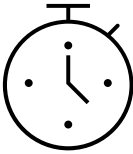


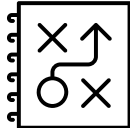
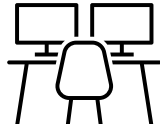
25 Practical Ways to Integrate Physical Activity into the School Day for Staff Wellbeing

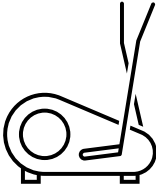
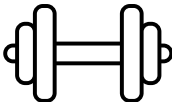
This resource provides a collection of practical ideas designed to integrate physical activity into the school day, without the need for extensive time commitments or resources. These strategies aim to boost energy, improve mental health, and enhance the overall school environment.

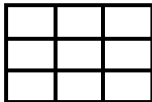
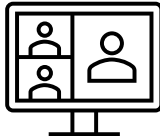
By adopting some of these practical ideas, school leaders can support staff wellbeing, leading to a more positive and productive educational setting. Remember, every little step counts towards building a healthier school community.

Morning Warm-Up	
Start the day or staff meetings with a 5-minute group stretch or mindfulness session to energise and focus.	
Walking Meetings	
Replace some sit-down meetings with walking meetings around the school grounds.	
Active Breaks	
Encourage short active breaks where staff can do desk exercises, stretching, or quick walks.	

Step Challenges	
Encourage short active breaks where staff can do desk exercises, stretching, or quick walks.	
Yoga Mats and Resistance Bands	
Provide yoga mats and resistance bands in a designated area for staff to use during breaks.	
Quick Team Games	
Set up quick, simple team games like tag or relay races that can be played in 10 minutes.	
Dance Breaks	
Have a weekly 10-minute dance break where staff can gather and dance to a fun playlist.	
Cycle to Work Scheme	
Promote cycling to work by offering bike storage and incentives for those who bike.	
Lunchtime Walking Club	
Start a lunchtime walking club that takes a brisk 15-minute walk around the school or local area.	

Stand-Up Meetings	
Encourage stand-up meetings to reduce sitting time and increase alertness.	
Fitness Challenge Month	
Organise a fitness challenge month with different daily activities or challenges.	
Active Professional Development	
Include an active component in professional development days, such as a team-building sports activity.	
Deskercise Resources	
Distribute a list of desk-based exercises (deskercise) for staff to do during the day.	
Stretching Posters	
Put up posters with stretching exercises around the staffroom and work areas.	
Health and Wellbeing Workshops	
Offer workshops focusing on physical wellbeing, including practical sessions on exercise and movement.	

On-site Fitness Classes	
Arrange for instructors to come in and lead fitness classes during lunch or after school.	
Group Fitness Challenges	
Set up group fitness challenges, like who can log the most miles running or walking in a month.	
Mindful Movement Sessions	
Host mindful movement sessions focusing on gentle exercises to relax and rejuvenate.	
Active Commute Days	
Designate active commute days encouraging staff to walk, cycle, or jog to work.	
Equipment-Free Workouts	
Share equipment-free workout routines that staff can do at home or in small spaces at school.	
Outdoor Adventure Club	
Organise an outdoor adventure club that plans hiking, biking, or kayaking trips on weekends or school breaks.	

Gardening Group	
Start a school garden and invite staff to participate in gardening sessions as a form of physical activity and mindfulness.	
Chair Yoga Sessions	
Offer short chair yoga sessions that can be done in the classroom or office, focusing on stretching and breathing to reduce stress and increase flexibility.	
Fitness Bingo	
Create a fitness bingo challenge with different physical activities in each square. Staff complete activities to achieve bingo and win prizes.	
Virtual Fitness Challenges	
Set up virtual fitness challenges that staff can participate in remotely, such as virtual races or online workout competitions.	

Ideas to Try:

- Create a wellness committee to plan and promote these activities.
- Use a school app or bulletin board to share schedules and updates on physical activity opportunities.
- Offer small incentives or recognitions for participation to encourage engagement.
- Survey staff to find out which activities they're most interested in.
- Collaborate with local gyms or sports centres for discounts or guest instructors.
- Partner with local outdoor or sports clubs to provide opportunities for staff to join at a discounted rate.
- Create a dedicated wellness space in the school where staff can access ergonomic tools, yoga mats, and fitness equipment.
- Use school social media channels to highlight staff participating in physical activity, celebrating their efforts and inspiring others.
- Develop a "Wellness Wednesday" initiative where each Wednesday, a new physical or wellness activity is introduced to staff.
- Provide resources and space for staff to prepare and share healthy meals, fostering a community of wellness and healthy eating.

Supporting Notes:

This resource is designed to be adaptable and practical for schools of any size. Leaders are encouraged to tailor these suggestions to fit their staff's needs and preferences.

Collaboration and feedback from staff will be key to implementing these ideas successfully.