



# Our Dear Green Place Activity Calendar



**Monday  
Yoga  
Calm the  
Mind**

**Tuesday  
Climate  
Change  
Fitness**

**Wednesday  
Happy  
Scavenger  
Hunt**

**Thursday  
Multi- Sport  
Speed  
Challenge**

**Friday  
Blue  
Space  
River Walk**

**Saturday  
Go Again**  
Pick your favourite  
from this  
weeks' activities

**Sunday  
Sustainable  
Cycling**

**Monday  
Active  
Sustainable  
Travel**

**Tuesday  
Lamp Post  
Run**

**Wednesday  
Olly  
Octopus  
Game**

**Thursday  
Stair  
Climb  
Challenge**

**Friday  
Roll  
Around  
the Globe**

**Saturday  
Bike  
Balance  
Control**

**Sunday  
Go Again**  
Pick your favourite  
from this weeks'  
activities

**Monday  
Rainbow  
Run Wind  
Turbine**

**Tuesday  
Skipping  
Challenge**

**Wednesday  
Environment  
Friendly  
Walk**

**Thursday  
Yoga  
For  
Nature**

**Friday  
Hill  
Runs**

**Saturday  
Woodland  
Workout**

**Sunday  
Glasgow's  
Blue  
Spaces**

**Monday  
Jump  
the  
River**

**Tuesday  
Green  
Space  
Walk**

**Wednesday  
Run  
Like the  
Wind**

**Thursday  
Clear the  
Garden  
Game**

**Friday  
Protect  
Your  
Planet**

**Saturday  
Sustainable  
Scavenger  
Hunt**

**Sunday  
Go Again**  
Pick your favourite  
from this weeks'  
activities.

### Yoga- Calm Your Mind

*Bring Yoga's positivity to your daily actions to live in a more sustainable way. Think about your food waste, plastic waste and recycling habits.*

**Task** Hold each yoga pose for up to 60 seconds. Start with the easy pose and finish with the sleeping pose.



Easy Pose



Chair Pose



Tree Pose



Boat Pose



Cobra Pose



Bow Pose



Cat Pose



Butterfly Pose



Sleeping Pose



### Climate Change Fitness Challenge

#### Task

Spell out these words and complete the activities below.  
Have a rest between each group of words.

- COP 26, Sustainability, Reuse
- Environment, Recycle, Fresh air
- Meat free, Plastic free, vegan
- Save the planet, Wind turbine



- A** – 10 Burpees
- B** – 20 Calf Raises
- C** – 60 second Star Jumps
- D** – 10 Press ups
- E** – 1 minute Running on Spot
- F** – 15 Sit ups
- G** – 20 second Plank hold
- H** – 10 tricep dips
- I** – 45 second Wall Sit
- J** – 10 Back raises
- K** – 20 Mountain Climbers
- L** – 30 second Bridge hold
- M** – 20 calf raises



- N** – 20 Squat Jumps
- O** – 10 Press ups
- P** – 15 second Pike Fold
- Q** – 20 Mountain Climbers
- R** – 25 Australian Press ups
- S** – 1 minute Running on spot
- T** – 10 Straddle v-sits
- U** – 20 Squat Jumps
- V** – 10 tricep dips
- W** – 30 second bridge hold
- X** – 10 v-sits
- Y** – 20 second Plank hold
- Z** – 10 Burpees



## Scavenger Hunt- The Hunt

*Feeling happy and looking after your health and wellbeing will help to create a happy and healthy planet.*

### Task

#### Search for the things that make you happy!!

- Something that smells good.
- Your favourite t shirt.
- Something that makes you laugh.
- A leaf in your favourite park.
- Something you like to share.
- Something outside that is your favourite colour.
- Something inside that is your favourite colour.
- Something that tastes good.
- Something that keeps you warm.
- Your favourite place outside to look at the view.

### Challenge

- Create your own happy scavenger hunt.
- Think of items that help create a happy planet. For example, a re-usable water bottle.





