

Turn off the Tube, Get on the Move!

Monthly Campaign Bulletin Board

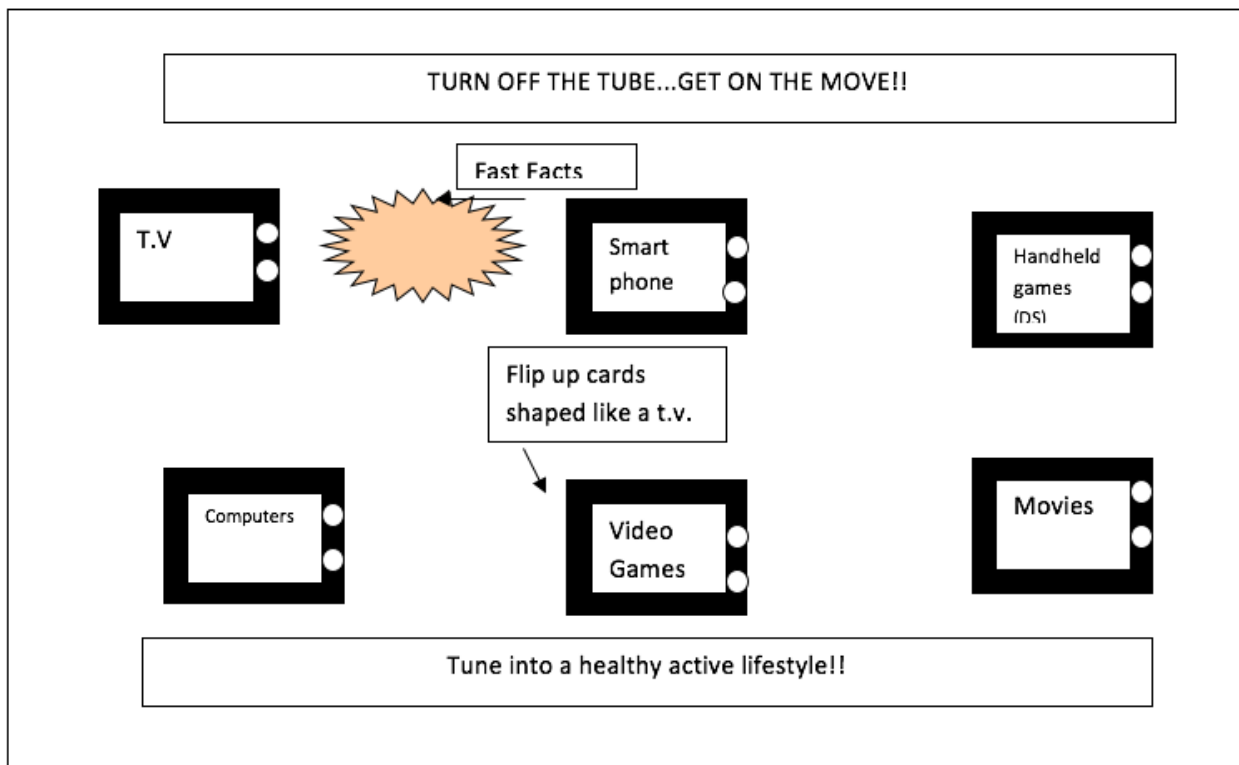
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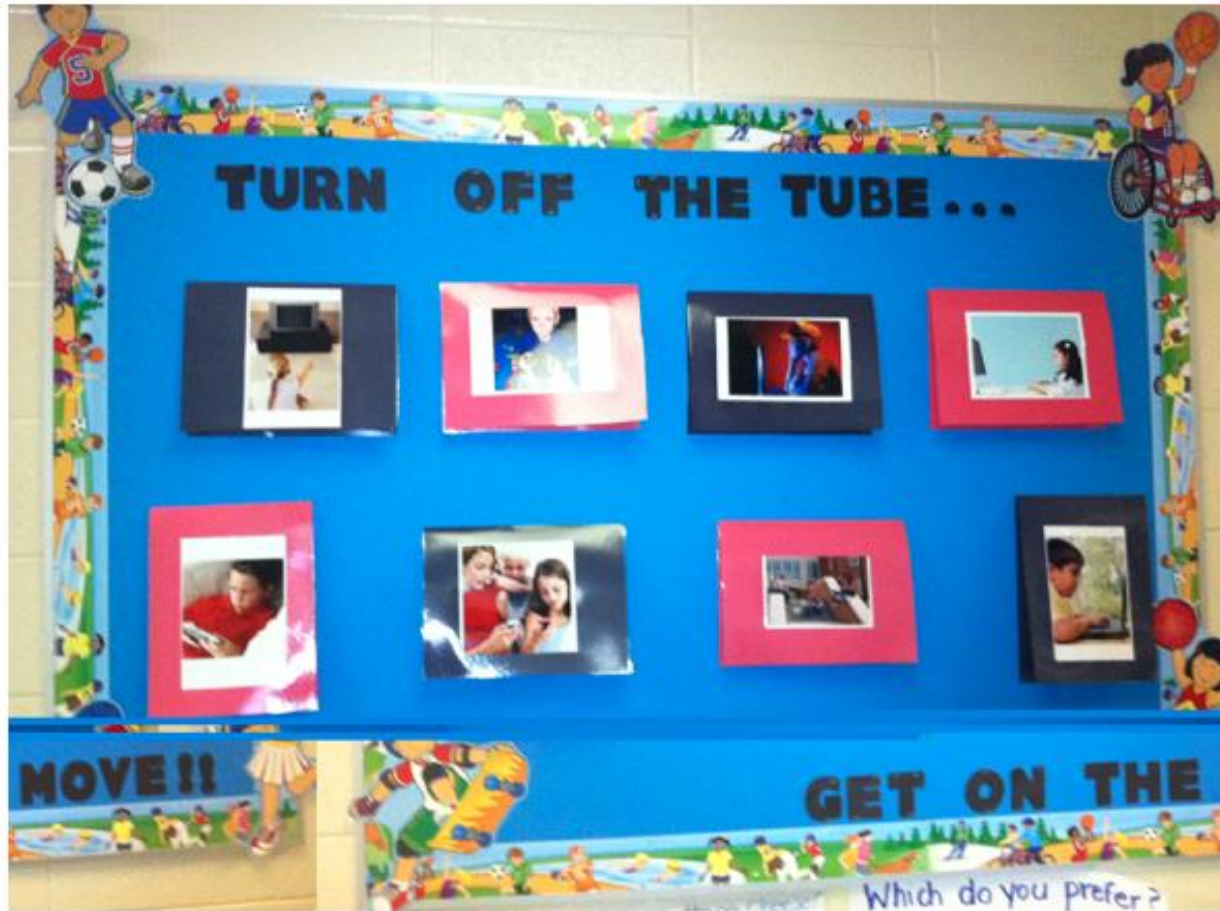
This month's concept is to promote physical activity by encouraging students to understand/be aware of how much time they spend in front of a screen or being sedentary in a day. This campaign can utilize challenges and activities provided by Screen Smart Elementary Schools.

