

FACTIVE



WHAT'S INSIDE THIS ISSUE:

SAVE THE PLANET

- "JOURNEY STICKS" ACTIVITY
- "TRASH TRAIL" ACTIVITY

NEW PRIZES

CLAIM A BRAIN

JUST FOR FUN

JOANNE JACKSON Q&A

NEW PRIZES

We want to do our bit to save the planet too, so it's out with the old plastic wristbands, and in with something new! Have an idea?

Email us at

hello@sportsforschools.org and we could choose your idea to use in the new academic year!

Save the planet AND get active!

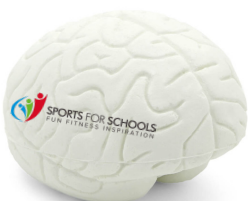
Some fun activities to use in the classroom...

Journey Sticks

The aim of the lesson is to have the children create their own map of the route they go on - but first, the children explore the outdoors – picking up reminders of their experience along the way (leaves, moss, bottle tops, and so on which they fix to their own personal 'journey stick'). Not only are the children practising map-making, but they are also getting fresh air, exercise, and collecting rubbish too!

Trash Trail

Organise a class walk around the local area (or playground) to pick up any rubbish and put it into categories (man-made and natural, recyclable and non-recyclable, by material etc.) You could even arrange to do this in bigger groups, or as a school-incentive with a prize for the class who collect the most rubbish! You can even choose an item of rubbish that accounts for a physical activity when it's found (i.e. ten jumping jacks per crisp packet!).



Claim your **FREE** report with 20 Top Tips to get your School more active at sportsforschools.org/get-active/ and get in touch to find out more about our Get Active Programme! We'll also send you a FREE brain-shaped stress ball.

Just for fun!

“

A fun way to recycle in your school...

After the recent 'Blue Planet live' series, it's more important than ever to look after the environment. Why not encourage more children to walk to school instead of being driven in? There's no need for fancy equipment when it comes to exercising or saving the planet – the best things in life are free!



Trash talking turtle, Virginia Aquarium

But how else can you save the planet and still have fun doing it? Why not try giving your class the task to make a **recycled product sculpture**? Artists have started creating sea creatures from recycled plastic, so we think schools should give it a try too! The children can bring packaging from home, or use what they've collected from the 'trash trail' and *work together* to make a sculpture that you can display at your school. It's a fun and active way to save the planet!

Want to be inspired to get your school more active?
Follow us on social media!



@sportsfs



sportsfschools



sportsforschools

If you make sport sessions fun it will help encourage pupils to be more active.

Joanne Jackson, previous World Record holder for the 400m freestyle and Britain's most successful female swimmer of all time, tells us about keeping active.

Q: A lot of children really struggle to engage in sport at school. What can we do to help?

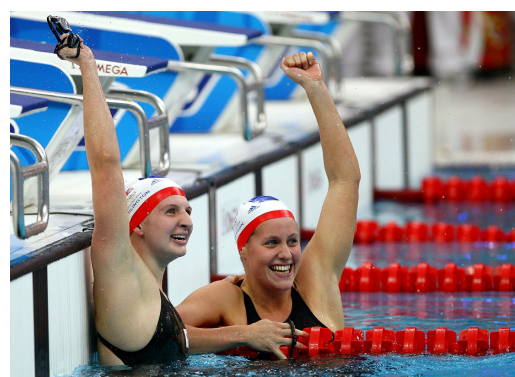
A: I think a variety of sports/activities will help the children join in. If the children are struggling to play individual sports I would encourage the teacher to do group/team sports to get everyone involved.

Q: What is your ultimate goal?

A: My ultimate goal was to win an Olympic medal but now I have retired it is to be a role model for children so I can help them to achieve their dreams.

Q: What would you say is your life motto (and a good motto to have)?

A: You only get out of life what you put into it. Believe you can and you're half way there.



Joanne Jackson with team mate, Rebecca Adlington - Beijing 2008 Olympics

Have a question for the team? Get in touch!
UK: 01223 792200

EIR: 0 1 9069331

info@sportsforschools.org