

The background is a vibrant, abstract composition of organic shapes and patterns. It features various shades of blue (light, medium, and dark), bright pink, and yellow. Patterns include halftone dots, solid colors, and diagonal stripes. The overall style is modern and energetic.

laya
Super
troopers

Teacher's
Booklet

2026

Dear Teacher,

Welcome to the Laya Super Troopers Programme 2026!

Celebrating our 11th year of running Ireland's first health homework programme, we are excited to support teachers, pupils and their families to live a healthy lifestyle.

Laya Healthcare is passionate about enhancing children's health and wellbeing. We are delighted that schools like yours are participating and it is our hope that, with your continued support over the upcoming year, we can achieve our mission of helping families across the country lead healthy lives.

I would like to wish you and your pupils the best of luck with the programme.

Sinead Proos

**Head of Health & Wellbeing,
Laya Healthcare (day job)
Mum of Twins, aged 12
& Family Keepy Uppy Champion**



1

Welcome to Laya Super Troopers 2026!

Laya Super Troopers is a free health homework programme which encourages children and their families to enjoy a healthier, balanced lifestyle by focusing on three pillars: **Physical Activity, Wellbeing and Nutrition.**

The new programme is aimed toward older primary school children (4th-6th classes), however, it is designed with the entire family in mind.

Facilitated by teachers, all materials are provided for home use, requiring minimal in-school class time and making it an ideal wellbeing activity for busy schools!



2

Health Homework

Each child will receive a brand-new eye-catching **Laya Super Troopers Wall Chart** to take home.

The wall chart includes 10 scratch and reveal panels. Behind each panel is a weekly challenge to do at home with their family and friends. The challenges are based on the three pillars: Physical Activity, Wellbeing and Nutrition.

The wall chart should hang in a prominent place that acts as visible reminder for the whole family. Each weekly family challenge is designed to encourage the family to practise and prepare for a final challenge at the weekend.

Your Teacher's Booklet contains fun daily tasks to share with pupils which will help them on their way to completing their weekly challenges!

Your Laya Super Troopers Coordinator has received a school kit full of prizes!

- › 5x Pencil Cases
- › 5x Sharpener and Rubber set
- › 5x Foldable Water Bottles
- › 5x Pencil Sets
- › 5x Foldable Frisbees
- › 3x sheets of motivational stickers



“

“Laya Super Troopers is both teacher and child friendly and a great way to encourage children to be more active at home.”

- Emer, Primary Teacher,
Galway

The teacher's role in Laya Super Troopers is a simple but very important one.

- › **Distribute the wall charts** to your class to take home and explain what they need to do **‘Put somewhere visible and, every Monday, scratch and reveal your weekly family challenge’**.
 - We think Mondays are good because it gives you a chance to get them excited during the day, and then the family have the whole week to build up to their family challenge at the weekend.
- › To **help you get the pupils excited about the challenge ahead** of their reveal you will find a cheat sheet of the challenges on the next page - this will help you give them teasers and clues.
- › Use your **Teacher's Booklet to share daily tasks** with pupils to support in the build up to the main weekly challenge. You can set daily tasks as homework or try them out in class!
- › As part of our ongoing research, we have observed slightly higher engagement among boys and older classes, so please keep this in mind as you encourage all pupils to take part.
- › Set some time aside each week to **discuss the challenge and how your pupils and their families are getting on**.
- › In your school kit you will find a box of prizes. This is for your School Coordinator to distribute between classes as appropriate to **reward, encourage and incentivise involvement**. As a teacher, you'll know from the chatter from the pupils as to who is really invested, and who could use extra help.

