

12 Days of Fitness

Monthly Campaign Bulletin Board

Theme:

The concept for this bulletin board is to teach students about the benefits of doing active transportation safely to get to school. This campaign also adapts a traditional Christmas carol into a 'fitness carol' to encourage physical activity during the holiday season.

Bulletin Board Example:



Bulletin Board and Classroom Instructions:

The idea is to set up the bulletin board as an advent calendar in the following way:

- Create one "gift" for each day of the 12 Days of Fitness.
- Take pictures of students performing each activity and mounting them on construction paper to make it look like a gift.
- Visit classrooms to get pictures of the students performing one of the 12 activities. These pictures then go up on the bulletin board, under the corresponding day. (for teacher champions and lead teachers, you can also assign each activity to a class)
- The "gifts" are wrapped with a fun cover and then on the day corresponding to each activity the "gift" will be opened. Ex.: The first day of fitness is "1 walk around my desk" so on the first day of fitness unwrap day 1 to reveal pictures of students doing one walk around their desk.
- Try to capture as many students as possible doing the activities. Students get excited to see their picture up on the board.

**On the twelfth day of fitness, APPLE Schools
gave to me...**

12 jumping jacks

11 chair squats

10 calf raises

9 bum kicks

8 knee lifts

7 arm circles

6 shoulder shrugs

5 high fives

4 desk push ups

3 muscles poses

2 toe touches

1 walk around the
desk