



Teacher's Activity Guide

Initiative by the
Consumer Education Project of Milk SA

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Background

World School Milk Day (WSMD) is an annual event celebrated globally on the last Wednesday of September, initiated by the Food and Agriculture Organization (FAO) of the United Nations. It aims to promote the importance of school milk programs and highlight the nutritional benefits of milk for school-going children. It also highlights the awareness of the role of dairy in school milk programmes as part of menu planning, as it contributes to an array of nutrients important for growth and for the development of learners. The whole month, all provinces are expected to have provincial campaigns, and Department of Basic Education (DBE) together with the Consumer Education Project of Milk SA will host the national one.

The aim is to complement current nutrition education included in the Life Skills, related subjects with nutrition content as part of Curriculum Assessment Policy Statements (CAPs), and to further empower learners with the knowledge, skills, and confidence to advocate for and demand healthy food environment policies within their schools and communities. By fostering a competency-based approach to nutrition education, the intervention should go beyond traditional awareness of healthy eating to ensure that learners become active participants in shaping supportive food environments.

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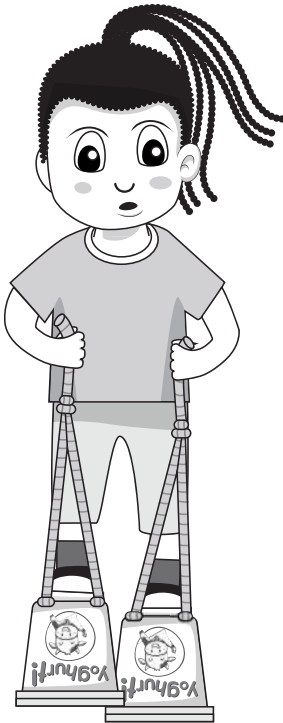
Free to play game

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World School Milk Day 2025!

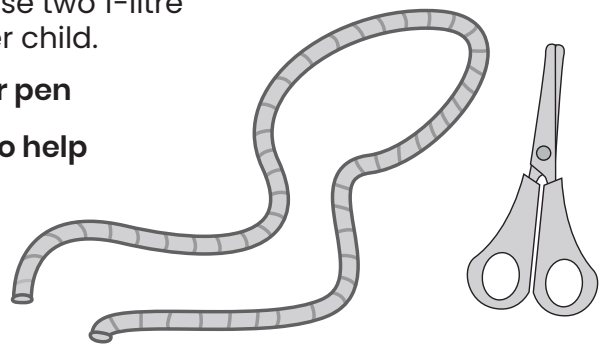
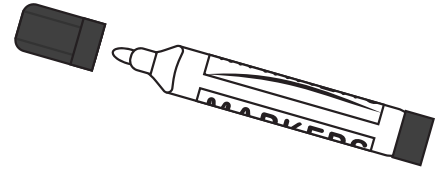
Dairy Gives You Go!
For strong bones and moves!



Grade R - Yoghurt tub stilts

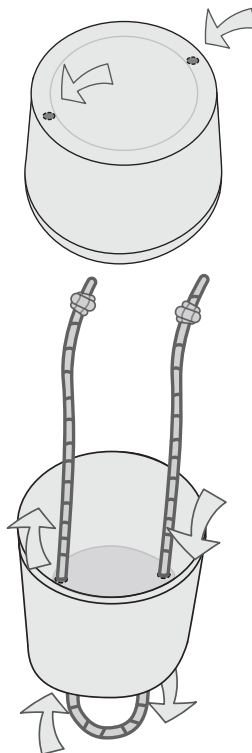
What you will need:

- **Rope:** You can weave old plastic bags to make strings for the stilts.
- **Yoghurt containers:** Use two 1-litre yoghurt containers per child.
- **Scissors and a marker pen**
- **Teacher or grownup to help**



Instructions:

1. Have a grownup help you make holes in your yoghurt containers. Make a **mark near the base** of the yoghurt container on opposite sides with your scissors that is big enough for the rope to fit through.
2. **Thread your ropes:**
Thread your rope through one hole from inside the container/s so that the **knot is on the inside**. Thread it through the second hole from outside and then tie another knot inside.
3. Children climb on the stilts and enjoy a balancing walk.



Health message

After you play or do exercise your body gets **tired**, because it uses a lot of energy, and needs **food** to **refuel** and feel **strong again**. A healthy balanced meal has different kinds of food to help your body:

- **Bread or rice** gives you **energy** to play.
- **Cheese, meat, eggs or beans** help your **muscles grow**.
- **Milk, amasi or yoghurt** make your **bones strong**.

So, after some moves or exercise, eat something like a sandwich with cheese and drink some milk or yoghurt. It helps your body to refuel and grow big and strong!

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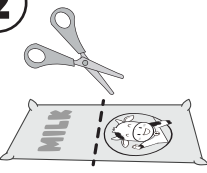
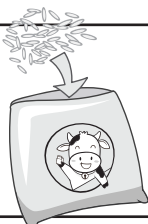
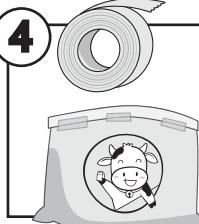
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For strong bones and moves!

Grade R - Milk bag toss

What you will need:

- Milk bag
- Scissors
- Rice or beans or sand
- Sticky tape or needle and thread (*Tip: try using thin plastic strips*)
- Teacher or grownup to help

Instructions:

-  Clean and dry the milk bags.
-  Cut the bag in the middle forming two square shapes.
-  Pour the rice or beans or sand in the square.
-  Close the open side with tape or by sewing (*ask a grown up for help*).

For extra durability, consider covering the bag with another bag, for extra strength.



Health message

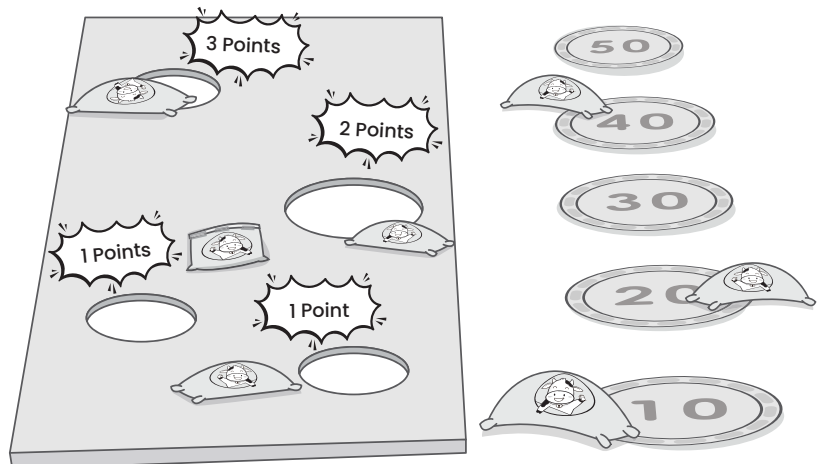
Fill up with the right stuff after playing or exercising! Milk, amasi, and yoghurt are super good to refuel and grow your body. They give you:

- **Protein** – to help your muscles grow.
- **Calcium** – to make your bones strong.
- **Energy** – to keep you going!

So, after playtime, drink some milk or eat yoghurt or amasi to help your body stay strong and healthy.



Use can use these rice/bean/sandbags in fun games. Try throwing it at the right target.



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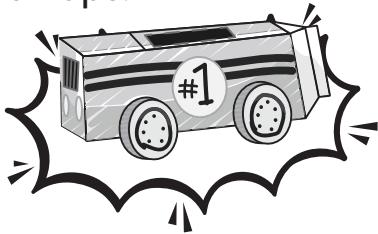
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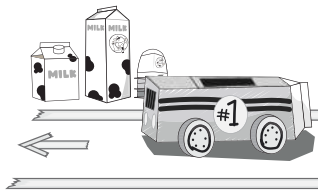
Grade 1 - Milk box car activity

What you will need:

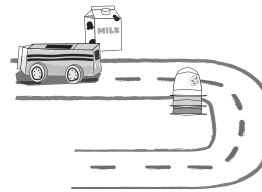
- Your own box car.
- Draw a track for your milk box car on the ground using chalk, or tape.



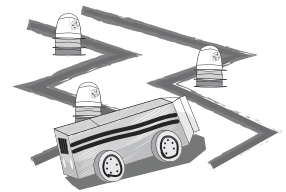
Use the chalk/tape to create different roads on the floor:



Straight lines



Turns



Zigzags

Add familiar road signs along the way, e.g. Stop.

Let the learner drive their milk box car along the track.

Bonus learning

Here the learner moves left to right and sees lines like straights, zigzags, and curves in the same way that we form lines and letters.



Health message

Dairy gives you more go than you know!

Do you want to stay strong and full of energy? Drink milk, enjoy amasi, or have some yoghurt – they help your bones and muscles grow and give you energy! Don't forget to eat fruit and vegetables too – they keep your body happy and healthy.

