

12 Days of Fitness

Monthly Campaign Bulletin Board:

Theme:

The concept for this bulletin board is to reveal a gift (of movement) each day. 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” (movement activity) for each day of the 12 Days of Fitness (listed on the next page).
- Get pictures of the students performing the 12 activities. Post these pictures 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. On the day corresponding to each activity, the “gift” will be opened. E.g., 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 jabs/punches

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 a
desk