

# #4 Sport, Health & Fun - For Everyone

School Sport Club Krste Misirkov Kumanovo

North Macedonia

Physical Activity

Physical Education

**HEPAS**

School Sport

Healthy Lifestyle

Non-competitive school sport



Competitive school sport



Community partnerships

## DESCRIPTION:

Our school sports club is for primary school students and achieves the national strategic goal for school sport of having at least 25% of students participate in school sport 3 to 4 times per week. We will achieve this goal with several planned activities in the fields of health, physical activities and school sport. For students aged 6 to 14 years old, we organise swimming lessons and water games for beginners twice a week at the indoor city pool. We also organise recreational athletics for students aged 6 to 10 years old, and competitive athletics for students aged 11 to 14 years old two to three times a week. In the health sector, there is physical therapy for students with poor posture and physical disabilities. We provide health education to all students through lectures, workshops, presentations, educational posters as well as free examinations to assess bad posture. The main areas of health education are prevention of deformities, bodily hygiene, and healthy eating. For students aged 11 to 14 years old, we organise two sports academies in volleyball and basketball with practice four times a week; because we take a fun and equal approach to training, girls and boys practice together, but compete separately in the school sport system. These activities occur regularly throughout the school year from September to June (nine months out of the year), before or after school. We use a small rec room in the school, a large school gymnasium, an outdoor multipurpose playground, an indoor city pool and a city athletics court.



## LEARNING NEW SKILLS

Children are educated in different sports (which they may not have been familiar with before) and in health behaviour, thereby gaining new skills.



## IMPACT ON ATTITUDES

As all activities related to physical activity and health education take place regularly throughout the school year before as well as after school, they have the potential to largely impact the children's attitudes and values.

## ORGANISATIONAL NEEDS

In order to implement the activities, not only is access to gymnasiums/rec rooms of various sizes, a swimming pool, outdoor playground and/or athletics court needed on a regular basis, there is also a need for people willing to serve as teachers for the courses. The outcomes can be assessed based on the number of participating children and by increases in the children's time spent moving per week.

### If you want to know more about the practice

[schoolsportclubkrstemisirkovku](https://schoolsportclubkrstemisirkovku)

[facebook.com/uskkmk/](https://facebook.com/uskkmk/)



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