

On your marks, get set... go!

games 4 life



teacher resource booklet

let's get going with games4life

It's all about sport and we'd love everyone to get involved in the action.

Games4Life is an exciting initiative from Change4Life which aims to inspire children and their families to be active. It's recommended that children are active for 60 minutes every day and adults are active for 150 minutes every week.

Active minutes are the ones that really get our hearts pumping – helping us to feel good and strengthening our hearts and bones too.

Physical activity is fundamental to the development of children's health and wellbeing and their ability to lead healthy, active lifestyles, and healthy pupils are more likely to be effective learners.

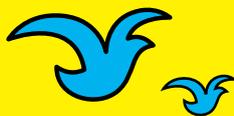
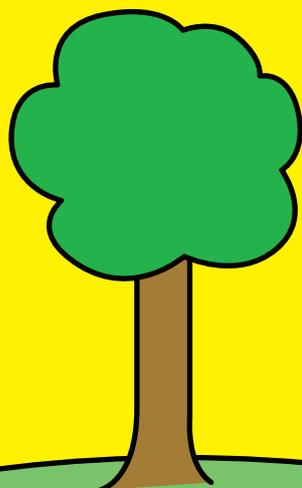
How to use this booklet

The ideas in this booklet are intended to be flexible so that you can pick and choose from the activities to create a Games4Life event or session that best fits your pupils. The aim is for everyone to get going and have fun!

Learning outcomes

Taking part in these activities will encourage children to:

- Understand the importance of physical activity so they can lead healthy, active lifestyles – both now and as they grow up.
- Develop a positive attitude towards their health by understanding that healthier eating and physical activity can be fun.
- Independently plan how they can improve their physical activity and eating habits.
- Work together and build new friendships so they develop respect for others. This will give them the confidence to try something new.



engaging parents with games4life

Children may be less active over the holidays because physical activity isn't a priority in their family, or their parents and carers lack the time, awareness or inclination to help them get going.

One of the best ways to help children get active regularly outside school and over the holidays is for the whole family, especially their parents, to be involved. Holding a Games4Life event at your school is a great way for you to get the healthy living message across to children and their families in a fun and engaging way. It may even help other family members to get going too.

Where possible, please support us by explaining to parents the importance of diet and nutrition and getting children active every day.

To do this you could:

- Explain what Games4Life is all about in your school newsletters and other parent communications.
- Run a Games4Life family session.
- Involve parents and carers in your Games4Life event as volunteers or activity leaders.
- Invite parents and carers to take part in your Games4Life event.



games4life ideas for the whole school

Hold a special event for the whole school to get everyone excited about Games4Life.

For your Games4Life day you could:

- Use the Games4Life wall chart and introduce pupils to the activities so they can continue to do them outside of school and during the holidays.
- Ask everyone to wear something yellow.
- Encourage everyone (teachers too!) to walk or cycle to school for a special healthy breakfast club. We have lots of healthy breakfast ideas at www.nhs.uk/change4life/Pages/breakfast-for-life.aspx.
- Hold a bushtucker trial – line up some fruit, vegetables or healthy snacks for the children to sample and award 10 points for every new taste tried.
- Create a family circuit – see the [jump to the beat!](#) activity on page 6 for some ideas. Encourage children and their parents to take part.
- Hold a smoothie sale! Or do a [make your own](#) smoothies and juices session. You could even get your class to come up with their own smoothie recipe and have a competition for the best one.
- Invite some expert visitors e.g. your local football team, a dance or yoga teacher to give a talk or demonstration of their activity.
- Have a school rounders competition followed by a healthy picnic. (Indoors or outdoors depending on the weather!)
- Create an old fashioned obstacle course – races like egg and spoon, wheelbarrow, three-legged etc. are great and you could place activity stations around the school too.
- Have a school vote for a sport the whole school can play.
- Learn a different or unusual sport from the ones you usually do in PE.
- Go on a nature/local interest hike – check out www.walk4life.info for walks in your area.
- If your school has a Change4Life Sports Club, why not invite them to hold an open session for the rest of the school or talk about their club in assembly?
- Have a [bring your bikes to school day](#) – check out www.bikeability.org.uk for ideas on how to get your pupils trained and ready to cycle safely with Bikeability.
- Create a selection of workshops from the list above and the activities on pages 5-6 and ask the children to sign up for the sessions they like the most.

