



ASSOCIATION QUÉBÉCOISE DE LA GARDE SCOLAIRE
SOUTENIR
REPRÉSENTER
MOBILISER

Raise the Active tes pieds Challenge!*

The Active tes pieds Challenge encourages families to adopt a healthy lifestyle by making room for active transportation in their daily lives. A simple and fun way to move more every day!



Expertise

Pedagogical skills for the student:

- Developing psychomotricity
- Developing healthy lifestyles

Professional competencies put forward by this activity:

- Planning and organizing activities
- Activities focussing on psychomotor development

Educational Intentions (Suggestions):

Demonstrate to students how they can adopt healthy lifestyles

Age Group:

Multiage



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Approach

1. Before the 21st of September:

Register your school on defiactivetespieds.ca.

2. In September:

Invite your students and their families to participate in the Active Your Feet Challenge using promotional tools provided by the Canadian Cancer Society.

3. In October:

Remind your students to count their kilometers and write them on defiactivetespieds.ca.

Use the free educational kit to introduce them to the benefits of active transportation.

Organize active challenges with them and collect badges.

4. In November:

Congratulate your students and their families on the results of the Challenge. The Canadian Cancer Society will proceed to draw prizes for participation.



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