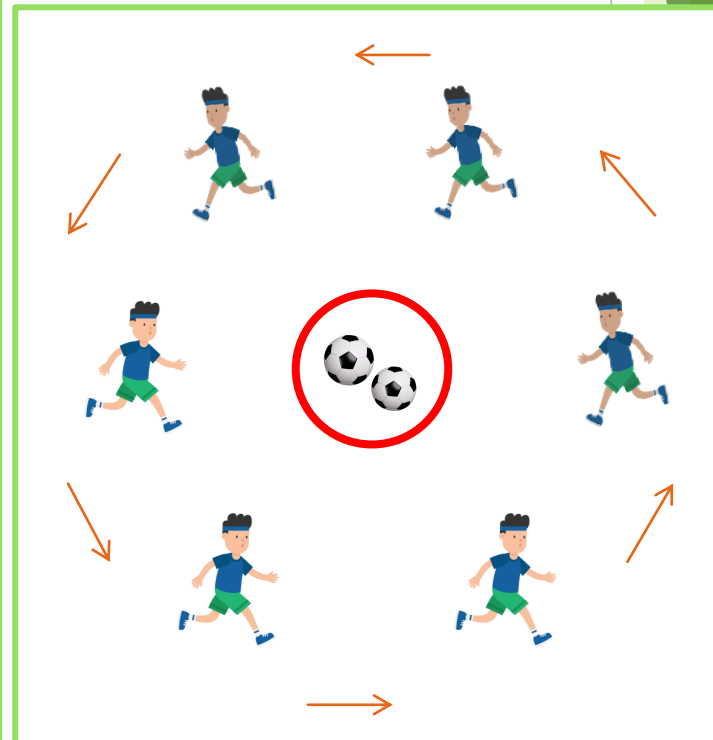
## Multi-Sport Around the World Speed Challenge

*Around the world Sweden, Denmark and Norway are leading the way for climate action. These countries are at the forefront with electric car users and renewable energy from wind farms and hydro (water) power.*

### Task

Play using a basketball, football or hockey dribble. Compete against your classmates to get around the 'world' first.

- Divide the class into equal numbered groups. Each group forms a circle and pupils are numbered (if 6 in a group, pupils are numbered 1-6.)
- The teacher calls 2 numbers. Both pupils collect a ball from the hoop in the centre of the circle, returns to their place, then dribbles around the outside of the circle in an anti-clockwise direction. It's a race against your opponent, first back scores a point.
- Return the balls to the centre of the circle for the next numbers to be called.
- The player with the most points at the end wins the game.



## Blue Space River Walk

*Rivers are full of fish and wildlife. There are many different species, depending on where the river is located.*

### Equipment

- Notebook & a pencil
- Reusable bottle of water
- Binoculars (optional)



### Task

- Go for a 20-30 minute walk, run, or cycle to an area near a river, canal, or pond.
- Do you see any fish, frogs, birds or wild animals?

### River

*Fun fact: Rivers hold less than 1% of the world's water.*

- Is the water flowing slow or fast?
- In the UK some of the fish you may see in a river are; trout, carp, or minnow.
- Animals you might find are; otters, badgers, voles.
- While on your walk write down what you see.

### Canal or Pond

*Fun fact: Canals are human-made channels for water.*

- Do you see any of the following near the canal or pond?



**Go Again!**

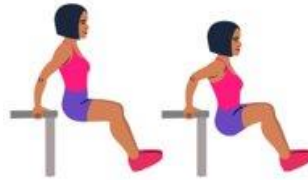


### Task

Pick your favourite from this week's activities.



Get Out,  
Have Fun,  
Stay Active!



### Cycle for Sustainability

*Cycling to school or the park is a good alternative to going in the car. It can also be a fun way to spend time with friends.*

#### Task

- Find a flat area to ride your bike on.
- Ask another person to help you.
- When your partner shouts 'up', stand up on the pedals and keep pedalling.
- When your partner shouts 'down', sit down in the saddle and keep pedalling.

This will help you to climb a hill or put in a burst of speed.  
You may need to change gears for this.



You could even try 'gliding' - stand up on the pedals and keep them level.