Even one cup of dairy like milk, amasi or yoghurt, gives you longer lasting energy than sugary snacks and keeps you full for longer. So next time you're hungry – fuel up with milk or other dairy products for energy that lasts all day!



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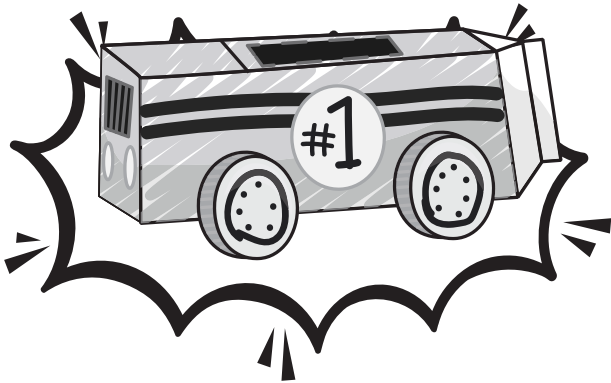




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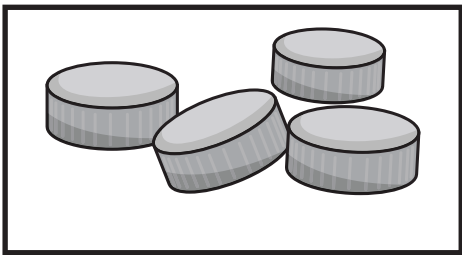
Grade 1 - Milk box car



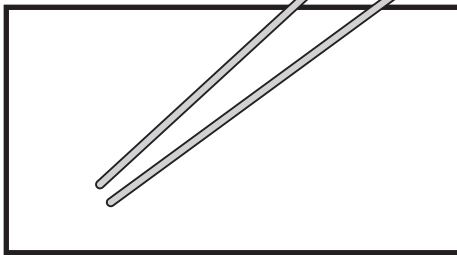
What you will need



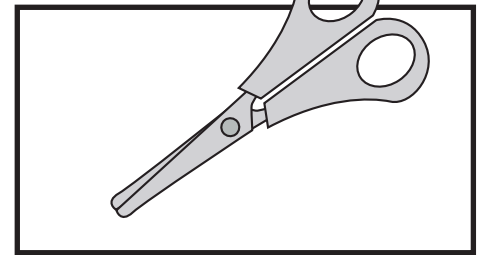
One empty milk carton
(rinsed and dried)



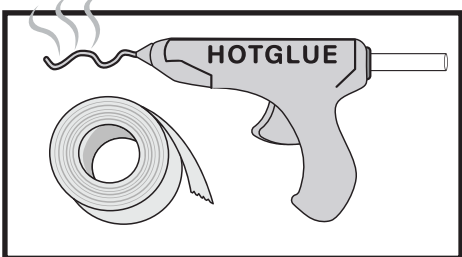
Four plastic bottle caps
(same size) for the wheels



Two wooden skewers
or straws (axles)



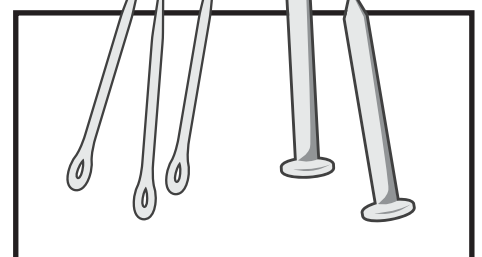
Scissors or craft knife
(adult use only)



Tape or glue (adult
supervision required)



Markers, paint, stickers –
for decorating



A nail or sharp object
to poke holes (adult
supervision required)

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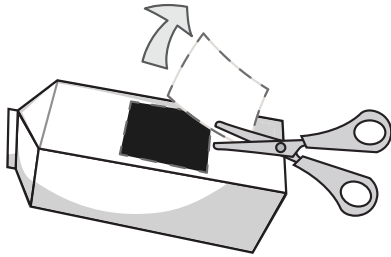
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Instructions:

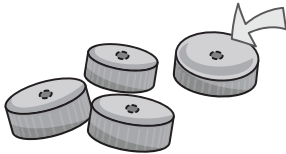
1. Prepare the milk carton:

Cut a rectangle from the top side to make an open-top car, or leave it closed for a race car style.

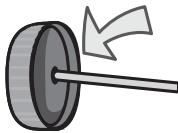


3. Attach the wheels:

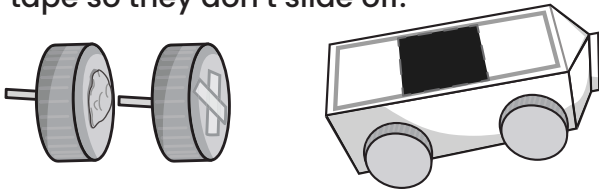
Poke a hole in the center of each bottle cap.



Slide one cap on each end of the skewers.

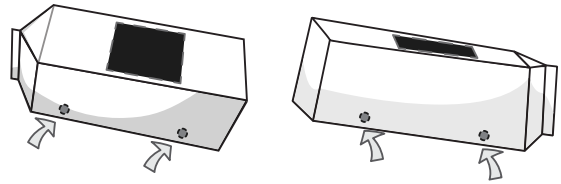


Secure the caps with hot glue, modeling clay, or tape so they don't slide off.

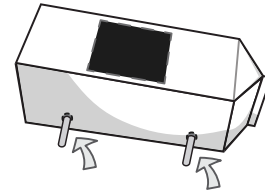


2. Make the wheel axles:

Poke two holes on each side of the milk carton (front and back) near the bottom – make sure they line up.



Insert a skewer or straw through the holes – these will be the axles.



4. Decorate!

Use markers, stickers, paint, or even add paper cutouts for headlights, windows, or a spoiler.



5. Test drive:

Roll the car and see how it goes! Try different designs or ramp angles to see how far it can travel.



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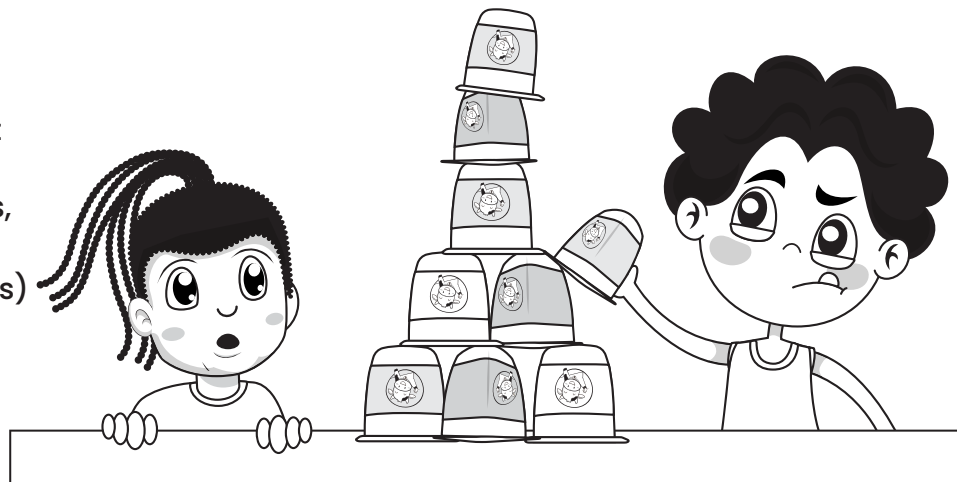
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Grade 1 - Yoghurt cup towers

What you will need:

- Many clean and empty yoghurt cups
 - Optional: paper, tape, stickers, markers for decorating
 - Timer (for stacking challenges)
- Flat surface to build on (table or floor)

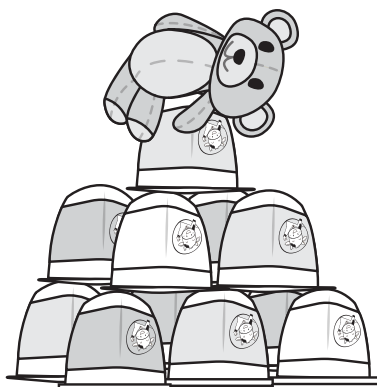


Instructions:

1. Free play tower:

Let the learners stack and build freely using the yoghurt cups. Can also be a group activity.

Encourage creativity:
"Can you make a castle?
A rocket? A pyramid?"



2. Challenge mode:

- **Time challenge:** How tall can you build in 60 seconds?
- **Strongest tower:** Can it hold a toy or book on top?
- **Tallest tower:** Build the tallest without it falling!
- **Decorate and build:** Design your own tower with markers, stickers, or paper flags.
- **Team mode:** Take turns adding one cup at a time without it tipping over!

Learning benefits

- **STEM skills:** Balancing, symmetry, gravity.
- **Fine motor skills:** Precise stacking.
- **Teamwork and patience.**
- **Imagination:** They can turn it into buildings, robots, and cities.

Health message

Calcium from dairy builds strong bones!

The skeleton is the framework onto which all your muscles are attached. It is almost like the foundation of a house: it needs to be strong!

Build strong bones by drinking milk or other dairy products and doing exercises daily.