For a full review of challenges/activities and additional information, visit

<http://www.screensmartschools.ca/>.

Bulletin Board Examples:





Classroom Instructions:

Talk to your students about what it means to be physically active. In comparison, do they know what sedentary activity is? Ask students how much time they think they spend being physically active versus doing sedentary activities in a day. Ask them if they think it's healthier to include more physical activity in their day, or more sedentary activity. Then inform the students that the goal of this month's campaign is to increase our awareness of the types of activities we choose to do in our day. As we become aware, we want to increase our physical activity, while reducing our sedentary activity.

Bulletin Board Instructions:

The bulletin board can be made more interesting with flip cards that on the outside show sedentary activities (televisions, computers, video games, handheld devices and smartphones). The inside of the flip cards can have pictures of children being physically active. This bulletin board can be made with printed pictures or can involve student work.

Add some fun facts as provided below:

- The Canadian Physical Activity Guidelines recommend at least 60 minutes of moderate-to vigorous-intensity physical activity per day for children and youth
- School kids that have had a 10-minute walk before a test arrive at the exam with their 'neurons firing' and are more relaxed, so test results are better
- Remember that you can split up the recommended 60 minutes of daily physical activity into smaller chunks. Try 30 minutes at school and 30 minutes after dinner.
- Activities like yoga, dancing classes, such as "zumba," gardening, skating, biking, cross-country skiing, hiking, rock climbing, roller-blading, pick-up basketball are fun ways to get active.
- Take the stairs instead of the escalator or elevator. By making this small change you can make a big change in your health.

There are 2 options for the Screen Smart Program:

- School-wide Event Option
- Curriculum Option
- <http://www.screensmartschools.ca/>