Don't forget adult supervision & wear your helmet!





### Active Sustainable Travel- Class Challenge *Park the car and get active.*

#### Task

**Week 1** record an average week's travel. Include journeys to school, the shops, friends' houses, leisure activities etc.

In **Week 2** try and make all your journeys sustainable, improve on the amount of active travel you do from week 1. Each time you make a journey record it with a tick in the box.



WEEK 1	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
walk							
cycle							
scooter							
other							

WEEK 2	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
walk							
cycle							
scooter							
other							



### Lamp Post Run

**Green travel** – get fit for the school run. Walking and jogging is a great alternative to traveling in a car, bus or train. The fitter you feel the more you will enjoy it.

#### Task

- Go outside with a member of your household.
- Walk from one lamp post to the next then jog to the next lamp post.
- Keep this pattern of walking and jogging between lamp posts for 10 minutes.
- Be careful when crossing roads.

#### Challenge

- If you have a good level of fitness you may want to jog and sprint between lamp posts.
- Increase the time you are active for to 20 or 30 minutes.
- Good luck.



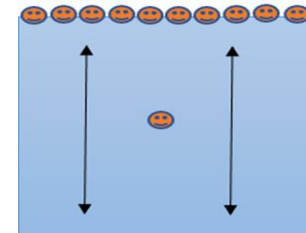
## Olly Octopus Plastic Waste

**Plastic Waste** – Household plastic (e.g. bottles, food packaging, cleaning packaging) is filling the oceans and harming the creatures living there. Disposing of your rubbish responsibly is important as well as trying to reuse water bottles and reduce the amount of plastic you buy.

### Task

Olly Octopus game – instead of fish swimming across to the other side you are plastic floating in the ocean.

- Olly octopus is accidentally eating the plastic when you get caught.
- Try to run past Olly without getting caught.
- If you get caught you are stuck in the seabed.



## Stair Climbing

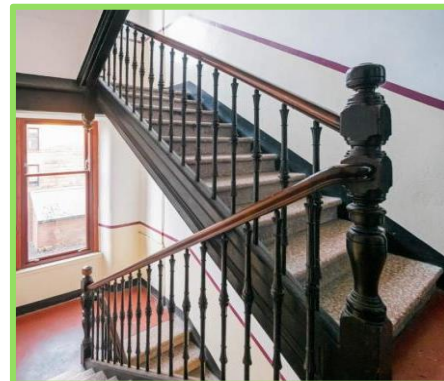
*Ben Nevis is the highest mountain in Scotland. It is 1345 metres high and is an 8.5 mile walk to the top and back. You would have to climb roughly 8805 stairs to get to the top.*

### Task

- Explore your local area and find some stairs (or use indoor ones).
- Start by walking up the stairs one at a time, walk back down and repeat.
- If that was too easy, try jogging up them, walk down and repeat.

### Challenge

- For an added challenge, run up them, walk back down and repeat.
- The number of repeats will depend on your fitness level and the length of the staircase you are climbing.
- Can you climb to the top of Ben Nevis? Set yourself a challenge to do it in 1 week or less.

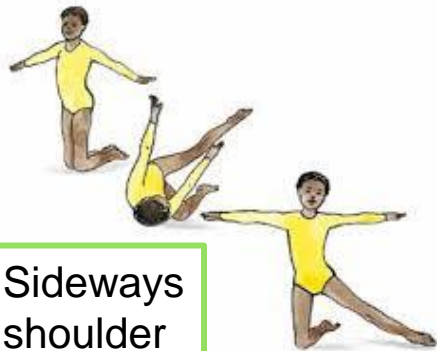


### Roll Around the Globe

*It would take approximately 50,000 000 steps to walk around earth, and around 16,666 666 cartwheels to travel the same distance.*

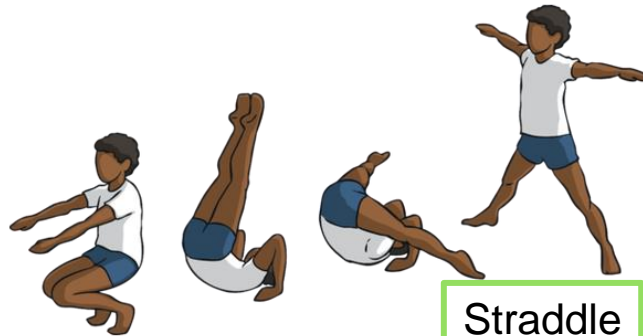
#### Task

- Jog on the spot then stretch to warm up.
- Try each rotation 4 times.



