

# MOVE IT WEEK STEPS CHALLENGE

# DORSET SCHOOL GAMES



## ACTIVITY PASSPORT

Name: \_\_\_\_\_

School: \_\_\_\_\_

Class: \_\_\_\_\_

### Move it Week Activities

Inside this passport you will find 30 activities – it's a big list, can you complete them all?

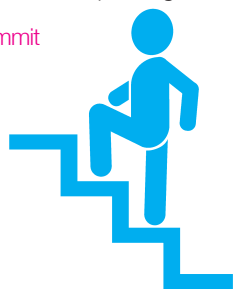
Complete your Activity Passport and hand back into school for a chance to win!

### Steps to Summit. Can you help us?

We invite you and your family to join us in making a positive change. Take a step in the right direction towards a happier, healthier local community by taking part in our step challenge. The aim is to promote mental and physical well-being whilst enjoying what your local area has to offer in terms of open and urban spaces.

We encourage all school-aged children, parents, carers, siblings, grandparents, aunties, and uncles to get involved to see how many steps we can do and how many mountains we can conquer together!

Mountain	Steps to summit
Scafell Pike	6,180
Mount Snowdon	7,120
Ben Nevis	8,810
UK National 3 peaks (all 3 above)	22,110
Mount Blanc	30,420
Mount Kilimanjaro	38,680
Mount Everest	58,070
<b>Total</b>	<b>171,390</b>



#### How:

Join the Dorset School Games Community on Playwaze via the QR Code and register for the Move It Week Steps Challenge

There are two versions of the challenge available;

#### Tracker Challenge

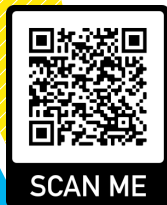
(integrated with popular fitness apps & wearables) and an

#### Evidence Challenge

(suitable for group entries or those without fitness apps or wearables). Select your preferred challenge and start stepping up to the summit – see you at the top!

**N.B.** For any problems accessing the step challenge please contact:

[Schoolgames@activedorset.org](mailto:Schoolgames@activedorset.org)



SCAN ME

The best bit is you can start from the beginning, end or even halfway through. **Ready to go?**

Once you've ticked everything off, hand it back into school for a chance to win a Dorset School Games prize!

## Leadership

## Personal Challenge

## Health & Wellbeing

## Be Active

## Community

## Outdoor Activities



Teach someone a new skill

Complete a DTSM Skipping Challenge

Try a new fruit or vegetable



Design an obstacle course

Complete a Head over Heels Gymnastics Challenge

Make a smoothie



Invent a new game

Complete a DTSM Skipping Challenge

Drink an extra glass of water



Demonstrate a personal challenge

Complete a Head over Heels Football Challenge

Take time to relax



Create a 5 exercise fitness circuit at home

Complete a Personal Challenge of your choice

Do something creative (paint, draw, dance)



Be active after school

Go on a bike ride

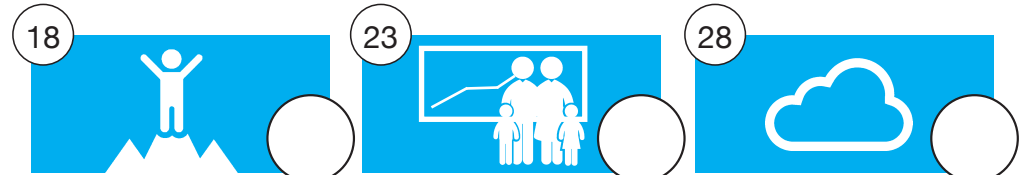
Build a den



Learn a new skill

Walk or run a mile

Fly a kite



Be your best - try to improve a personal challenge activity

Count how many activities you and your family complete

Go cloud watching



Visit your local playing field or outdoor gym

Get your 5-a-day

Climb a huge hill



Be active for 60 minutes

Complete an orienteering course

Have a paddle