

Welcome



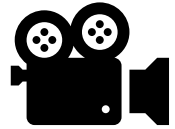
Happier



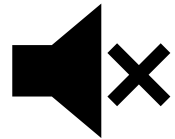
Healthier



More Active



- This session, including breakouts will be recorded



- Please turn your **camera on** and **mute on** (until breakout rooms)



- Type questions into the chat function



- We understand that people are working from home and the distractions that go with it!

Physical Activity Lockdown Wins



Happier



Healthier



More Active

Aim:

- To help people to do the right thing.
- Advocate 60 active minutes.
- Support parents/guardians & schools with ideas.

In this breakout room:

- We will share our ideas.
- We hope you will too?

2021 Scrap Book Challenge

Keeping active & healthy at home





Children don't need to get their 60 Active Minutes all in one go – they can clock them up bit by bit through the day.

It doesn't matter how your children get their 60 Active Minutes a day – in fact variety is good. Different activities are good for different aspects of their health.

We hope these ideas will keep your children active and healthy into the start of 2021



Your Challenge

Create a scrap book of evidence

We challenge you to be the best you can be by being active, thinking about your health and creating your own adventures that will challenge you to do something new. Can you complete all of the challenges?

Using your scrap book, record how you completed each challenge and attach photos, logs, pictures or stories you have created along the way. Don't forget to read the instructions for each challenge and to get your scrap book signed by an adult!

Can you complete the challenges and be the best you can be?

Scavenger Hunt

Create a scavenger hunt around the house



Write a list
of objects
to collect



Time how long
it takes to
find all of
these items



Can you put
everything
back in a
quicker time?

Don't forget to write the list in your scrap book and tick off everything you collected and record your time.



Climb a Mountain

Using your staircase

It's simple. You climb the height of your chosen mountain by taking steps up your staircase. The current Guinness World Record for vertical height ascended by stair climbing is 18,585m in 24 hours. Wow! that's worth a try?

Your challenge is to plan which mountain you are going to climb. Write some facts about this mountain in your scrap book and then calculate how many steps you need to do to climb this mountain.

We have started some of the research for you:

Scarfell Pike 6,180 steps
Snowdon will take 7,120 steps
Ben Nevis 8,810 steps
whereas Mt Everest will take 58,070 steps!!!!

https://www.nhsggc.org.uk/media/213470/haw_challenge_stair_climb.pdf

Eat Healthy

Did you know that your body is like a car engine?

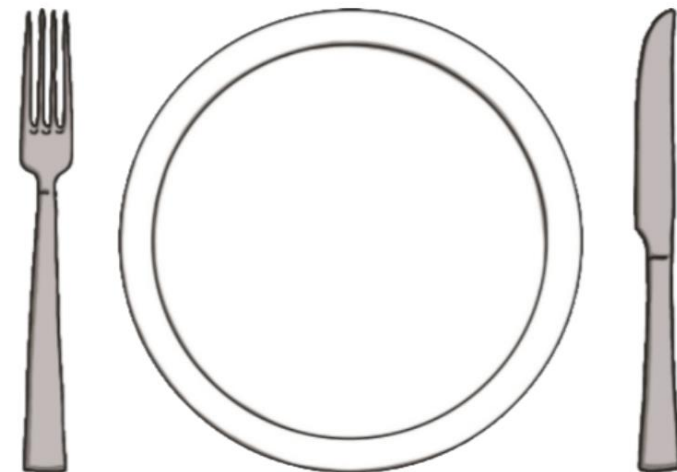


It's really important that the fuel (food and drink) you put into your body is the best. Eating healthy food which is low in salt, low in sugar and low in fat is a great start. Making sure you get your 5 fruit and veg a day and drinking plenty of water is important. It all helps to make your body and brain work the best it can.

Your next challenge is to design a dinner plate that is healthy. Draw your dinner plate and add in the healthy foods.

Use the chart above to help divide up your plate.

Healthy Eating Meal Activity



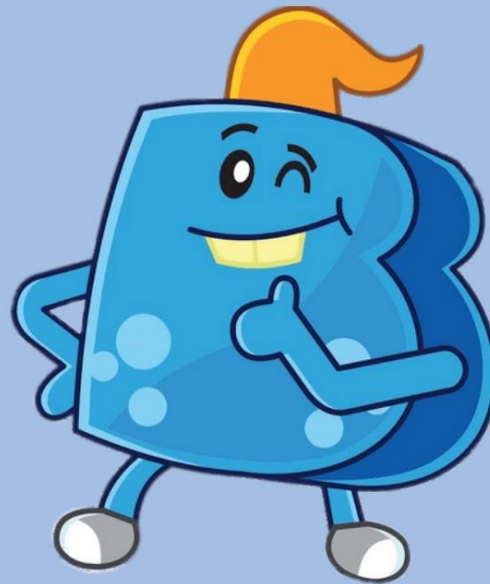
Alphabet workout



Plan your Challenge

Write down all the letters of the alphabet.

Next to each letter write down an exercise. E.g. A = 10 tuck jumps, B = 5 Press ups, C = 10 set ups, D = running on the spot for 20 seconds. If you run out of ideas you can just use the same exercise again, but using a different amount of repetitions. E.g. Z = 20 tuck jumps.



Spell out

Using your plan, spell out lots of different sports. E.g. FOOTBALL (you will need to do the exercise for F, then the exercise for O twice, then the exercise for T then B then A and the exercise for L twice).

In your scrap book, write down all of the sports you manage to spell out whilst doing the exercises.

Add in photos too.



Challenge others

Can you challenge any others in your household?

Watch them do the exercises to check their spellings!



Healthy Selfie

We challenge you!

This challenge is to take as many healthy selfies as you can and include them into your scrap book.

You can take the selfie whilst out on your walk, whilst taking part in a Joe Wicks workout, whilst doing some of your scrap book challenges or anything else you can think of.

It would be great to see you doing lots of different things shown in your healthy selfies.

We took this one whilst doing one of our colour runs. It looks funny, but shows we were enjoying ourselves!!

Ten steps to happiness

Your Challenge

Write down in your scrap book what you think happiness is.

We want you to design ten things that you can do to make you happy. You need to try to do all ten of these things this week!

(Make sure they are realistic whilst we are in lockdown).

We have a couple of ideas to get you started:

- Do a random act of kindness.
- Read your favourite book.
- Dance to your favourite song.
- Say positive things today to everyone you see.
- Go outside and get some fresh air.
- Help wash up

Tick them all off as you do them. If you can do them more than once then that is fantastic!



2021 Scrap Book Challenge



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- Includes key messages.
- Variety of challenges to select from.
- Challenges include other health messages.
- Not just about 'doing' the activity, but also planning, researching, being creative, which we hope will help the learning.
- Each week a new set is emailed out to schools.
- Their scrap books can be submitted after lockdown and will make a great keepsake.
- Schools send it out via email/ seesaw app etc.
- Schools are telling us that the responses have been great!
- It has also helped promote us through our social media.



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Your ideas

- Please share:
 - Why (you did it)
 - What (you did)
 - How (you did it)
 - Impact?