Sideways  
shoulder  
roll

Back roll



Straddle  
roll

Pencil roll



Forward  
roll



Teddy  
bear roll

#### Challenge

- Can you make up a rotation sequence?
- Can you think of any rotations of your own?



### Bike Balance Control

*It is important to have a balanced lifestyle for your health and the health of the planet. Eating healthily and exercising regularly has positive impacts on both you and the planet.*

#### Task

- Put down 2 markers you can cycle around
- Or chalk out a figure of 8 on the ground.
- Pedal around the figure of 8.

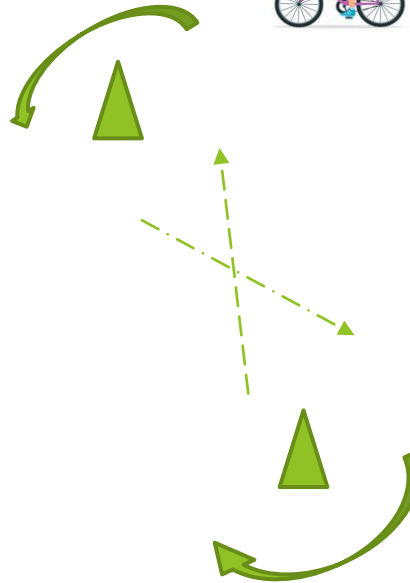
Is it easier to go slow or quick?

Can you change gear?

Wear your helmet & make sure an adult is supervising.

Keep looking where you're going! This will stop you from getting dizzy!

- It's tricky to not pedal when you're going round the corners
- Keep practicing!
- As you get faster, you'll be able to glide round the corners easily.



### Rainbow Run – Wind Turbine

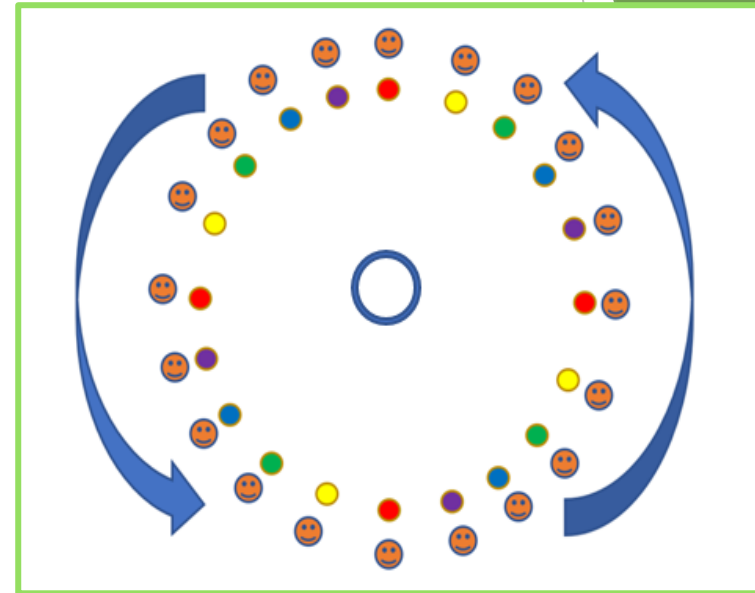
*A wind turbine uses the wind to generate electricity. This is a renewable form of energy and the stronger the wind is, the more energy it can generate.*

#### Task

- Make sure you have enough markers for one for each pupil (diagram).
- Teacher shouts a colour - pupils standing at that colour run around the outside of the circle.
- Have a couple of practice runs.

