

Middle School Moves Challenge

Covid has changed the way many of our schools operate resulting in middle school students sitting for longer periods of time. Research shows that physical activity is not only linked with positive health benefits but also improved academic performance, emotional regulation, self-esteem, etc. (Participation Report Card, 2018). Currently “less than 1 in 5 children and youth in Canada meet national guidelines for physical activity, sedentary and sleep behaviours” (Participation Report Card, 2020). Let’s help improve these numbers and the well-being of our students by getting them moving!

What do you need to do? Engage students in a minimum of **10 minutes** of **outdoor** activity at least 15 out of 21 days between **Oct. 13-Nov. 10, 2020**. This time should supplement rather than replace physical education and lunch breaks. Keep track of the days your class is active. Schools can decide whether or not homeroom teachers take students out or teachers work together to ensure each class gets out at some point during the day.

What can you do? Get creative. Take students for a walk, invent a dance, play a cross-curricular game, etc. Anything that gets students moving.

To enter: Tweet a photo of your students using the hashtag #middleschoolmoves2020 and describe what your students are doing to stay active. Make sure if students faces are visible, that they have permission for media release. By sharing photos, you’ll also be giving others some great ideas. All tweets should be submitted by **Nov. 11**.

Prizes: You could win 1 of 4 physical activity bundles with outdoor equipment for your class!

Questions: Contact Kari Parsons, K-8 Health & Phys. Ed. Coach at kari.parsons@nbed.nb.ca