Hold an end of term Games4Life assembly

Talk to the school about all the exciting upcoming sporting events taking place and explain that you don't need to be an elite athlete to enjoy being active every day.

Express to the children the importance of getting their 60 active minutes every day. There are loads of physical activity resources at [Change4Life/Schools](#).

You could even ask small groups to present what they did as part of Games4Life day, or to talk about their favourite ways to get going outside school.



games4life ideas for your class

All of these games are suitable for outdoor play, but can be adapted for indoors.

Games4Life super obstacle course



Divide the class into teams and challenge them to create games for a super obstacle course.

Give each team a skill category, or two, from the following list and tell them that the activity they create must test this skill. Some examples are balance, crawl, jump, pull, ride, reach, throw, weave – anything you can think of.

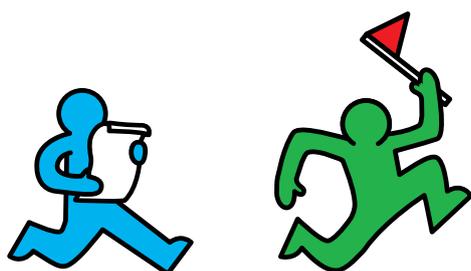
You could provide benches, chairs, newspapers, hula hoops and skipping ropes for the teams to use, or ask them to use their imagination to find suitable obstacles.

Safety tip: Make sure the obstacles used are safe and sturdy and that teams aren't using them in a dangerous way.

Once each team has created their activity, put them together to create their own super obstacle course. Let each team have a practice run to test out the course and then try one of the following:

- Time each circuit for each team and get them to beat their personal best time.
- Develop a points system for each obstacle so teams can try to beat their best points score.
- Get them to participate in pairs, holding hands around the course.

North, south, east, west treasure hunt



This is a great game to introduce children to orienteering. Create a list of moves for teams to navigate towards some treasure, using a compass.

For your list of moves, select a starting and end point and think of as many different ways the teams can move to get there, e.g. take four steps

north, turn to face east, take seven giant strides, hop behind the tree, etc.

You can also create a list of clues for them to solve along the way e.g. write down what is next to you, what type of tree have you hopped behind?

To increase the challenge you could:

- Time the trail and race teams against each other.
- Do it in pairs as a three legged race.
- Challenge teams to create new trails for each other.

Safety tip: Ensure your route takes teams to safe places without hazards or unknown people.

Jump to the beat!



This is a great game to show children how to get their blood pumping and muscles moving in a fun way.

Mark out a safe playing area and arrange six cards numbered 1-6 around the area. On each card, write an activity that targets a different part of the body, e.g. **Lungs** – jump 10 times and shout as you count, or **Muscles** – do five star jumps.

Safety tip: Make sure there is enough space between the areas for everyone to do each activity.

Divide the class into six teams and ask everyone to find their pulse (at the wrist or neck), count it for 10 seconds and write down the number. This is their pulse rate.

Now each team has to jog, hop or jump round the circuit. After each activity they need to count their pulse again for 10 seconds. After a few rounds they'll be able to see how much it rises.

Let's dance

Dancing is a fun and creative way for children of all ages to keep fit and active. To get your class moving, put some music on and challenge them to make up their own routine. Or choose one of our favourite Change4Life dance styles:

Streetdance with Diversity

As a class, watch a video of Britain's Got Talent winners performing their best moves at [nhs.uk/C4Ldiversity](https://www.nhs.uk/C4Ldiversity).

Learn the steps and try them out with some music. Once the class has mastered Diversity's moves, divide them into small groups and challenge each one to come up with a streetdance routine of their own.