#### Challenge

- Competition – who can get back to their marker first?
- Just like the wind turbine – the faster you run the more energy you will create and use.
- Call 2 or 3 colours at the same time.
- When teacher shouts 'rainbow' all pupils run.



## Skipping

**Get Active, Go Green and Skip to School!**

### Task

- Hold one end of the rope in each hand. Circle the rope over your head then down to your feet. When the rope comes close to your feet jump over it with two feet.
- How many skips can you do?
- Can you skip for 30 secs?
- Can you skip while changing feet from one to the other?
- Can you circle the rope backwards while skipping?

### Challenge

- Can you beat your score?
  - Skip for 35, 40 or 45 secs.
  - Hop on one foot while skipping.
  - Move around the room, garden or street.
  - Why don't you try skipping to school....
- It is healthy for you and the environment!*

### Equipment

- You will need skipping ropes or a length of rope.
- You will need a space indoors or outside with plenty of room around you for the rope not to hit anything.





### Environmentally Friendly Walk

*Electric cars are a new environmentally friendly way of travelling. It is predicted that there will be 50% electric cars by 2030. A decrease in use of petrol and diesel cars will result in better air quality.*

#### Task

Go outside with a member of your household. Walk around the area you live in for 30 minutes and take notes of how many of these electronics you see:

- Electric car plug ins (charge points)
- Solar panels on houses
- Solar panels on shops



#### Challenge

- Can you spot any electric cars driving past? They are quieter so you might not hear them.
- Do any of your neighbours have an electric car?



### Yoga for Nature

*Remember to breath in earth's fresh air.  
A sustainable lifestyle will help to keep earth's air clean.*

**Task**  
Complete these yoga poses outside- at school, in the park or in the garden.  
Hold each yoga pose between 30-60 seconds. Remember to breath in and out.



## Fitness – Hill Runs

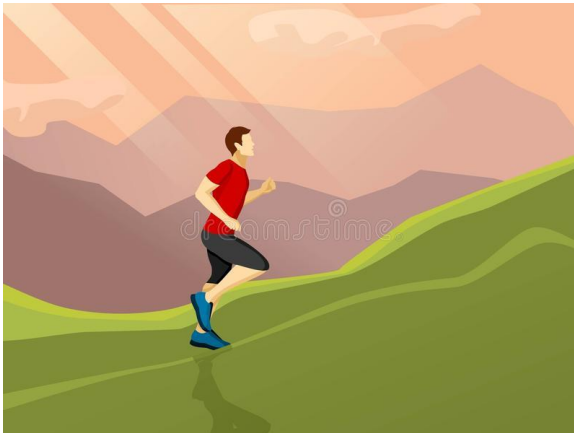
*About 80% of the planet's fresh water originates in the mountains. All the world's major rivers are fed from mountain sources.*

### Task

- Go outside
  - Find a hill that you think you could run up.
  - Run up the hill at a pace that's comfortable for you.
  - Walk back down.
  - Try to get to the same point each run.
- 
- Repeat this 5 times.

### Challenge

- If you have a good level of fitness, jog back down the hill.
- Add more runs on, can you get to 10?
- Challenge a sibling or do it together as a team.



### Green Space Fitness Circuit

*Get Out, Get Active, Feel Healthy!*



Step ups



Squats



Single leg dips

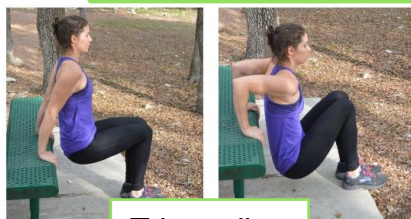


#### Task

- Complete this outdoor circuit with members of your family or a friend.
- Walk, run or cycle to a green area, like a park that has a bench or set of steps, or a woodland area.
- Walk then complete the exercise and repeat.
- Do what you are comfortable with.
- Remember to drink plenty of water in a reusable bottle.



