



You do not have to do 30 minutes of activity all in one go!
Activity can be broken into snack-size pieces (10 minute intervals):
a **SNACKTIVITY**.

Check out the Snacktivity ideas for inspiration to

get up, get out... get active!

School

1. Activity Breaks

Take a two minute activity between lessons. Ask students to lead the break with stretches. Or, play a popular dance song and let students dance.

SCHOOL



2. Move memory game

Play memory games where students memorise movements instead of words. Play until the class acts the 10 different movements in the right order.

SCHOOL



3. Question and answer catch

Play a game of catch where a student catches the ball, calls out the answer to a question, and tosses the ball to someone else for the next answer.

SCHOOL



4. Star jumping

Call out a maths problem. If the answer is less than 20, ask students to give their answer in star jumps, or burpees.

SCHOOL



5. Active homework

Assign this important homework:
"Make sure you play."
Every 10 minutes counts.

SCHOOL



6. Emu parade

Get students to conduct an 'emu parade'. This could be to find 'natural objects' in a science lesson, or rubbish in a detention.

SCHOOL



7. Verb-ing

Have students act out verbs such as skip, hop and march. Modify the actions by stating adverbs like rapidly, powerfully and enthusiastically.

SCHOOL



8. Pedometers

Take advantage of pedometers to motivate staff and students to get walking. Take up a 10,000 step challenge!

SCHOOL



9. Activity drama

Create a bulletin board where students and teachers place pictures of themselves being active. Students are to act out a picture for student's to guess the activity.

SCHOOL



10. Juggling

Get your class juggling - make your own balls with balloons and birdseed and have a practice session before each class.

SCHOOL