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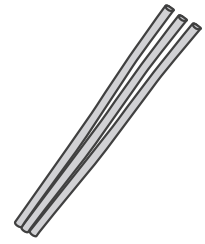
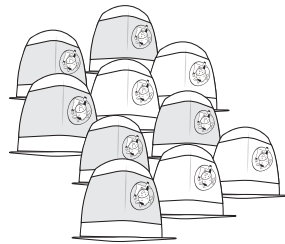
Grade 2 - Jumping over yoghurt cups ("Drie stokkies")



Objective:

The goal is to be the last person or team standing, having successfully jumped over the line in each round.

What you will need:

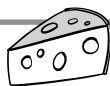


Enough **yoghurt cups**, **sticks** or **string** to make a three line

Instructions:

1. Use ten small yoghurt cups are placed in a row. Three rows need to be made parallel to each other outside on the concrete.
2. Teams line up, on either side on the lines, and players take turns running and jumping over the yoghurt cups, aiming to land with one foot in between each row of yoghurt cups and clear the third row with a jump.
3. If a player touches a yoghurt cup or doesn't clear all three, they are eliminated.
4. The last player to jump in each round is known as the "Stretcher" and tries to jump as far as possible over the third line. The first and third row of cups are moved further and further apart to make it more challenging.

Health message



Aim to have three servings of dairy (milk, maas or yoghurt) a day for stronger bones, and muscles.

Three servings of dairy can cover most of the calcium needs each day, and helps to support growth, focus, and your health.



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Grade 2 - DIY gym training weights

Bottle dumbbells

What you need:

- Two small bottles
- Sand or water

How to build:

- Fill the bottles with water or sand for weight.

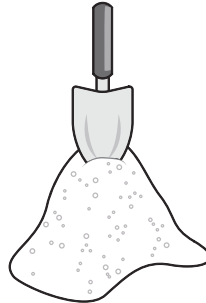
How to use:

- Hold the bottle in both hands.
- Lift it slowly to your chest and back down (like a curl).
- Try five to ten reps!

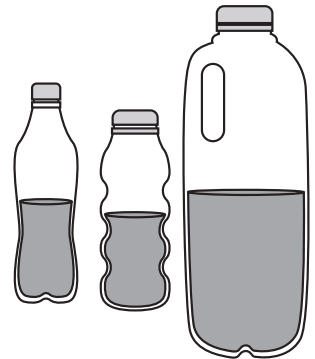
What you will need:



Water



Sand



Bottles or jugs



Broomstick or stick



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Jug barbell

What you need:

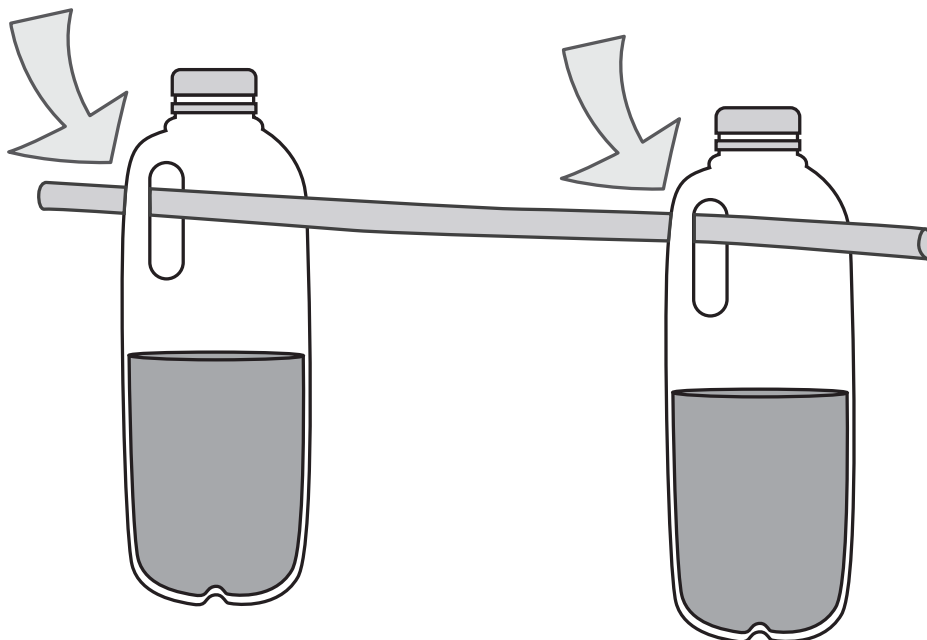
- Two large empty bottles (like milk bottles).
- One strong stick or broomstick.

How to build:

- Fill the jugs halfway with water or sand for weight.
- Slide the stick through the handles of both jugs.

How to use:

- Hold the stick with both hands.
- Lift it slowly to your chest and back down (like a curl).
- Try five to ten reps!



Plastic bottle barbell

What you need:

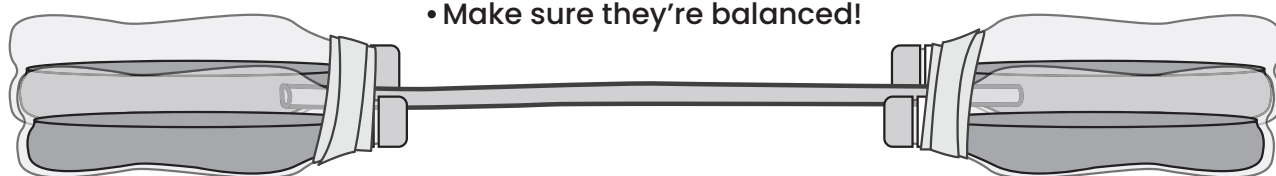
- Four to eight plastic 500ml bottles.
- Strong tape or rope or elastic bands.
- A sturdy broomstick.

How to build:

- Fill the bottles with water or sand.
- Tape or tie them together on each end of the stick (two to three per side).
- Make sure they're balanced!

How to use:

- Hold the bottle in both hands.
- Lift it slowly to your chest and back down (like a curl).
- Try five to ten reps!



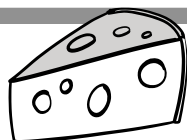
Health message

Dairy as a source of energy (fuel)

Dairy (like milk, amasi and yoghurt) provide nutrients that give you energy (fuel) to keep you going all day and build your body. These nutrients are called carbohydrates and proteins.

The **carbohydrates** (natural sugar) in milk are called **lactose**, that gives you **energy**.

The **proteins** in milk help to **build and repair** your **muscles** when you play.



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Milk bottle bowling

What you will need:

- Ten empty milk cartons (1-liter size work best)
- Paint, markers, or stickers for decoration
- A small ball (rubber ball, tennis ball, or soft foam ball)
- A flat playing surface (indoors or outdoors)



Step 1: Prepare and decorate the cartons

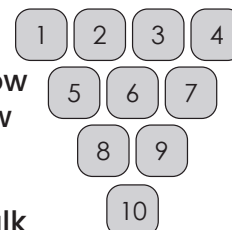
1. **Clean and dry** each milk carton thoroughly.
2. Let the kids **decorate** each carton — turn them into funny characters, monsters, animals, or just use bright patterns!
(Use markers, paint, googly eyes, paper, or stickers.)
3. **Optional:** Fill the bottom with a bit of sand or rice to add weight.

Step 3: Play the game

1. Each player takes turns rolling the ball toward the "pins."
2. Each turn = Two rolls, just like regular bowling.
3. Count how many pins are knocked down per turn.
4. Keep score, or just play for fun!

Step 2: Set up the bowling lane

1. Arrange the milk cartons in a triangle (like bowling pins):
 - **One** bottle in the front row
 - **Two** bottles in the second row
 - **Three** bottles in the third row
 - **Four** bottles in the last row



2. Mark a starting line using chalk

Optional variations:

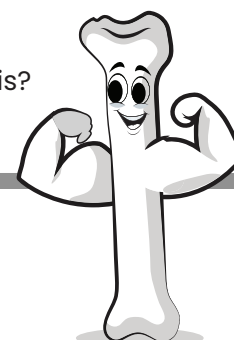
Math challenge: Add numbers to the cartons and have kids total their score after each round.

Health message

Dairy contains an important nutrient that keeps your bones strong.

Question: Do you know what it is?

Answer: Calcium.



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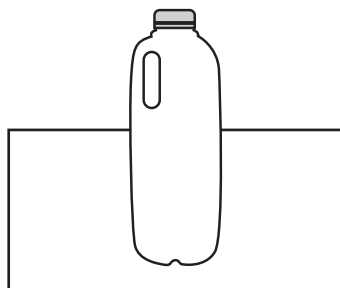


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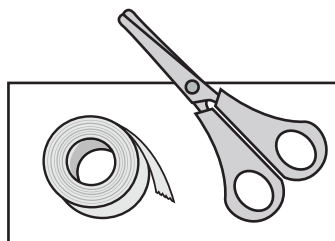
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Grade 3 - Milk bottle catch game

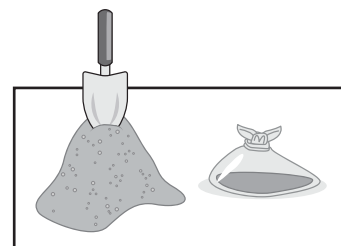
What you will need:



Empty plastic milk bottles (1L size is best) per person.