Press ups



Tricep dips



Australian mountain climbers

### Glasgow's Blue Spaces

*Swimming and being around water is good for your health and wellbeing. Glasgow is enhancing its canal network with paths and access to water sports. The River Clyde's walking network is very accessible to Glasgow's residents.*



- Glasgow's Primary School pupils receive swimming lessons at one stage in P5,6 or 7.
- The swimming programme use Glasgow Life's 12 swimming pools and Glasgow's secondary school pools.
- Glasgow's longest pool is at Tollcross International Swimming Centre. It has 2 x 50 metre pools and 1 x 25 metre pool.
- Joining all of Glasgow Life teaching pool areas together adds up to 425 metres, just over ¼ mile in length.

Tollcross International Swimming Centre

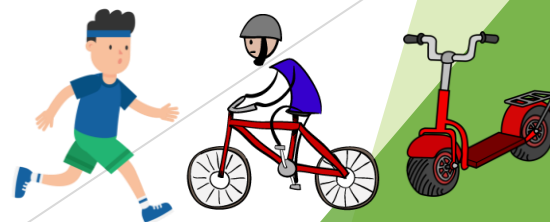


### Task

- Find all the pools on a map of Glasgow.
- Make a route map from your house to your nearest swimming pool.
- Walk or jog the ¼ mile length of Glasgow life pools (go around the school or near your home.)

### Challenge

- How many times can you run, walk, cycle or scooter the 425m length of Glasgow life swimming pools?
- Time yourself or challenge a friend to a 425m race.

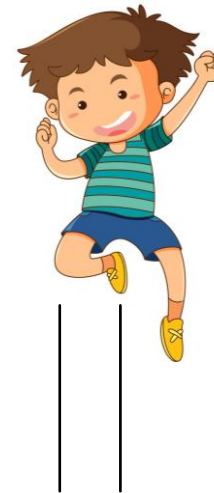


### Jump the River

*When we visit nature it is important to leave it as we find it. Making sure we don't get our feet wet in any rivers or canals during spring will support nesting birds and fish.*

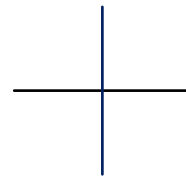
#### Task

- Find 2 straight lines on the ground or make them with chalk or sticks.
- Jump over both lines (the river).
- How many jumps can you do in 1 minute.
- Write down your personal best score.
- See if you can beat it each day!
- Can you make the river wider?



#### Challenge

- Add an extra line to make a plus sign.
- How many times can you jump around the corners in 1 minute?
- Play with a partner – who can jump more in 30/60 secs?



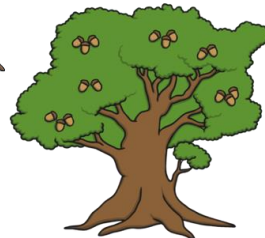
### Green Space Woodland Walk

*Glasgow's parks and woodlands help to keep us mentally and physically healthy. They help to reduce the impact of climate change and provide us with space to meet and bring our communities together.*

#### Task

Go outside with a member of your household. Walk in a park or green space near where you live for 20 minutes. How many different animals and plants can you spot on your walk?

- Squirrels
- Dogs
- Birds (different types)
- Chestnuts
- Trees (different types)



#### Challenge

- Walk at a faster pace.
- Walk for 30 - 40 minutes.
- Are there any more animals and plants you can add to the list above?



