

STEPTEMBER

ACTIVITIES



OVAL WALK

Set a date aside to get the whole school moving together around the oval!

'MEET A NEW BUDDY' DAY



Say 'hi' to a new friend and find out three things:

Their favourite food
Their favourite game
What's something different about you both?



'DANCE YOUR WAY' FRIDAYS

Start your day with a boogie! Blast some tunes on a Friday morning and get moving. Finish with a 'freeze' competition!

CHATTERBOX



Fill in the blanks, fold the Chatterbox, then get moving while having a chat with your mates about cerebral palsy.



CLASSROOM

ACTIVITY CONVERTER

| ACTIVITY | STEPS |
|--|--------------|
| Arts & Crafts | 500 |
| Creating and playing Chatterbox | 750 |
| Duck, Duck, Goose | 1,000 |
| Handball | 1,600 |
| Heads Down, Thumbs Up | 900 |
| Hide and Seek | 1,500 |
| Hopscotch | 800 |
| Horse | 500 |
| Locker/Desk clean up | 1,000 |
| Meet a new buddy | 800 |
| Oval/Court Walk | 3,000 |
| Recess star jumps/dancing | 2,000 |
| Red Light, Green Light | 1,500 |
| School bag clean up | 800 |
| Shooting hoops | 2,000 |
| Simon Says | 650 |
| Tag | 2,000 |

CONNECT WITH US!

@STEPtemberAU #STEP4Schools



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Move together for cerebral palsy