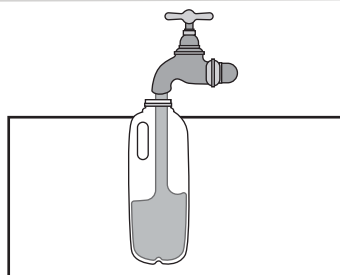


Scissors (adult help needed).
Optional tape: to cover rough edges

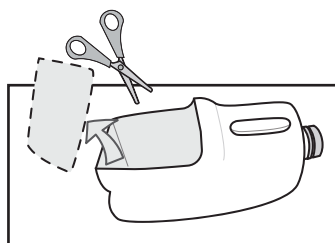


Lightweight ball (Tip: make a small bean/sandbag made out of a small recycled plastic bag)

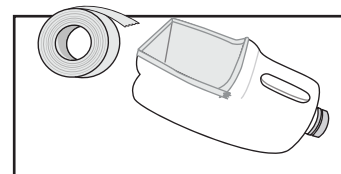
How to make the rackets:



Clean and dry the bottles.



Cut out the front half of the bottle, starting just above the base and curving around to the neck. The handle becomes your grip.



Tape any sharp edges, or sand them to make them smooth and decorate if desired.

Health message

Dairy gives your body the tools to train, recover and grow stronger.

Enjoy eating dairy (like milk, amasi and yoghurt) after a sport match. The nutrients in dairy helps your body recover after a game, repairs muscles and rehydrate you when you are thirsty and gives you energy for the rest of the day!

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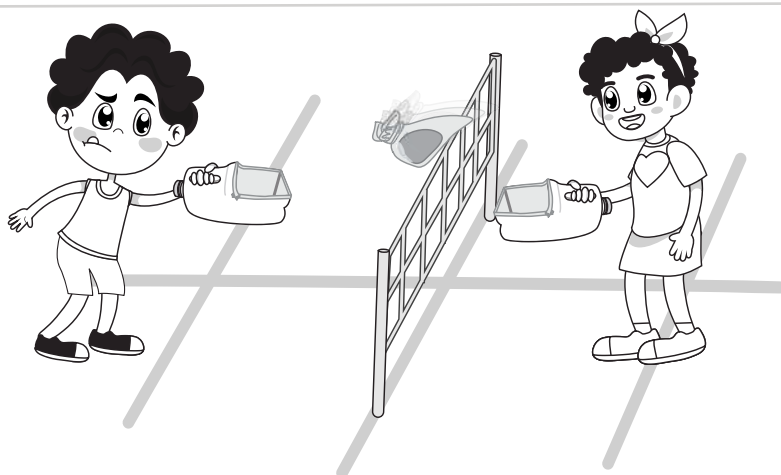
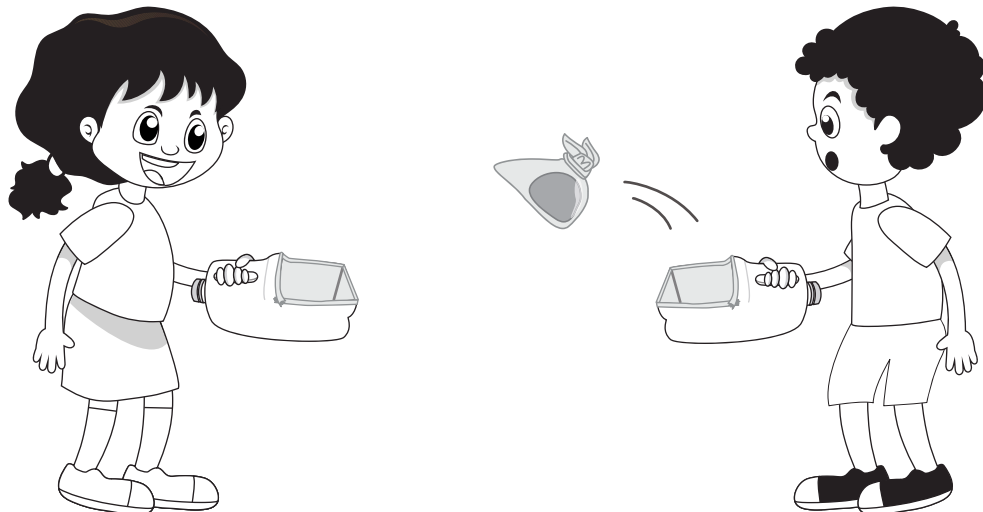
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Game ideas:

Racket catch

- Two players toss the ball back and forth using the milk bottle rackets.
- Try to keep it going without dropping!

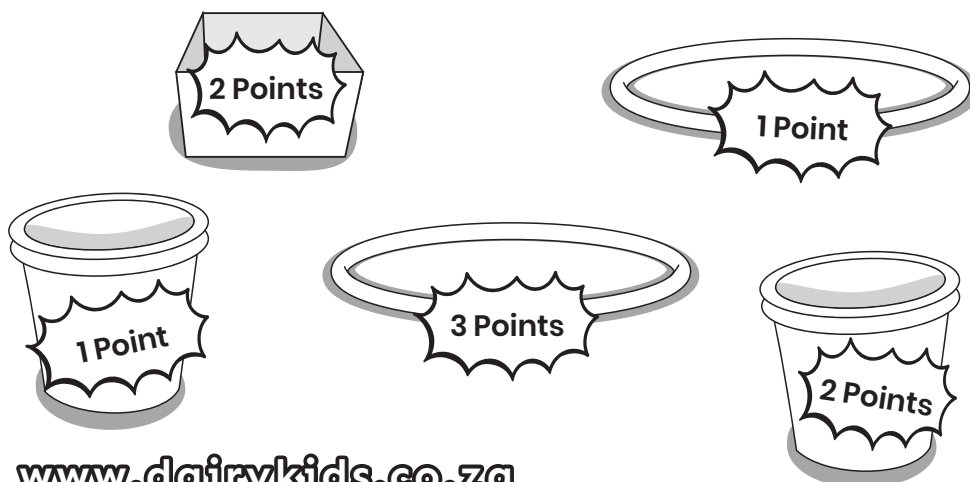


Racket tennis

- Set up a line (tape, rope, or jump rope) and use the rackets to bat the ball over it like tennis.
- Score by landing the ball in the opponent's area.

Target toss

- Place down buckets, hula hoops, or boxes.
- Try to toss the ball into the targets from a distance using the racket.



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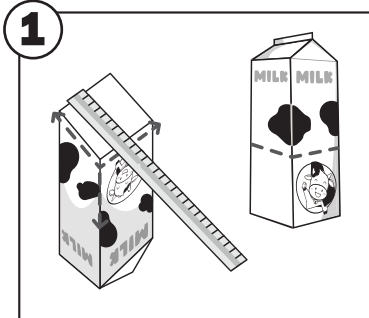
Dairy Gives You Go!
For strong bones and moves!

Big box dice

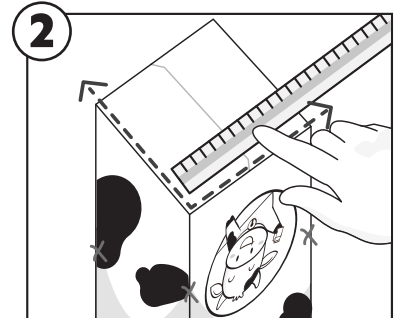
What you will need:

- A square milk or amasi box
- Pair of scissors
- Sticky tape or glue
- Ruler (Optional: coloured paper or paint, to cover the box.)
- Black marker (To make the dots on the dice side)

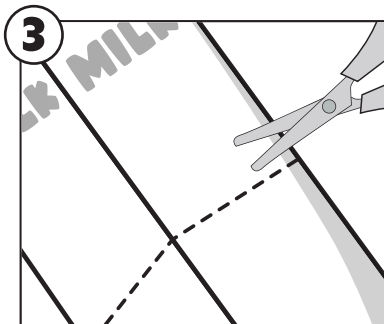
Instructions:



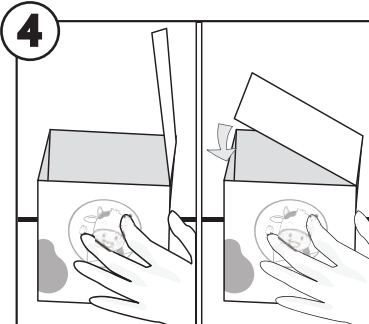
Measure the width of the base box .



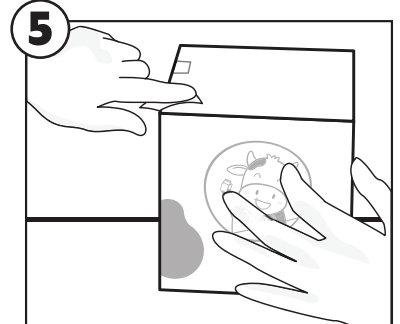
Mark three sides of the box with the same measurement.



