



World School Milk Day 2025!

Dairy Gives You Go!
For strong bones and moves!

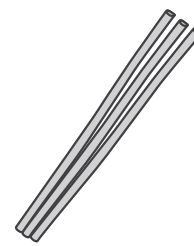
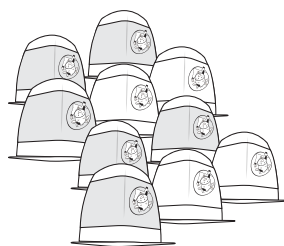
Grade 2 - Jumping over yoghurt cups ("Drie stokkies")



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:

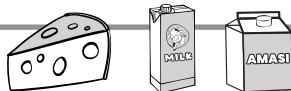


Enough **yoghurt cups**, **sticks** or **string** to make a three line

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

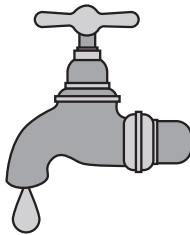
How to build:

- Fill the bottles with water or sand for weight.

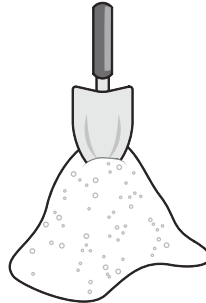
How to use:

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

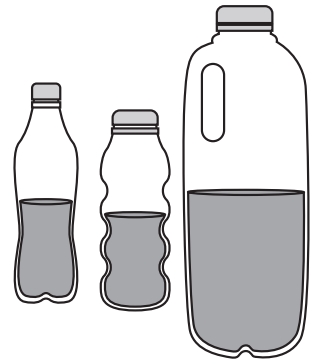
What you will need:



Water



Sand



Bottles or jugs



Broomstick or stick



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Jug barbell

What you need:

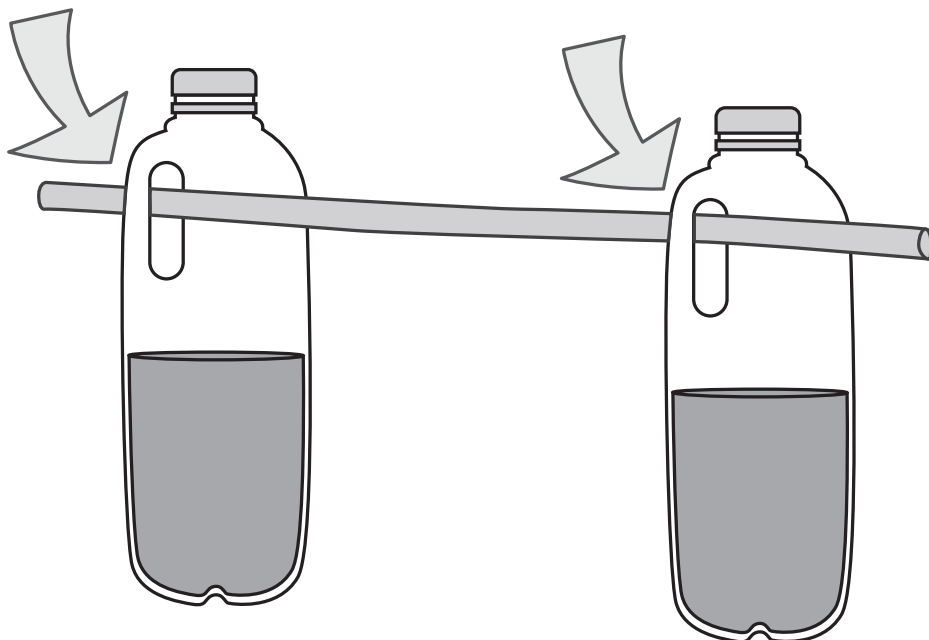
- Two large empty bottles (like milk bottles).
- One strong stick or broomstick.

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:

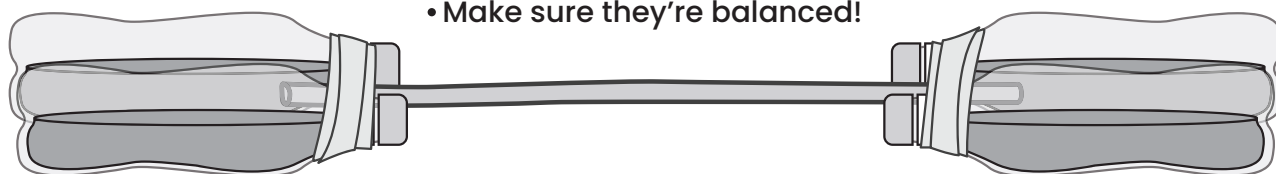
- Four to eight plastic 500ml bottles.
- Strong tape or rope or elastic bands.
- A sturdy broomstick.

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!