Top Secret

Wall Chart Challenges

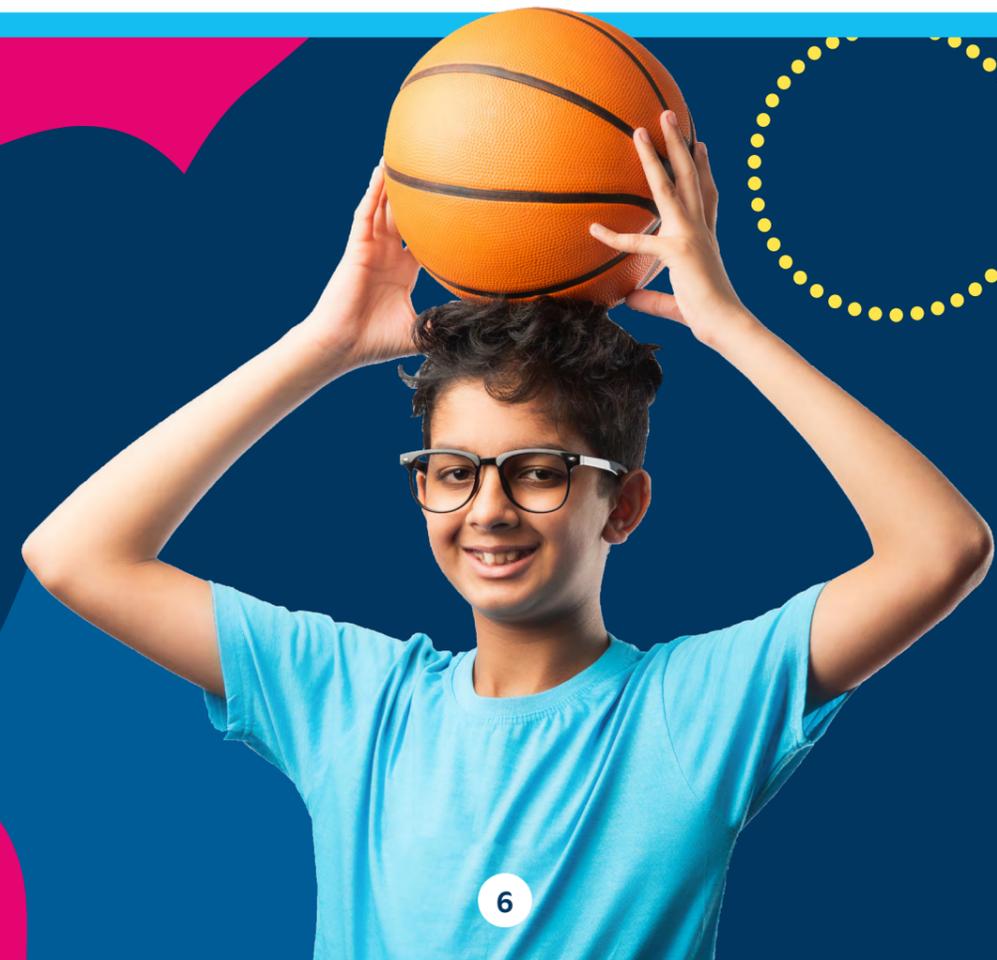
Week 1	Get Snap Happy Where's your happy place? Create a digital album with photos and videos of areas you find calm or relaxing. Get outside and explore locations to display in your digital art gallery. You can involve all your family members in this, or include some friends or relatives.
Week 2	Chef It Up! What makes a snack healthy? Make a home-made, nutritious snack with an adult at home. Try to include at least two vegetables or fruits.
Week 3	PT - ME! PTs are personal trainers. They help people stay motivated to keep fit and healthy! PTs live healthy lives so they can help their clients do the same. This week, you're becoming a PT - come up with a fun exercise plan to train yourself or some of your family at home!
Week 4	Running Wild and Free This week, you're going to get your heart pumping and complete a running challenge. Can you complete a daily jog, trying to improve your time or distance each day? Your teacher will share daily tasks from their Teacher's Booklet to build up your endurance!
Week 5	Cool, Calm and Collected This week, your challenge is to build a class showcase of activities that keep you calm. Try a different activity every day to show how you relax and stay cool, calm and collected. Share your favourite technique with your class!
Week 6	Healthy Snack Challenge Describe a healthy snack you have brought to school or enjoyed at home. What makes it healthy and delicious?
Week 7	Champion Training Imagine you are in training for the U12 Sports Championship. There are all sorts of different sports you could try. Plan a training day, including your exercise schedule, what you would eat, and how you would spend your down time. Now, put it into action!

To help you plan ahead and build excitement each week, we have included a sneak peek of all the wall chart challenges here! This should help to make your classes even more engaging, educational and fun for you and your pupils!

Week 8	The Gratitude Jar Write or draw a picture of one thing you are grateful for and add it to a classroom 'Gratitude Jar' or 'Gratitude Box'. Your teacher may pick out a few from the box to share with the rest of the class.
Week 9	Smoothie Operator! Invent your own healthy smoothie recipe. 1-part fruit, 1-part liquid, 1-part mystery ingredient. Be careful to stick to just fresh fruit and vegetables, or seeds if you're feeling brave. Avoid extra sweeteners such as sugar or honey.
Week 10	Get Movin' and Groovin' Time to get moving and create some epic dance moves! Dance is a great way of loosening up and moving our bodies. Be the dance leader in your family - create your own dance using the moves and music of your choice.

Do you have a better challenge?

Submit your ideas to layasupertroopers@realnation.ie for the chance to feature in next year's Laya Super Troopers wall chart!



Daily Tasks

On the following pages, you will see daily tasks which correspond to each wall chart challenge. You can set these activities as homework to help your pupils build up to their weekly challenge and ensure physical activity, nutrition and wellbeing are prioritised every day. All tasks have been created in collaboration with teachers and experts in order to promote positive change in children's health.

