



Get active

# ideas



Introduce a new sporting activity that is not widely played at your school (e.g. tag rugby, ultimate Frisbee, badminton, volleyball, futsal or kwik cricket).

Organise a local walk near the school for the whole class. If possible, walk to a park. You could do this during lunchtime and have a healthy picnic lunch.

Use the [Sports nutrition PowerPoint presentation](#) to introduce the importance of good nutrition when sustaining a healthy and active lifestyle.



Ask your pupils to complete a [Physical activity pledge](#) at the start of the Week and ask them to stick to this pledge for the whole week. How did they do?

Reward pupils who complete 60 minutes of activity every day of the week with a [BNF Healthy Eating Week certificate](#).



Organise an inter-class sports tournament. Try playing quick and easy to organise games such as rounders, dodgeball, football or table tennis.



Invite an instructor from a local sports club or gym to run a taster activity session for staff and pupils.

Ask pupils about the journeys they take in vehicles. Challenge them to come up with ways they can walk, run or cycle any of their journeys during the Week.