

# MOVE MORE SIT LESS TIPS FOR SCHOOLS

- Start each day with a movement activity.
- Lead by example – get staff to join in active play during recess or lunch, encourage staff to bring in suitable footwear and clothing to be active.
- Incorporate moving more during class time – “Movement Snacks” keep kids focused.
- Incorporate movement into other lessons, have kids act out different letters during reading lessons i.e. jump for a full stop, clap for a capital letter etc.
- Set up a committee of staff and parents who can look at how to incorporate more movement into school life.
- Organise an active transport parents group.  
(i.e. a school walking bus or safe biking routes for kids)
- Set parking and set down areas further away from the school gate.
- Set a standing area at the back of class with high tables to encourage kids to stand during lessons.
- Provide high tables for teachers to stand in staff areas and/or in the classroom.
- Provide active equipment and play boxes to encourage kids to move during recess and lunch.
- Organise a physical activity session for parents to join in after they have dropped their kids to school – it could be led by a qualified teacher or local physical trainer.
- You can find more activity ideas at our Teachers Resource Centre at [www.bluearth.org/teachers-resource-centre](http://www.bluearth.org/teachers-resource-centre)