Week 1: Get Snap Happy

Monday	Get outside! Visit a beach, or a place where you might not normally go. Forage for sticks, leaves and wilted flowers or anything natural. Build fun and interesting creations with the items you collected. You could draw in sand/mud with a stick and arrange the natural materials in a way that they can be photographed. Photograph your creations (or ask an adult to).
Tuesday	Look around your environment at home, even in your own room. Is there any waste you could use for an artistic creation? Create a construction from recyclable waste material? Can you use fruits and vegetables to make a creative display?
Wednesday	Create a fun dance with your family or friends. It can be of any song you like. Try to use your body as much as possible, and to work up a sweat with the dance. Practise it a couple of times and record the perfect take.
Thursday	Show your digital gallery off to family or friends. Do a victory lap (walking or jogging) of a local park to celebrate your creative prowess!

Arts and crafts can be a great outlet for relieving stress and expressing your emotions.

Week 2: Chef It Up!

Monday	Research healthy snacks online with an adult at home. Pick a snack to try and write down the ingredients.
Tuesday	Walk to a nearby shop with your shopping list and purchase the items. If you are too far from the shop to walk to it, try going for a walk with your adult (or by yourself) and track your steps with a pedometer, phone or smart watch.
Wednesday	Make the healthy snack (with a grown up to help if you need it). Taste your efforts and be proud of your work! You could even invite a friend or relative around to try the snacks you made.
Thursday	With all the energy you had from your healthy snack, go for another walk today and try and beat your steps from Tuesday!

Did you know kale can be baked in the oven to make a crisp-like snack that is super healthy for you? Plus, it's delicious!

Week 3: PT - ME!

Monday	Have you ever heard of a circuit workout? They are made up of stations, each with a different physical activity. The goal is to complete each physical activity in a short amount of time (usually with 15 -30 seconds of rest in between). Consider what exercises you might include in a circuit workout and spend some time practising them!
Tuesday	Practise 5 circuit workout exercises of your choice! You could try 30 seconds of jumping jacks, running in place, high knees, burpees, squats, planking, lunges... or anything you would like to add!
Wednesday	Choose 5 more circuit workout exercises to add to your selection - try to pick ones that work out different parts of your body. Practise these new exercises until you feel confident with them.
Thursday	Think of everything you have learned and practised this week. Now it's time to put it all together! Set up a simple circuit, incorporating all of the exercises you practised during the week. Get another person at home involved and see who can do the most of each activity!

Week 4: Running Wild and Free

Monday	Go for a light jog. Stretch and warm up your muscles before you run. Jog as slow as you can, you might encourage a sibling or an adult at home to go with you. You could aim for 1km without stopping. If you can do more - well done! Record how long you have gone.
Tuesday	Today, go for another jog. Start off slowly again, after your stretches. You could stop after 6 minutes and walk for 5 minutes. After walking for 5 minutes, jog again for another 6 minutes. Well done - you ran for 12 minutes! Record how far you have gone.
Wednesday	Start off with a 3 minute walk today. Jog for 5 minutes and then walk for another 3 minutes. Jog again for 5 minutes and walk for 3 minutes. Try to go for another 5 minute jog at the end of this 3 minutes. See how far you have gone.
Thursday	Go for another light jog today after your stretches. Today, keep running for as long as you can. See if you can beat your 1km or your distance from day 1. Record your distance. Be proud of how much you have improved!

Week 5: Cool, Calm and Collected

Monday	Think of your wellbeing in terms of nutrition. Food impacts our energy levels and how we feel. Consider the snacks that you have eaten over the past week - how do you feel after eating these snacks? Foods and snacks that release energy slowly are better for our energy levels and health. Try keeping a diary of your snack choices and energy levels to track the best snacks for you.
Tuesday	What is your favourite thing to do to relax before bed? Research shows that it is important to take an hour (at least!) off from screen-time before bed so that the brain can relax and unwind. Sleep is a factor that really impacts our wellbeing. Try out an activity to try to relax and soothe your brain before you go to bed.
Wednesday	Take some time today to sit by yourself, it could be in your room or in a park, you might listen to music, or just sit in silence. Think of all of the blessings and things you are grateful for in your life. You might make a list of these or just think of them in your head. You could also start off a gratitude diary and write in this every night, or often.
Thursday	Go for a walk with someone from your family or a trusted adult. Discuss with them the different techniques that you learned and practised this week. What was your favourite one? Will you use any of these again? What can you do to make sure this is going to happen every week?

Meditation is a great way to help to calm our busy minds. Other ways to achieve calm include listening to music, reading, exercise and spending time with loved ones.