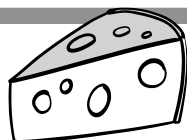
Health message

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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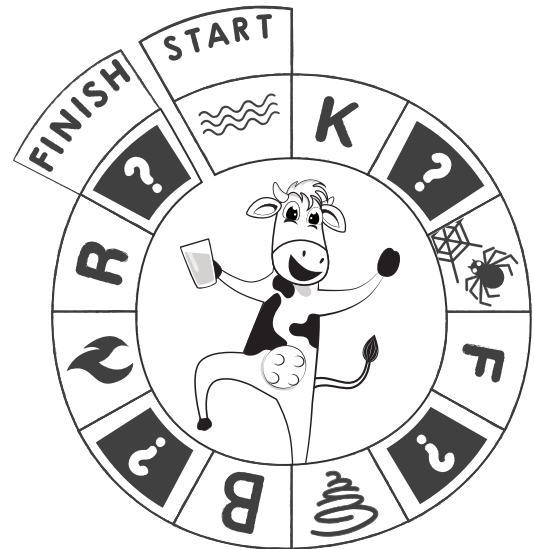
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Grade 2 - Chalk adventure map

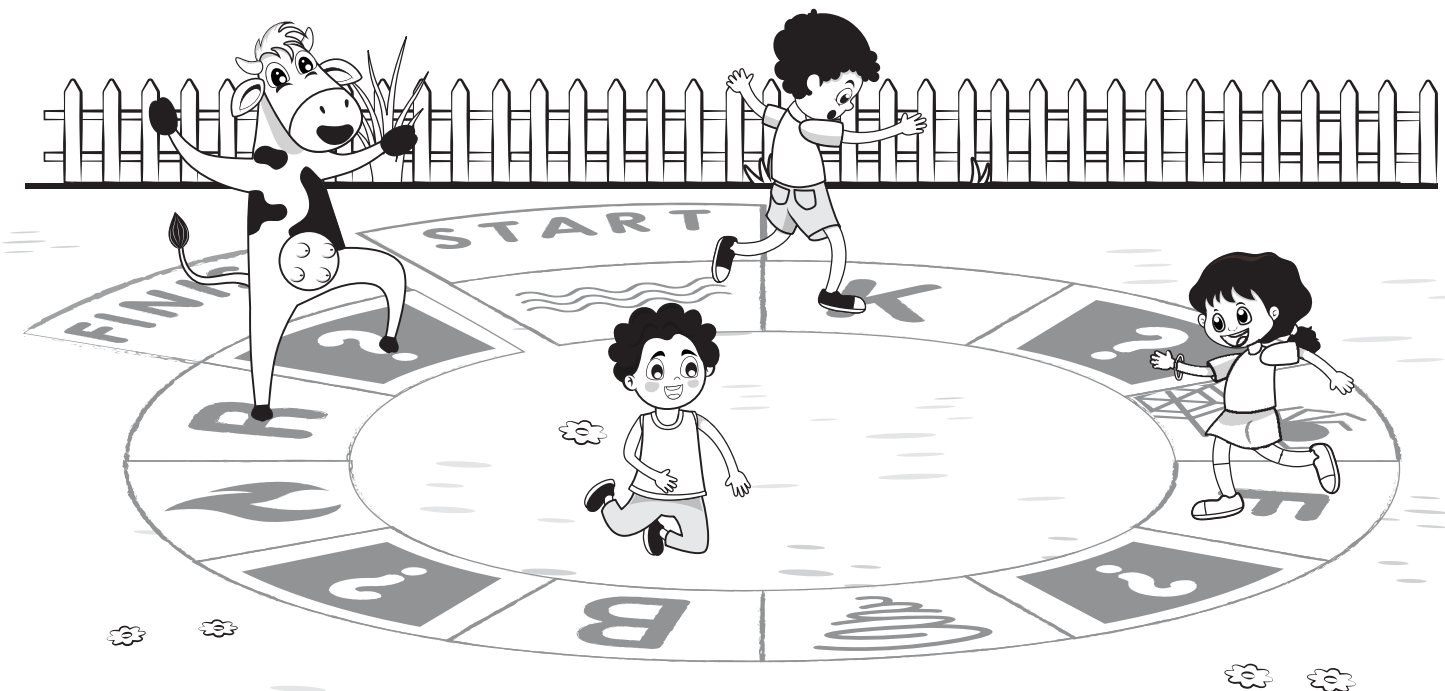
Instructions:

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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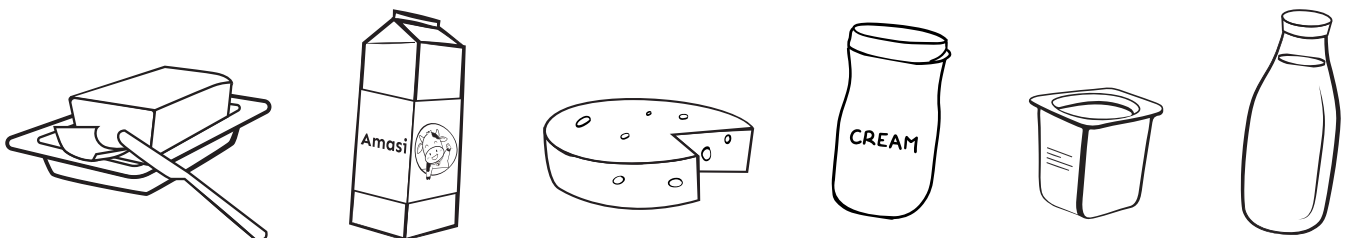


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Example of the game guide:

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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