

ACTIVITY TITLE:

Let's get physical!



BOOT UP:

How much physical activity can your school do in 1 day?

Nearly a third of children aged two to 15 are overweight or obese and younger generations are becoming obese at earlier ages and staying obese for longer. Increasing levels of physical activity and reducing inactivity are both vital in addressing increasing rates of childhood obesity

Let's take a 1-day data sample of the physical activity and sporting hobbies of children and how they engage with each other and try ideas to resilient physical activity habit for life.

LOADING...

Take a 5-minute break every hour of the school day and see how many physical activities your class/school can engage in?

You can run a class vs. class competition, count all the class steps for the day or any activities you can think of!

NEXT STEP:

Send in pictures and a record of all your physical activities or sports tried to <https://techweek.ie> and post on your school's social media accounts.

FINAL STEP:

Don't forget to register your activities on <https://techweek.ie>!

