

## **EAT WELL, GET ACTIVE**



### **ABOUT THE PROJECT**

Regular physical activity is an important part of getting healthy and staying healthy. Encouraging pupils to be active from a young age sets good habits early on and helps them develop the skills they need to stay active throughout their lives. To help pupils be active every day, they need opportunities for sport, play and exercise at school.

Children who don't get enough physical activity are at a greater risk of becoming overweight or obese. This makes it harder for them to be active and keep up in sport or play. Being overweight can also make kids more prone to conditions such as asthma, flat feet and joint sprains. And also combining good nutrition with physical activity can lead to a healthier lifestyle.

We decided to implement our project in order to be a good role model for our pupils and to have a positive attitude about being active, to motivate the pupils to enjoy the physical activities and to participate in the physical activities.

### **AIMS OF THE PROJECT**

Throughout our project we hope to develop our pupil's social skills and teach them about teamwork and cooperating with partners. With regular physical activity and healthy eating habits, we hope to help pupils healthy growth and development, build strong bones and muscles, improve balance and develop skills, maintain and develop flexibility, achieve and maintain a healthy weight, improve cardiovascular fitness, reduce stress and feel more relaxed, improve posture, boost confidence and self-esteem, have fun with their friends.

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## **WORKING PROCESS**

November :

Students work in national groups.They contact their partners through the TwinSpace forum and padlet.Students will create avatars.

December:

Get active each day

january:

Choose water as a drink

Eat fewer snacks and select healthier alternatives

February:

Eat more fruit and vegetables

March:

Switch off the screen and get active

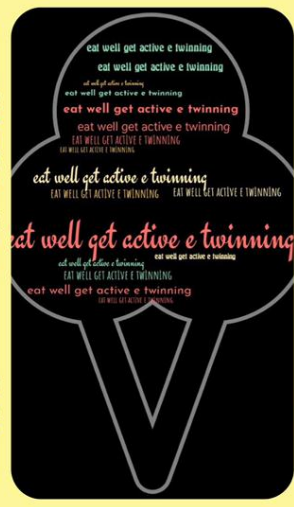
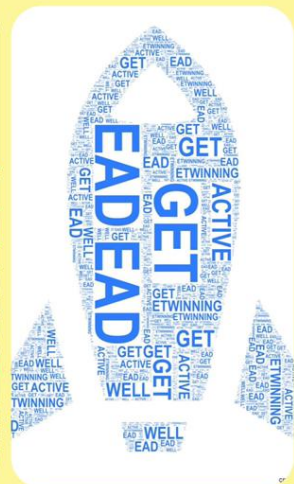
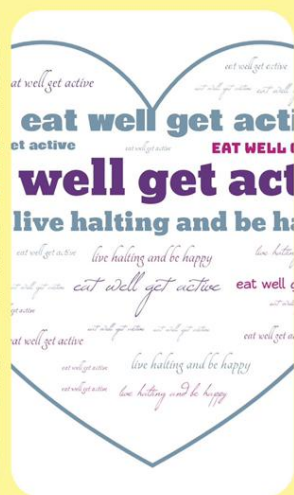
April:

Evaluation

dissemination

## **EXPECTED RESULTS**

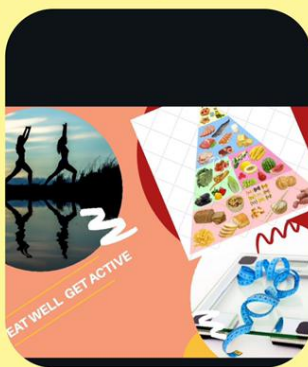
We will have the opportunity to have an idea about the educational practices in Europe.We will make new friendships from different countries, share our experiences and exchange ideas. We will have the opportunity to improve our foreign language .We will use technology effectively in our project. students will enjoy the physical activities and participate in them.

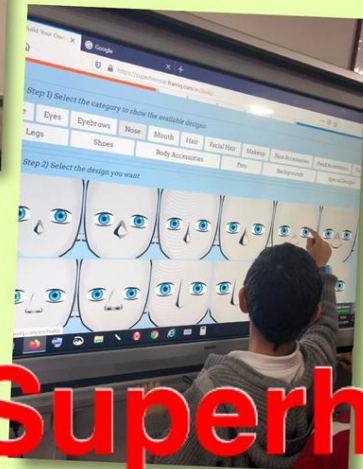
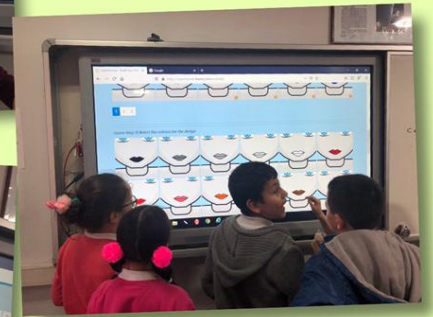
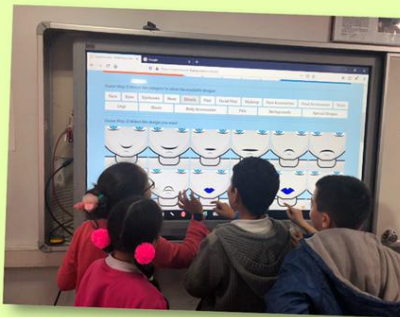
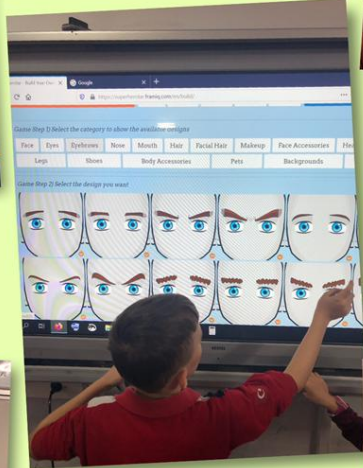
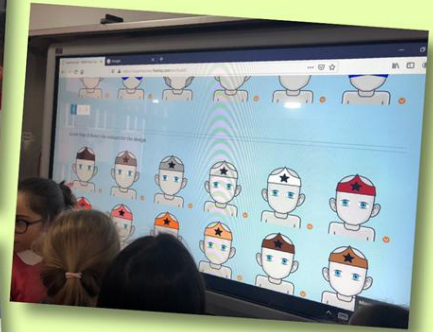
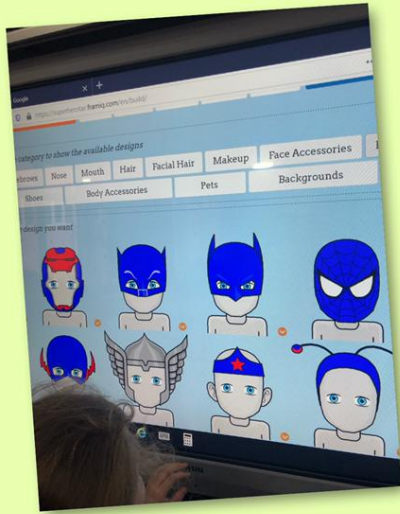






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**Superherotar**