



Hop Hop!

This is an activity to do during **week 3** of the 2020 *Health Challenge*, which features the theme Let's play outside! It consists of organizing a 30-minute interval walk around the neighbourhood with students.



Age group:
Multiage

Required material:

- Bibs or sashes to identify students
- Watch or stopwatch (or an app that lets you program intervals)

Skills

Aspect of the overall skills developed by the student:

- Affective
- Cognitive
- Moral
- Psychomotor
- Social

Educational purpose:

To develop their global motricity.

Professional expertise put forward by this activity:

- Planning and organizing activities.
- Planning and organizing psychomotor activities.

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Instructions

1. Be aware of safety rules.

- Students and educators should wear appropriate shoes to avoid injury.
- If you or any student is significantly overweight or has joint or muscle pain, opt for fast walking instead of jogging during exercise peaks.
- Anyone who feels discomfort while jogging should slow down.

2. Go for an interval walk: take out your stopwatch and go for a 30-minute active walk!

- Start with a 5-minute warm up walk.
- Then jog for 1 minute.
- Back to walking at a normal pace for 3 min.
- Repeat 5 times (for a total of 6): 1 min jog + 3 min walk.
- Finish by walking back to the school.

3. You can do this walk once or twice during the week.



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