START

Make your class more active

Physical activity is not only good for health but also boosts learning. For this reason, your task is to make your group more physically active. By how much? How? How to measure it? Agree on all those things together. Remember that you need to address the needs of the group — the task is supposed to be pleasant for everyone.

STAGE 1

Empathising & identifying needs

Think about your needs and the needs of the group, ask questions and work out guidelines for the next steps

At this stage:
Ask about your classmates' favourite physical activities, ask them what sports they do and how often. Also, ask about what they don't like and don't want to engage in.

STAGE 2

Analysing needs & resources

Think about the resources you have and what you need to finish your task

At this stage:
Decide on the general markers of success:

- group activity will rise by ..... %
- each person's activity will be boosted by at least ..... %

also, determine the baseline by measuring how active the group is now. Write down each person's activity and decide on how are you going to compare different activities. You can calculate how much time is spent on each activity per week and/or how many calories you burn.You canse the table to calculate calories. If a given category is not on the list, try to decide to which category a given activity belongs.

STAGE 3

Generating ideas

Organise a brainstorming session and find solutions that meet the needs of the group

At this stage:
Think about the activities you can boost to achieve your goal. Think about different combinations that get you the same results. Maybe organising one activity for the whole group is a good idea? Or maybe each person should do something different?

STAGE 4

Prototyping

With the use of the available resources prepare sample projects based on your ideas

At this stage:
Choose the final list of activities and focus on them. Count the calories to be burnt as a group and by each person separately. Check if this will guarantee that you achieve your goal. Make sure your activity plan is feasible!

STAGE 5

Testing

Test the selected ideas

At this stage:
Think about presenting your ideas to the other groups. How will you show them the amount of work you did? Is it better to show the data using percentages, fractions or decimals? If possible, put your ideas into practice. Next time you meet in class, check how much you managed to achieve.

Congratulations! You have shown that your group can become more active!

META