



Hop Hop!

Here is an activity to be done on the occasion of the 2018 *Défi Santé* (Health Challenge). It is a question of organizing a walk at intervals of 30 minutes during a walk in the district with the students..



Expertise

Pedagogical skills for the student:

- Psychomotricity
- Peer Relations

Professional expertise put forward by this activity:

- Planning and organizing activities
- Planning and organizing psychomotor activities

Educational Intentions (Suggestions):

At the end of the activity, the student will have developed psychomotricity

Age Group:

Multiage

Required Materials:

- Scarves to identify students
- Watch (or an application that allows you to program intervals)

Hop Hop!

Instructions

1. Know the warnings

Students and educators should wear good shoes to avoid injury.

If you or some students are significantly overweight or have joint or muscle pain, go for fast walking or jogging for exercise peaks.

Anyone who feels discomfort while jogging should slow down.

2. Walk at intervals: take out your time and go for 30 minutes of active walking!

- Start with a 5 minute warm up walk.
- Chain with 1 min of jogging.
- Back to walking a normal step for 3 min.
- Repeat 5 times (for a total of 6): 1 min jog + 3 min walk.
- Finish walking to return to school.

3. If you wish, repeat this step 1 or 2 times in the week.

4. Send pictures of your activity!

Take a photo of the activity and send it to info@defisante.ca!



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