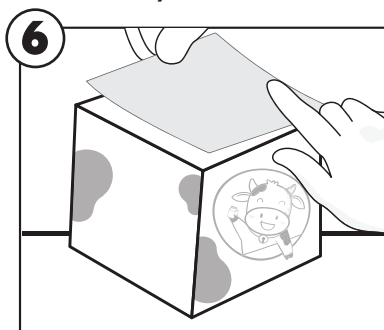
Cut along the line, and keep the back for a lid for your dice.



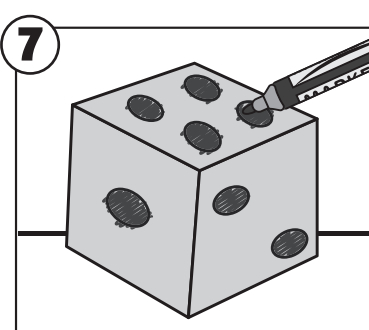
Fold the lid into of the box dice to close the box.



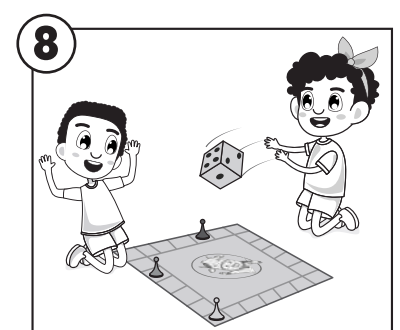
Keep it in place with sticky tape, or glue.



Paint or cover the sides of the dice with paper.



Draw the dots on the sides of the dice.



Have fun and play any board game!

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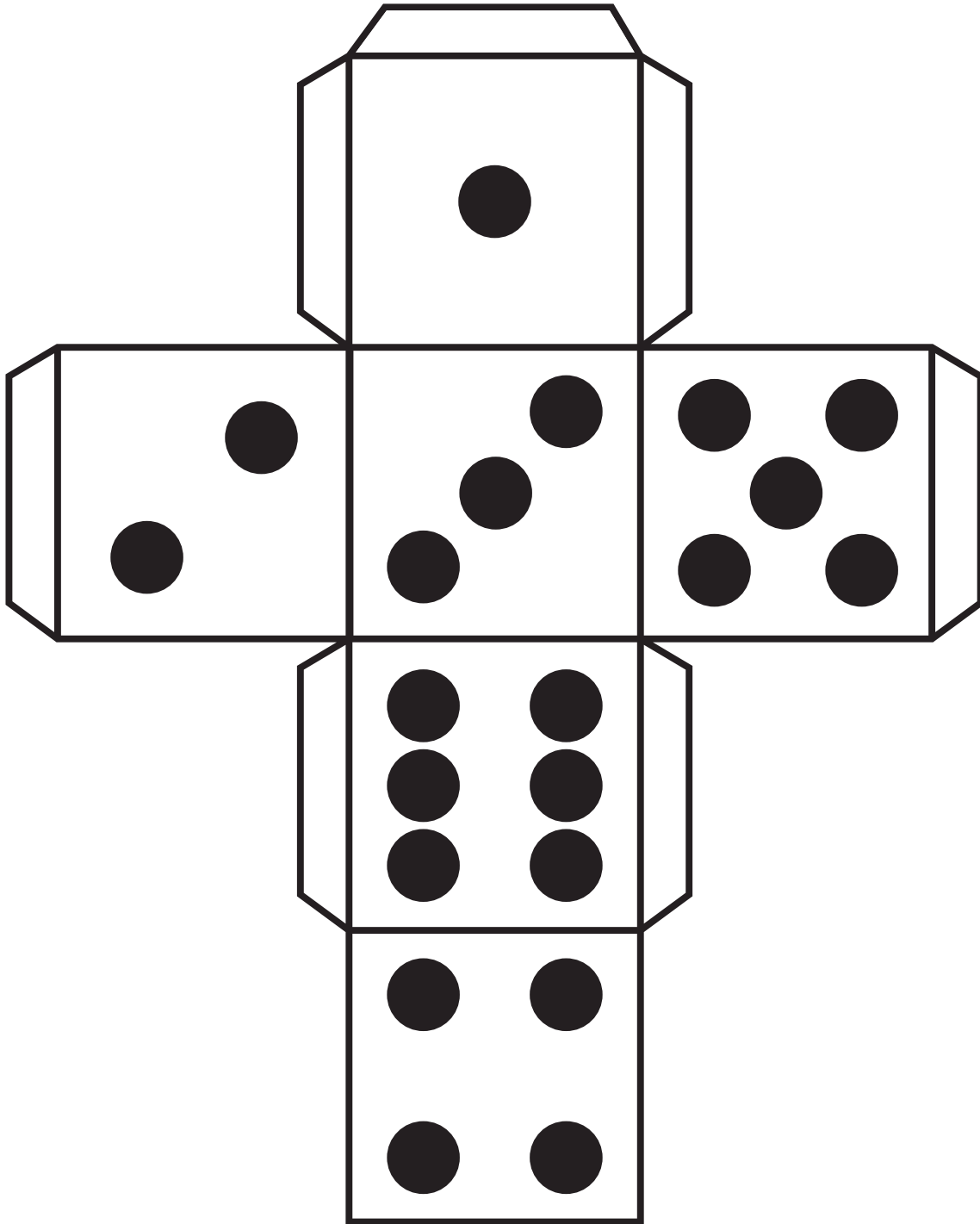




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For strong bones and moves!

Or draw this dice template on the side of a milk box and cut it out.



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Grade R - Chalk adventure map

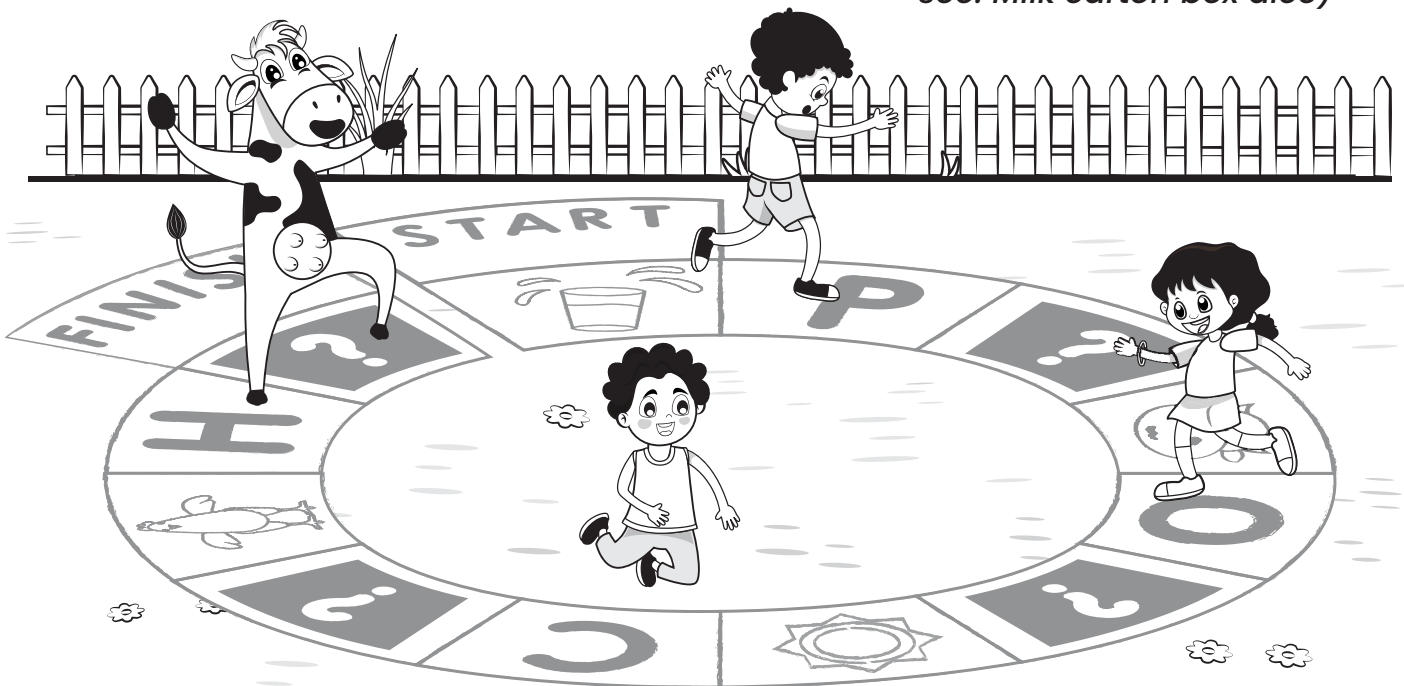
Instructions:

1. **Draw a large loop with the chalk:** This is the "path" of your chalk game.
2. **Section off the inside of the loop:** These will be the "steps" inside the game for the learners to hop along and win the game.
3. **Add colour or pictures to some blocks:** It's easier for kid's eyes to see which section they need to jump to when you add different colours.
4. **Add in extra directions:** The loop will have 12 blocks in total. The following can be included as examples.