Week 6: Healthy Snack Challenge

Monday	Brainstorm & shop: Research healthy snacks (fruit kebabs, veggie sticks, yogurt etc.) and create a list of ingredients. If possible, walk with a family member to buy the ingredients.
Tuesday	Create your snack: Prepare their own snack at home, focusing on safe food-prep skills. Try to make it look fun and colourful, then share it with your family and enjoy together.
Wednesday	Explain why it's healthy: At home or in class, write or draw what healthy things it has - like meat, fruit, vegetables - and how these help your body (for example: strong bones, energy, or a healthy tummy).
Thursday	Try something new: Prepare a different snack using leftovers. Reflect on which ingredients you like best and why homemade snacks can be healthier than packaged treats.



Spending time with family is a great way to nurture our relationships with those closest to us. This can help to promote our wellbeing by providing us with a sense of happiness and security.

Week 7: Champion Training

Monday	Find a tennis ball, or a ball of similar size. Practise throwing the ball up in the air and catching it with one or two hands. Try to jump up and catch the ball as high in the air as you can.
Tuesday	Basketball and even tennis have throws in them too, whether you're shooting for points, a pass, or throwing a tennis ball in the air for the serve. Find a large ball and practise bouncing it. See how many bounces you can do with alternating hands. Try to count how many bounces you can do in 1 minute.
Wednesday	Jumping - imagine you are in the Long Jump competition. Find a safe space and practise jumping different ways to try to increase the distance. Experiment with different jumps such as one foot, two feet, standing jump, running jump - which jump gets you the furthest?
Thursday	Rugby, Hurling and Gaelic Football are part of this U12 Sports Championship. With a rugby ball, practise a kick for touch, or with either a football or sliotar, practise soloing. Run around a park, your garden or a green area, and do as many solos or kicks as you can with the ball. Don't worry if you don't manage many at the start - just try to improve your count each time.



Regular physical activity is key to getting and staying healthy. All children and young people should be active, at a moderate to vigorous level, for at least 60 minutes every day.

Week 8: The Gratitude Jar

Monday	Create your jar: Decorate a class "Gratitude Jar" or box. Discuss what gratitude means. Add your first note or drawing of something you appreciate.
Tuesday	Home gratitude: Ask family members to share one thing they're grateful for. At home write or draw your own gratitude note and bring it in.
Wednesday	Outdoor reflection: During a walk outdoors, notice something beautiful or kind (e.g., a blooming flower, a friend helping another) and write or draw it and bring it in to add to the gratitude jar.
Thursday	Gratitude Jar Sharing: Take a few notes from the Gratitude Jar and read them out loud to the class. Talk about how it feels to focus on the good things in our lives. Did it make you feel happier or more positive? Encourage everyone to keep adding to the jar each week with something they're thankful for.

Week 9: Smoothie Operator!

Monday	Research smoothie recipes online and with an adult, focusing on healthy options with fresh fruits and vegetables. Be adventurous with your choices. Avoid adding extra sugars like syrups, or honey. Make a list of ingredients to buy and ensure your food processor or smoothie maker is clean and ready. If you don't have one, choose fruits you can crush, like bananas.
Tuesday	Walk to a shop to purchase the ingredients you need. Wash your ingredients as necessary and prepare them. Create your first smoothie then plan what new smoothie you will make on Thursday.
Wednesday	Make up a smoothie song, rap or dance and show us what you've got! (extra points for really bad singing)
Thursday	Make your second healthy smoothie. Which was your favourite smoothie? How do you think you could work on experimenting with smoothies? When would be your favourite time to have the smoothie? What about others in your family? Did they all enjoy the same smoothie? You could become your family's smoothie expert!

Week 10: Get Movin' and Groovin'

Monday	Learn a new dance – Check the internet with a parent, or maybe someone in your family already knows one. Practise the dance until you have it nailed. You can record it if you like and share it with other family members or someone you know. Remember to ask people before you record them!
Tuesday	Today's your day for fast music to get your body moving - how will your body move to the fast music? Create a fun playlist of your favourite tunes to get you pumped with an adult at home. Use the playlist as fun inspiration to get dancing throughout the week.
Wednesday	Play a game of <i>Dance Shadows</i> with some others at home. Face your partner and create moves that they need to follow. Can you catch them out?
Thursday	Focus on slow music to help you stretch and exercise. Create a relaxing playlist of your favourite tunes with an adult at home. Use this playlist to inspire gentle dancing with slow, stretching movements. Experiment with different levels and ways of moving your body. Reflect on which dance activity has been your favourite this week.



Congratulations!

You and your class have completed the Laya Super Troopers Programme 2026!
Thank you for your support and interest in our programme.

laya Super troopers

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