



#maywemovetogether

PUBLIC HEALTH CHAMPION ACTIVITIES **MAY WE MOVE TOGETHER**

The aim of 'May we move together' is to encourage physical activity throughout the month of May, so that daily recommendations for physical activity can be achieved.

Public Health Champions can promote the importance and benefits of being active and raise awareness of the different ways pupils can be active at school. Find below some ideas of what the Public Health Champions can do to promote physical activity.

Create a display board - pupils to create a school display board on being physically active. The display board could include information and pictures on the following:

- Physical activity guidelines - 60 minutes per day
- list of physical activity ideas - easy and fun activities
- information about the benefits of being physically active

Deliver a school assembly - you can use/adapt the Public Health England, Active school day – whole-school assembly PowerPoint here, or create your own assembly to raise awareness of the importance of physical activity and it's benefits.



Organise lunch time activities - Public Health Champions can use school equipment to organise and deliver easy and fun activities for pupils to take part in. Scan the QR code for 60 second physical activity challenges. They are a fun way to 'compete against yourself or others' with a focus on resilience and perseverance and the aim to achieve bronze, silver or gold medal targets.



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