What you will need:

- **Chalk** to draw on the pavement.
- **Dice** (Tip: make the giant dice out of an old milk or amasi box see: Milk carton box dice)



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Example of the game guide:

Questions blocks	Pitfall blocks	Action blocks
<p>Question marks are drawn on the ground to show these question blocks</p> 	<p>Easy symbols are drawn on the ground to show these pitfalls.</p> 	<p>Easy letters are drawn on the ground to show these actions block.</p> 
<p>E.g: Topic dairy: shown by four blocks with a question mark.</p> <p>See questions below:</p>	<p>Shown by four blocks with a sign on it.</p> <p><i>Educator to instruct the learners what each sign represents.</i></p>	<p>Shown by four blocks with a "Letter" on it.</p> <p><i>Educator to instruct the learners what each sign represents</i></p>
<ol style="list-style-type: none"> 1. What animal gives us milk? 2. What do we call a baby cow? 3. What can we make from milk? 4. What do we need to make butter? 	<ol style="list-style-type: none"> 1. "Spilled the milk!" <i>Uh-oh! You spilled a whole bucket of milk.</i> Go back 2 spaces.  2. "Cow got loose!" <i>You left the gate open and now you're chasing a runaway cow!</i> Miss a turn.  3. "Butter too soft!" <i>Your butter melted in the sun. Time to churn again.</i> Go back to the start of the board.  4. "Chicken stampede!" <i>The chickens got out of the coop and are everywhere!</i> Sit out 1 turn.  	<ol style="list-style-type: none"> 1. "Piggy wiggle!" "P" Everyone joins in the wiggling! Wiggle for 5 seconds. 2. "One-leg chicken hop!" "O" Hop in place, on one leg. 3. "Cow balance!" "C" (Stand still like a cow statue with your eyes closed for 5 seconds.) If you wobble, try again! 4. "Gallop like a horse!" "H" Gallop on the spot like a fast horse, raise your knees high as you run on the spot.

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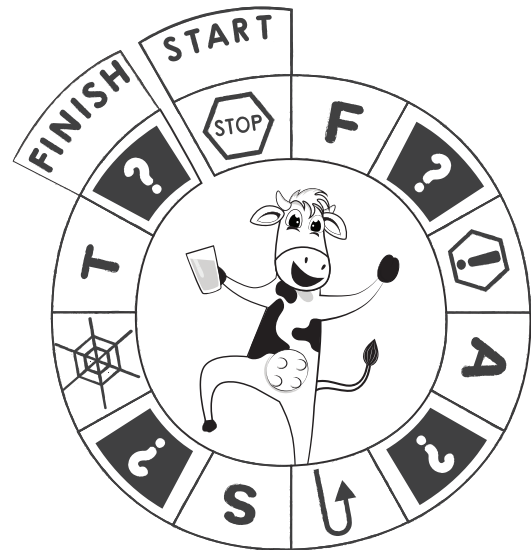
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Grade 1 - Chalk adventure map

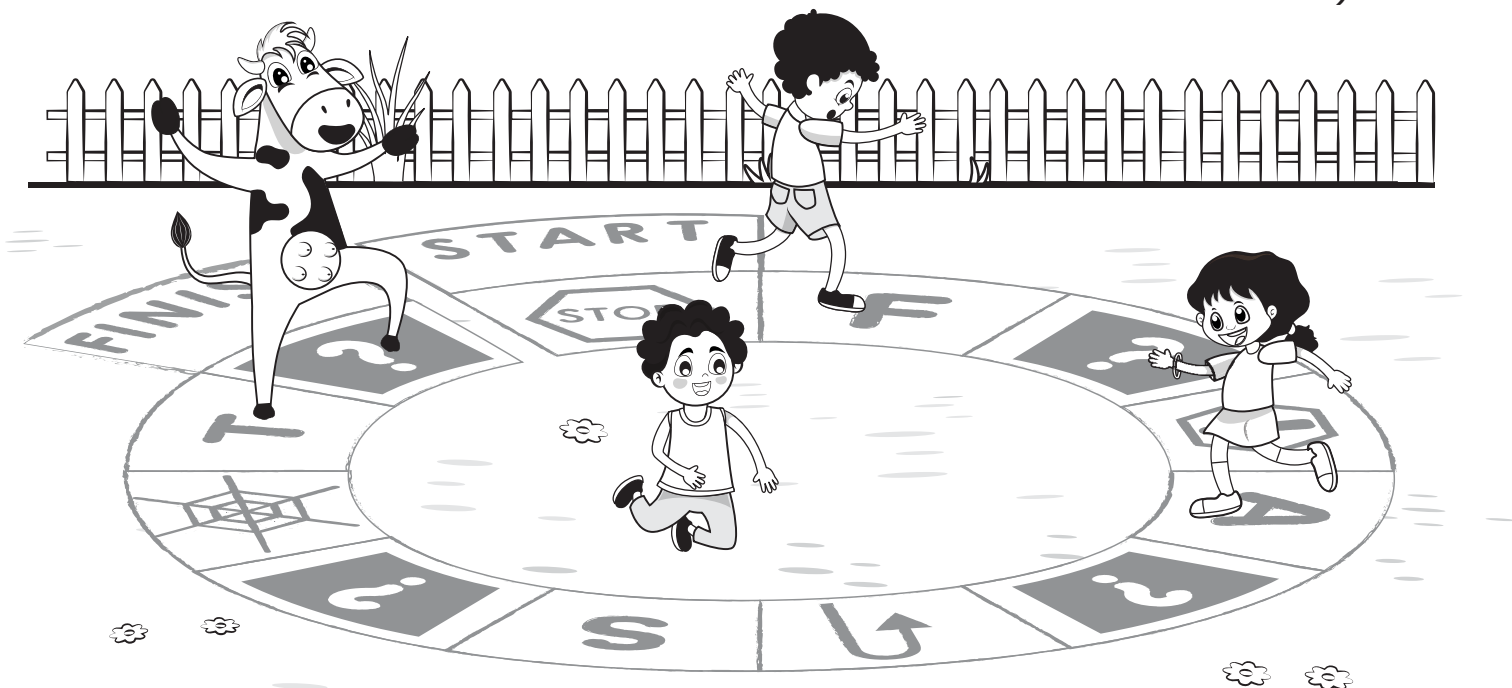
Instructions:

1. **Draw a large loop with the chalk:** This is the "path" of your chalk game.
2. **Section off the inside of the loop:** These will be the "steps" inside the game for the learners to hop along and win the game.
3. **Add colour or pictures to some blocks:** It's easier for kid's eyes to see which section they need to jump to when you add different colours.
4. **Add in extra directions:** The loop will have 12 blocks in total. The following can be included as examples.



What you will need:

- **Chalk** to draw on the pavement.
- **Dice** (Tip: make the giant dice out of an old milk or amasi box see: Milk carton box dice)



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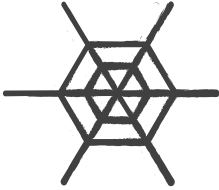










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Example of the game guide:

Questions blocks	Pitfall blocks	Action blocks
<p>Question marks are drawn on the ground to show these question blocks.</p> 	<p>Easy symbols are drawn on the ground to show these pitfalls.</p> 	<p>Easy letters are drawn on the ground to show these actions block.</p> 
<ol style="list-style-type: none"> 1. What do cows eat to make milk? 2. Do we get milk from any other animals? 3. Which vegetables grow underground? 4. Can you name a fruit that grows on a vine? 	<ol style="list-style-type: none"> 1. Sticky swamp Penalty: "You got stuck in the swamp! Miss a turn."  2. Frozen cave Penalty: "Brrr! You're frozen! Slide back three spaces."  3. Twisty tunnel Penalty: "You took a wrong turn! Go back to the start!"  4. Spider web trap Penalty: "Caught in a sticky web! Roll a six to escape or wait two turns!" Stay stuck until you roll a six or miss two turns.  	<ol style="list-style-type: none"> 1. Frog hop penalty "F" Hop like a frog five times before rejoining the game. 2. Animal sound penalty "A" Task: Make three animal sounds (your choice or chosen by other players). 3. Freeze like a statue "S" Task: Freeze in place for ten seconds like a funny statue. 4. Twisty twist "T" Task: spin in place five times.



