

#1 "Ways For a Healthy Future"

"Dimitar Blagoev" Elementary school

Stara Zagora | Bulgaria

Physical Activity

Physical Education

HEPAS

School Sport

Healthy Lifestyle

Healthy eating



Healthy school policies



Family & community engagement

DESCRIPTION:

The practice includes "Zumba" classes and rope jumping held twice a week as an extracurricular form of Physical education activity, complementing the other types of learning for the 4th-grade students. The interest in "Zumba" classes and rope jumping was attested by the inclusion of students from other classes who were not participants in the project. An essential point in the overall organisation and implementation of the planned project activities was the interaction with the children's families. One of the tasks was each child, together with their parent to cook healthy food and participate in the culinary show in the school. It required a description of the used recipes to be presented in the form of a comic book with photos. The final product was a cookbook "Let's cook something delicious!". Another task for the children involved in the project was to work out posters for beneficial and harmful foods. The preliminary collected by them information and the guidelines by a teacher of the food composition and healthy nutrition facilitated its implementation. Under the slogan "Mission for a Healthy Future," the students presented these posters to their younger classmates. Special attention was paid to the water intake. A "Water drink reminder" application was used, reminiscent of the need for daily and with appropriate frequency water intake. In the end, students took part in a quiz on various health issues. It confirmed the positive results as most children responded that they would combine the change in their diet with the sport frequency to the final survey question: "What would you change in your daily life to improve your health?"



COGNITIVE ENGAGEMENT

Students learn about the new forms of PA and healthy food components, and preparing food



IMPACT ON ATTITUDES

Students experience the positive effects of regular PA on their body and mind

ORGANISATIONAL NEEDS

Having effect on both PA level and healthy eating, it takes regular collaboration between subjects and teachers. The recipes and the commons activities around healthy eating takes big amount of preparation work.



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