

# Active Classroom Challenge

**Objective: To create an environment that promotes 1 hour or more of physical activity each day**

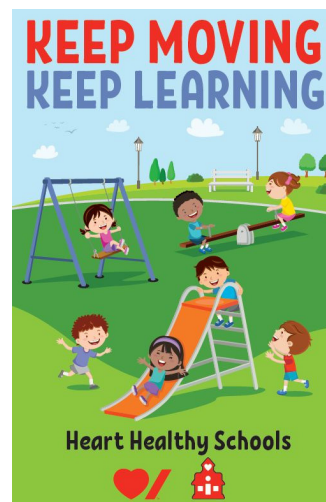
**Goal: To increase opportunities for physical activity in the classroom and during school hours**

Choose one week (5 consecutive days) that is uninterrupted by a holiday or a professional development (PD) day.

**Step 1:** Hang the active classroom poster on the bulletin board(s), in the hallway(s), and in the classroom(s) prior to the Challenge week.

**Step 2:** Send the parent handout home on the first day of the Challenge week.

**Step 3:** Make public announcements and advise teachers to provide daily reminders to students throughout the Challenge week.



## **Morning Announcement:**

Today is the start of our Heart Healthy Schools Active Classroom Challenge. Did you know that physical activity is linked with improved cognitive abilities and academic success? Let's show the Heart and Stroke Foundation of New Brunswick how we can keep active for 1 hour or more each day.

## **Daily Reminder:**

Remember...this week is the Heart Healthy Schools Active Classroom Challenge. Tell me what you plan to do today to stay active.

**Step 4:** Have a look at the Heart Healthy Schools Guidebook or visit the "At School" section of the Heart Healthy Schools resource page to find ideas for the Challenge week.

**Step 5:** At the end of the Challenge week, log into your account, complete the Active Classroom Challenge survey, and record your progress by checking all boxes on the Heart Healthy Schools website. **Don't forget to click the red 'save' button!**



**Heart&Stroke Foundation of New Brunswick**

1-800-663-3600 · [www.hearthealthyschools.ca](http://www.hearthealthyschools.ca)



Heart Healthy  
Schools

# Active Classroom Challenge

## Class Discussion

After watching the PowToon video for the Active Classroom Challenge, you can engage your students in a discussion around the upcoming Challenge week with the following questions:



### Discussion Questions:

- How much physical activity are you suppose to get each day?  
(Answer: 1 hour or more per day)
- Why do you think it is important to be active every day?
- What is your favourite way to stay active?
- How could we stay active within the classroom?



**Heart & Stroke Foundation of New Brunswick**

1-800-663-3600 · [www.hearthealthyschools.ca](http://www.hearthealthyschools.ca)



Heart Healthy  
Schools