

#8 "Mountain and Sea" Valencian Government Programme

IES Serra d'Irta School
Spain

Physical Activity

Physical Education

HEPAS

School Sport

Healthy Lifestyle

Active homework



Healthy school policies

DESCRIPTION:

This is a programme that consists of promoting hiking and our province's natural heritage. We conduct four hikes with students in different locations. We do plogging (collecting waste) during the hiking. Families can take part as well. We coordinate this programme with a local municipal council initiative to foster family hiking at weekends. This programme promotes aquatic sports as well, so we also do a sea-based activity to practice sailing, canoeing or paddle surfing. These activities are subsidised by our community



SOCIAL INTERACTION

The hikes function great to develop community, as students have a strong feeling of group belonging.



IMPACT ON ATTITUDES

Regular outdoor activities have a great effect on stress management, overall wellbeing. Common group experiences enhance positive feelings toward peers and school.

ORGANISATIONAL NEEDS

The hikes usually happen outside school; therefore, it is crucial to set safe routes with different levels of difficulty, which should be well-articulated in the programme. The skills students develop in school should be used in the non-school environment as well; therefore, intensively involving parents helps the programme's success.

If you want to know more about the practice

deportes.dipc.as.es

mestreacasa.gva.es



The successful implementation of this practice will help you reach one of the Moving Schools Award levels.

www.movingschoolsaward.com

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