Cheermotion

Divide the class into groups and ask them to create an all-action cheerleading routine using some of these basic moves:

- High V – feet apart, raise both arms in the air to create a V shape.
- Low V – feet apart, point both arms down and out a little to create an upside down V.
- High-punch – one hand on the hip, the other punched high into the air.
- Half T – hands clasped at chest height, elbows out to the side.
- T – arms spread out to the side of the body.

Safety tip: Make sure there is enough space between groups for them to move freely.

Once they get going, ask the children how they are feeling:

- Can they feel their hearts beating faster?
- Are they out of breath?
- Do they feel hot?
- Have their cheeks changed colour?
- Most important of all – are they having fun?

Explain to them that these are all signs that they are getting their heart rate going – which will not only make them feel good, but strengthen their bones and give their lungs and muscles a brilliant workout.

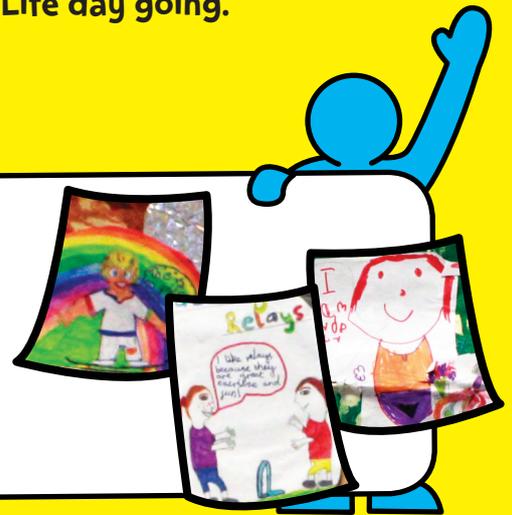


games4life follow-up ideas

Here are a few ways to keep the excitement of your Games4Life day going.

Create a class wall-hanging of the day

Ask each pupil to draw a small picture and write a sentence about their favourite activity and why they liked it. Then on a very large piece of paper (or several sheets stuck together) paint a background of your school. Once it's dry, stick the children's pictures onto it.

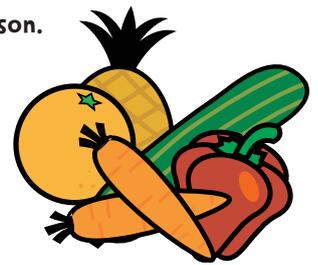


Find out fascinating facts about your favourite sports people

Ask the children to find out five interesting facts about their favourite sports person. Then share these facts with the rest of the class.

Hold a class bushtucker trial

Get each pupil to bring in their favourite fruit or vegetables. The class then samples as many as possible and award themselves 10 points for every new taste tried.



useful change4life links



For more teaching resources on healthy eating and physical activity visit www.nhs.uk/c4lschools.

To find out more about Change4Life Sports Clubs visit www.youthsporttrust.org/how-we-can-help/programmes/change4life-sports-clubs.aspx.

Sign up to our teacher's newsletter to receive all our updates first, visit www.nhs.uk/c4lschools to register.

other useful resources

Get your pupils trained and ready to cycle safely with Bikeability at www.bikeability.org.uk.

Visit the British Nutrition Foundation at www.foodafactoflife.org.uk for a wide range of free resources around the importance of healthy eating.

Does your school run cooking activities? If so, you can join the Let's Get Cooking network. Receive extra support on running cooking sessions and access over 300 recipes and resources online. Visit www.letsgetcooking.org.uk/apply for more information

Interested in encouraging your pupils to walk to school? Living Streets has lots of hints, tips and suggestions at www.walktoschool.org.uk.

Learn more about promoting school meals in your school with National School Meals Week, which celebrates all that's great about school lunches at www.nsmw.org.uk.

The School Games is a great opportunity to motivate young people to enjoy the benefits of playing competitive sport. Visit www.yourschoolgames.com.

Walk4Life has nearly 2,012 one-mile walking routes across England. To help you plan a route for a local hike check out www.walk4life.info.

The Youth Sport Trust is passionate about helping young people achieve their potential by delivering high quality PE and sport. Visit www.youthsporttrust.org.