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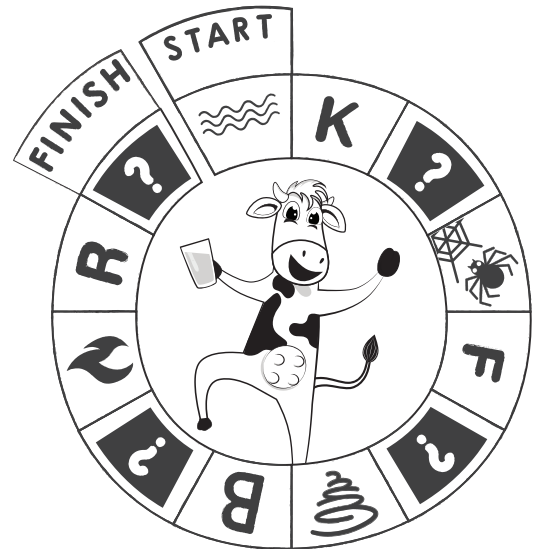
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Grade 2 - Chalk adventure map

Instructions:

1. **Draw a large loop with the chalk:** This is the "path" of your chalk game.
2. **Section off the inside of the loop:** These will be the "steps" inside the game for the learners to hop along and win the game.
3. **Add colour or pictures to some blocks:** It's easier for kid's eyes to see which section they need to jump to when you add different colours.
4. **Add in extra directions:** The loop will have 12 blocks in total. The following can be included as examples.



What you will need:

- **Chalk** to draw on the pavement.
- **Dice** (Tip: make the giant dice out of an old milk or amasi box see: Milk carton box dice)



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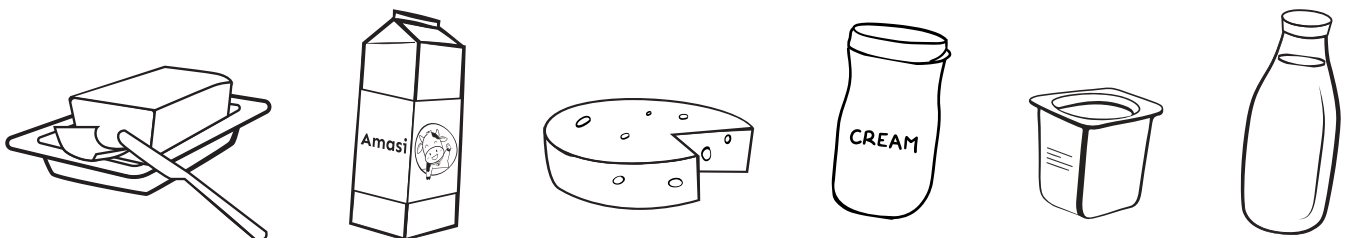


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Example of the game guide:

Questions blocks	Pitfall blocks	Action blocks
<p>Question marks are drawn on the ground to show these question blocks</p> 	<p>Easy symbols are drawn on the ground to show these pitfalls.</p> 	<p>Easy letters are drawn on the ground to show these actions block.</p> 
<ol style="list-style-type: none"> 1. Name four animals that live on a farm? 2. Which farm animal gives us eggs? 3. What farm animal has feathers? 4. Which animals do farmers raise for milk? 	<ol style="list-style-type: none"> 1. Crocodile river Go back three spaces.  2. Spider web snag Miss one turn.  3. Tornado spin Return to the start.  4. Lava rocks Miss two turns.  	<ol style="list-style-type: none"> 1. Kangaroo jump "K" Hop on one foot for five jumps. 2. Flamingobalance challenge "F" Balance on one foot with eyes closed for ten seconds. 3. Bear crawl zone "B" Do a bear crawl (hands and feet) from one side of the room to the other. 4. Rocket twister "R" Spin around five times, then jump straight up and yell "Blast off!"



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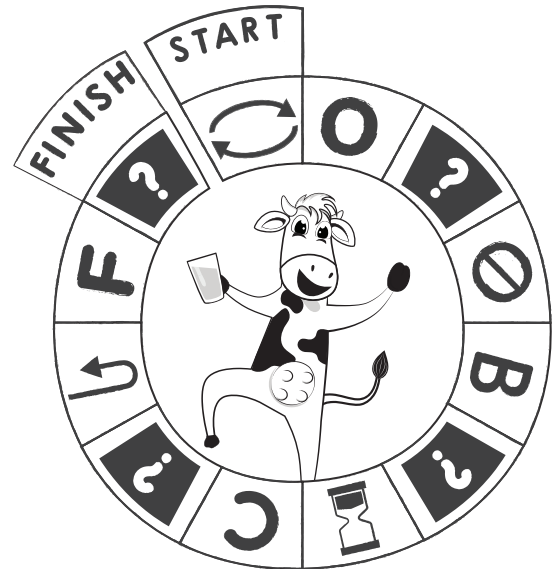
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Grade 3 - Chalk adventure map

Instructions:

1. **Draw a large loop with the chalk:** This is the "path" of your chalk game.
2. **Section off the inside of the loop:** These will be the "steps" inside the game for the learners to hop along and win the game.
3. **Add colour or pictures to some blocks:** It's easier for kid's eyes to see which section they need to jump to when you add different colours.
4. **Add in extra directions:** The loop will have 12 blocks in total. The following can be included as examples.



What you will need:

- **Chalk** to draw on the pavement.
- **Dice** (Tip: make the giant dice out of an old milk or amasi box see: Milk carton box dice)



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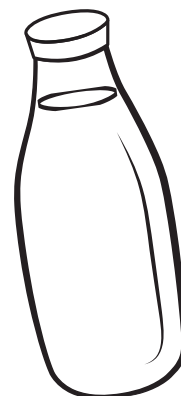
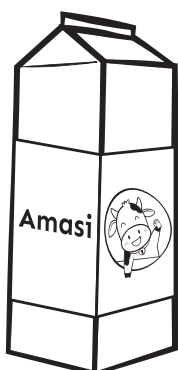
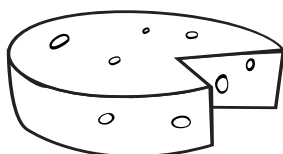
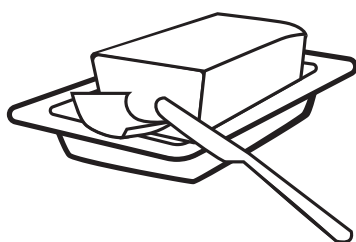


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Example of the game guide:

Questions blocks	Pitfall blocks	Action blocks
<p>Question marks are drawn on the ground to show these question blocks</p> 	<p>Easy symbols are drawn on the ground to show these pitfalls.</p> 	<p>Easy letters are drawn on the ground to show these actions block.</p> 
<ol style="list-style-type: none"> Which vitamin do we get from oranges and other citrus fruits? What do carbohydrates give our bodies? (Energy) What do proteins help your body do? (Build muscle) What helps our bones and teeth stay strong? (Calcium from dairy!) 	<ol style="list-style-type: none"> Back to start! Go back to the START!  Lose a turn Miss your next turn!  "U turn" U-arrow Go back three blocks  Trade places Trade places with the player behind you. Or go back three spaces.  	<ol style="list-style-type: none"> One-leg hop challenge "O" Jump on one leg five times. Balance challenge "B" Balance with your eyes closed for ten sec. Crawl challenge "C" Crawl like a crab for ten steps. Frog leaps "F" Jump like a frog



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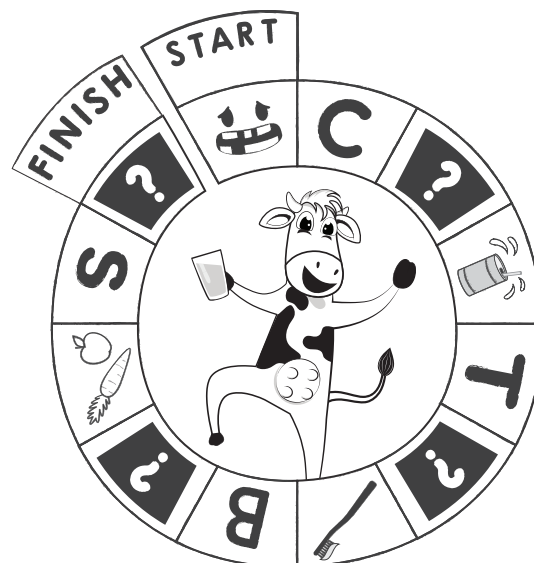
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For strong bones and moves!

Grade 4 - Chalk adventure map

Instructions:

1. **Draw a large loop with the chalk:** This is the "path" of your chalk game.
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3. **Add colour or pictures to some blocks:** It's easier for kid's eyes to see which section they need to jump to when you add different colours.
4. **Add in extra directions:** The loop will have 12 blocks in total. The following can be included as examples.



What you will need:

- **Chalk** to draw on the pavement.
- **Dice** (Tip: make the giant dice out of an old milk or amasi box see: Milk carton box dice)



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For strong bones and moves!

