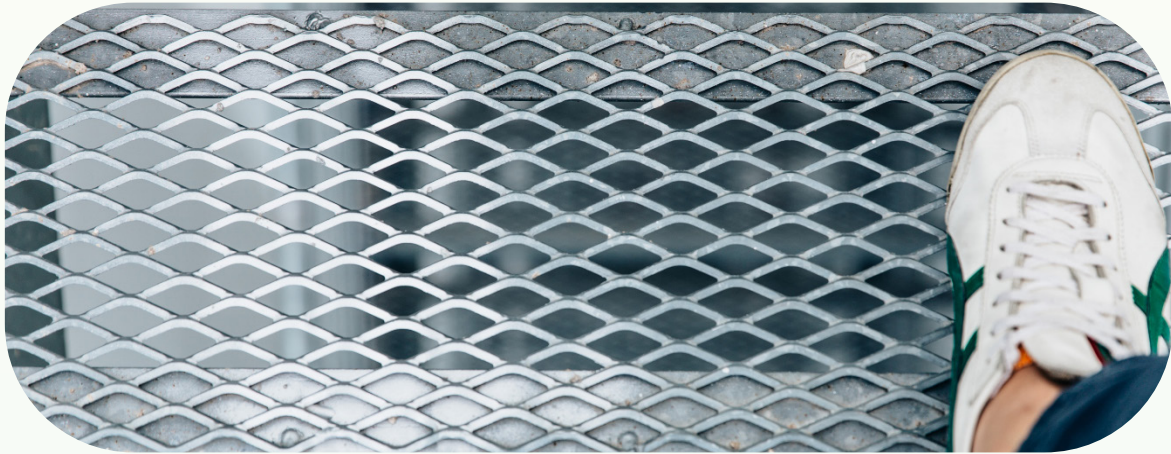


Academic Tutorial: Step Challenge



Wellbeing Tutorial

Session Length: 30mins for the Challenge introduction, Main Challenge lasts for 5 days (a work week), 30 mins summary session at the end of the week.

Aims:

- To encourage students to spend some more time outside or consider a more active lifestyle instead of sedentary options. This session will have students working together in small teams to compete to get the most steps for one full week together, hopefully encouraging healthy competition, improving resilience and building friendships.

Set Up:

Students will need access to their own mobile devices and have space on their phones to download a free app – Stridekick. Stridekick has limitations so they can only add 8 people as friends for free which is worth knowing in advance.

Equipment:

- 1 x Smartphone per student able to download the Stridekick app
- Stridekick app – free to download on IOS and Android.
- 1 x [Step Activity Log](#) printable resource for each person.
- 1 x [Step Total Team Tracker](#) printable resource sheet per team.
- Optional—[Intro](#) and [Exit](#) Forms

Structure:

Session Introduction (10mins):

Allocate students into small groups before the session, ideally designed to encourage people to make friends outside of their current friendship groups. Discuss how wellbeing and physical activity can improve your mood and brainstorm simple and easy ways that students could potentially be more active by changing little things in their day-to-day routine (for example, walking somewhere on your dinner break).

Optional - ask students to complete a digital intro form.

Task 1: Day 1 (15mins):

Ask Students to check on their phones or smart devices their current step count. From this point, Introduce the students to the Stridekick app and give a brief introduction to the week-long task, advise the students that the people they are sat with currently will be their teammates for the challenge. Allow students to make their usernames (using school usernames) and add each other in the app so they can each see each other's steps daily. Whilst students create usernames, they need to elect a "team leader". The Team leader will advise the member of staff of any issues during the weekly competition and will give the staff the usernames needed to create the challenge per team. Staff will need to create a separate challenge for each team during this time.

Task 2: Day 1(10mins):

Give students some time in their teams to discuss strategies to try and increase everyone's step counts in achievable and easy ways. During this time, staff should check on each team and listen to some ideas and plans, encouraging walking when they can and other easy wins to increase their score. This time can be used to check on technical issues.

Task 3: Day 1 (5mins):

Students are advised the challenge has started and at the end of the week you will review. They are expected to work together and encourage each other to try and beat other teams in the class.

Task 4: Day 5 Challenge Results Reveal (20mins):

Team Leaders are to email a screenshot of their score at the beginning of the first taught session of the day at the same time when the class is seated. Alternatively hand in the team tracker sheet. In the afternoon, staff can reveal the winners via a PowerPoint or vocally and have an open discussion about the benefits of being active and how the students felt about the challenge and changes they made.

Optional - students will now be asked to complete a digital exit form for feedback on the session.