year, to celebrate the Winter Olympics being held in Canada, the Commotions will take place on **Friday, February 26**. A package of resource materials from the Department of Education will be available at [www.livinghealthyschools.com](http://www.livinghealthyschools.com)

## **MARCH, 2010      Wonder + Fitness Challenge (continued to March 12)**

### **APRIL, 2010      Jump Rope for Heart**

- Students can jump before school, at recess, or at lunch just for fun or participate in a Skipping Challenge to see who can skip the longest with no mistakes or who can skip the most jumps in a set period of time (e.g. two minutes). An information kit was sent to each school in November. For more information, go to <http://www.jumpropeforheart.ca/>

### **Walk on Wednesdays**

- Encourage student participation by providing an exciting prize like a Golden Shoe Award (an old sneaker painted gold) to the class that has the highest % of students that walk (or bike) to school. Parents could accompany students to ensure safety. For students who cannot walk to school, have a walking club at lunch time. Have students track the number of kilometers they walk or bike. Challenge the entire school to walk a certain distance. A kilometer chart can be found here.

## **MAY - JUNE, 2010      Walk Across Newfoundland/ Canada Challenge**

- Students are challenged to walk from St. John's to Port aux Basques, a distance of 906 km. (Smaller schools may select a shorter distance. Larger schools may increase their distance and go 6734 km across Canada to Vancouver or to any other location.) Determine a 1 km distance in the gym or near school that students can walk safely. Some Physical Education teachers have begun their classes with a 5 - 7 minute run, totaled up the number of laps run, and converted the laps into kilometers per class. Other schools have had their students go for a walk before class in the morning. Track their progress on a map of the province or keep on going throughout the year to any destination.