

Drink a glass of water before school

Run for 15 minutes 3 times in one week (this is the same as The Daily Mile™!)

Swap a fizzy drink or juice with a glass of water

Fit some activity into your journey to school

Limit your screen time before bed, this will help you sleep better!

Run your Daily Mile with a friend or your teacher

Try a fruit or vegetable you haven't eaten before

Complete 60 minutes of activity in a day

Count how many steps you can take in an hour

Speak to someone you haven't spoken to yet today

Take a mindful moment

Try a new sport or activity you haven't done before

Do something outdoors on the weekend

Say something nice to one of your classmates

As a class, have a 'get up and move' break

Wesport Bingo!

Can you get a BINGO!?

Try to complete all of the challenges on your bingo card this term!

Each week, pick another square to add a healthy habit to your routine.

If you complete it, tick it off!

If you complete a row, contact us to be entered into a prize draw

If you complete the whole board, contact us for a bonus prize for your school!

Wesport are your local Active Partnership: we are charity that is passionate about helping you and your school become more active and enjoy the benefits of an active lifestyle. We can offer support with your Primary PE Premium, introducing the Daily Mile to your school, organising the School Games and providing bespoke teacher training opportunities.

If you would like a copy of this resource for your school, please contact nicole.emmanuel@wesport.org.uk



wesport

INSPIRING ACTIVE LIVES