### Run Like the Wind

*The largest wind turbines can harness energy to power 600 UK homes.*

**Task:** 'Run Like the Wind'. Steal a hoop.

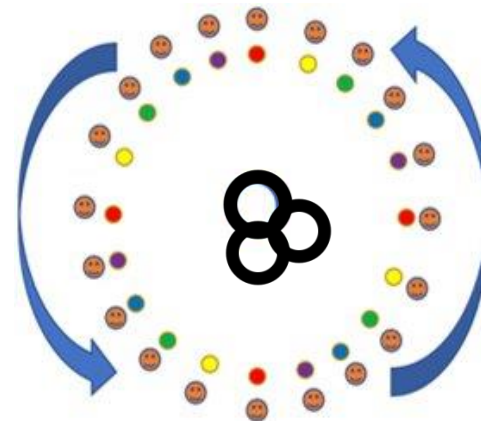
- Create a circle with the hula hoops  
Leave 3 hoops out to create an inner circle 'den'.
- All pupils begin by standing in one of the hoops, including the middle 3 hoops.
- The game begins with the pupils running around the outside of the circle, and the 3 pupils in the 'den' wait and watch, ready to steal a hoop.
- When the teacher shouts "Steal!" all pupils run and stand in a free hoop of the large circle. The pupils in the 'den' also try to stand in one of the hoops of the large circle.
- Those pupils who did not manage to stand in a hoop go to the 'den' and do a forfeit (e. g. 3 jumping jacks)

### Equipment

- Hula Hoops (one for each pupil)

### Challenge

- Remove a hoop/s from the large circle to make the circle smaller and the 'den' larger. The runners will need to react even faster to the instruction "steal".





## Clear the Garden Game

**Plastic Waste** - *Disposing of and recycling your rubbish responsibly is important as well as trying to reduce the amount of plastic you buy. Keeping your garden tidy of rubbish is a good example of being responsible.*

### Equipment

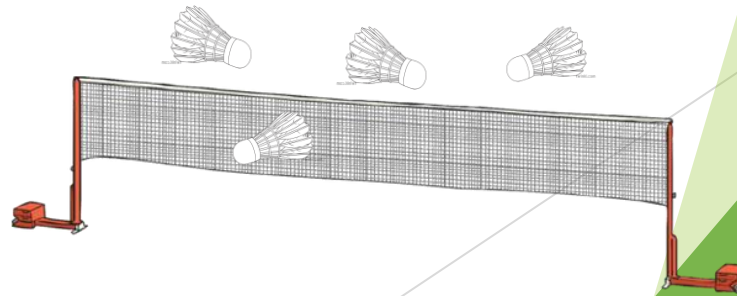
- Badminton net. (or something similar, to create a barrier between groups)
- Enough shuttles, one for each child – more if you have them.

### Task

- Each team has the same number of shuttles on each side of the net.
- Throw the shuttles to the other side of the net. The aim is to have the least shuttles on your side by the time the whistle goes.
- Imagine the shuttles are plastic waste and you are tidying your garden by throwing the plastic into a bin.

### Challenge

- Place red hoops out for glass waste, blue hoops out for plastic waste and green hoops out for food waste.
- Your team gets an extra point if any shuttles are inside a hoop.



## Protect your Planet Game

*Biodiversity is a variety of living things on earth. A healthy biodiversity protects your local environment including insects, green spaces and air quality.*

### Equipment

- 1 Basketball each. The ball is your planet and you need to protect it from external pollutants (the other players).
- Marker cones to mark out an area.

### Task

- Each pupil dribbles their ball inside the designated area.
- Keep your head up to see where you are going.
- When the teacher shouts 'protect', players must protect their ball while trying to knock out other player's ball.
- If your ball rolls out of the area you are out.
- The last player standing is the winner.

### Challenge

- Play it in smaller groups.
- The winners of each group play in a final.
- If you get knocked out you can move to a new square to play against the other knock out players.



## Sustainability Scavenger Hunt

*All around us, we can find things that help create a more sustainable lifestyle.*



### Task- Inside your home.

Find these 10 items around the house.

- A re-usable water bottle.
- A homemade item.
- A vegetable.
- A woolly hat.
- Something green.
- A re-useable coffee cup.
- An item that grew from a seed.
- A led light bulb.
- A book.
- A recycled item.



### Task- Outside

Go out for a walk and LOOK for these items.

- A fallen branch.
- 3 different kinds of trees.
- Animal tracks.
- A squirrel.
- Something the same colour as your jacket.



### Task- Outside

Go out for a walk and COLLECT these items

- A stone smaller than a pound coin.
- A twig shaped like a Y.
- Something the same colour as your socks.
- Something that starts with the first letter of your name.
- 3 leaves.

### Challenge

Create a map showing items you have placed around the house.

Challenge a family member to use the map to find the items - set a time limit.