Example of the game guide:

Questions blocks	Pitfall blocks	Action blocks
<p>Question marks are drawn on the ground to show these question blocks</p> 	<p>Easy symbols are drawn on the ground to show these pitfalls.</p> 	<p>Easy letters are drawn on the ground to show these actions block.</p> 
<ol style="list-style-type: none"> 1. What must we do every day to ensure good dental hygiene? 2. Which foods do you think are good for your teeth? 3. What foods do you think might hurt your teeth if you eat too much of them? 4. What do we find in milk and dairy products that make our teeth strong? 	<ol style="list-style-type: none"> 1. Sugar shock! "You ate too many sticky candies without brushing your teeth!" Miss one turn 2. Soda splash! "You drank soda instead of water all week. Your teeth are under acid attack!" Go back to the start 3. Late-night snack trap! "You ate sweets before bed and forgot to brush!" Lose a turn 4. No fruits, no veggies! "You skipped your fruits and veggies — your teeth didn't get their natural scrub." Move back two spaces  	<ol style="list-style-type: none"> 1. "Cavity dodge!" "C" Jump forward on one leg five times without falling. 2. "Toothbrush balance!" "T" Stand on one foot and balance with your eyes closed for ten seconds. 3. "Brush rush!" "B" Pretend to brush your teeth for twenty seconds (use big circular motions and sound effects!). 4. "Smile!" "S" Say "Cheese" out loud!



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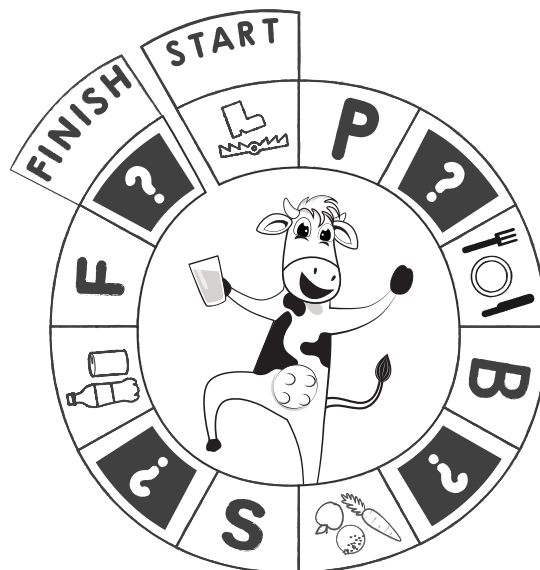
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For strong bones and moves!

Grade 5 - Chalk adventure map

Instructions:

1. **Draw a large loop with the chalk:** This is the "path" of your chalk game.
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3. **Add colour or pictures to some blocks:** It's easier for kid's eyes to see which section they need to jump to when you add different colours.
4. **Add in extra directions:** The loop will have 12 blocks in total. The following can be included as examples.



What you will need:

- **Chalk** to draw on the pavement.
- **Dice** (Tip: make the giant dice out of an old milk or amasi box see: Milk carton box dice)



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Example of the game guide:

Questions blocks	Pitfall blocks	Action blocks
<p>Question marks are drawn on the ground to show these question blocks</p> 	<p>Easy symbols are drawn on the ground to show these pitfalls.</p> 	<p>Easy letters are drawn on the ground to show these actions block.</p> 
<ol style="list-style-type: none"> 1. Name one guideline out of the eleven South African Food-Based Dietary Guidelines. 2. Why is it important to have a portion milk, maas or yoghurt every day? 3. Which foods help your bones and teeth stay strong? (Hint: think of milk, cheese, or yoghurt.) 4. What foods do you think help you grow taller and stronger? 	<ol style="list-style-type: none"> 1. Junk food trap! "You had chips, soda, and sweets for lunch all week." <i>Go back four spaces.</i> 2. Breakfast skip slip! "You skipped breakfast — now you're low on energy." <i>Miss one turn</i> 3. Veggie vanish! "You avoided all vegetables this week." <i>Move back two blocks</i> 4. Sugar crash! "You drank too many sugary cooldrinks in one day." <i>Go back to the start</i> 	<ol style="list-style-type: none"> 1. "Power jump!" Do ten star jumps (jumping jacks) in a row 2. "Balance challenge!" Stand on one leg and close your eyes. Hold it for fifteen seconds. 3. "Fruit stretch!" Stretch both arms as wide as you can and name three healthy snacks while holding the stretch. 4. "Food fact fast!" Say one fact about healthy eating or food groups in under ten seconds.



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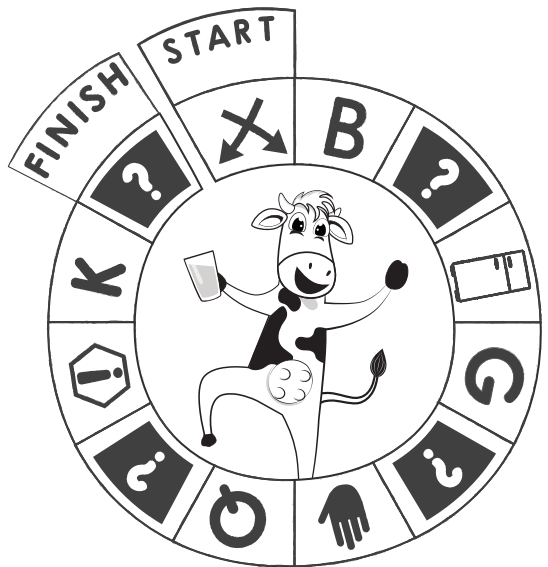


**Dairy Gives
You Go!**
For strong bones
and moves!

Instructions:

- ### What you will need:

- **Chalk** to draw on the pavement.
- **Dice** (*Tip: make the giant dice out of an old milk or amasi box see: Milk carton box dice*)



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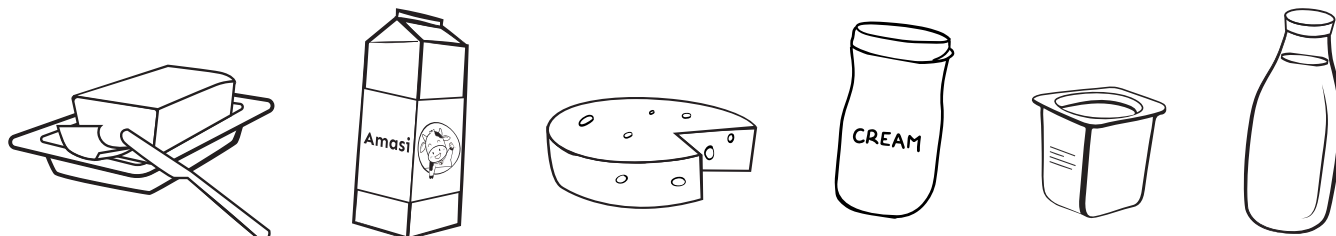


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Example of the game guide:

Questions blocks	Pitfall blocks	Action blocks
<p>Question marks are drawn on the ground to show these question blocks</p> 	<p>Easy symbols are drawn on the ground to show these pitfalls.</p> 	<p>Easy letters are drawn on the ground to show these actions block.</p> 
<ol style="list-style-type: none"> 1. What should we do before cooking or handling food? (Wash our hands). 2. What could happen if you use the same knife to cut raw chicken and then cut vegetables? 3. Why should we store milk, meat, and eggs in the fridge? 4. What are some symptoms people might get after eating contaminated food? 	<ol style="list-style-type: none"> 1. "Cross-contamination" Go back one space  2. "Fridge fail!" Miss one turn!  3. "Unwashed hands hazard!" Go back to the start  4. "Expired ingredients alert!" Go back three spaces  	<ol style="list-style-type: none"> 1. "Balance like a pro!" "B" Stand on one leg with your arms out ten seconds. 2. "Germ buster challenge!" "G" Pretend to wash your hands properly for twenty seconds while singing part of a song (e.g., "Happy Birthday" once). 3. "Quick swipes" "Q" Move from side to side six times. 4. "Kitchen dash!" "K" Do five star jumps



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THE CAMPAIGN AIM AND PURPOSE

The 2025 WSMD will be commemorated under the theme:

“Strong Bones, Strong Moves: Milk Matters for Sport and Growing Bodies!”.

“Fuel your game with milk” is a key aspect which will be highlighted during this WSMD celebration. It aims to highlight milk as the ultimate sport and bone-health ally for growing children. This campaign will use sport and physical activities to connect with school-aged learners, educators and parents. It highlights how milk fuels strength, supports muscle recovery, and helps build bone density — key for physical performance and lifelong health.

Physical Education:

The development of the learner’s gross and fine motor skills and perceptual development is fundamental in the Foundation Phase. Physical and motor development is integral to the holistic development of learners. It makes a significant contribution to learners’ social, personal and emotional development. Play, movement, games and sport contribute to developing positive attitudes and values. This area focuses on perceptual and locomotor development, rhythm, balance and laterality. The focus in the Foundation Phase is on games and some activities that will form the basis of participating in sports later on. Physical growth, development, recreation and play are emphasised. (CAPS: Life Skills Gr. R-3, p. 9)

Free play activities indoors and outdoors:

Free play activities can take place indoors or outdoors or both. The time allocated to Physical Education and Creative Arts can be used for free play time because the physical skills learned and practised during free play, support the learning in these two study areas. (CAPS: Life Skills Gr. R-3, p. 11).

The physical activities can be done during these terms (see below) seen as they will fit in with the topic discussed during the term.





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You Go!**
For strong bones
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