

#9 Healthy Peer Tutoring

IES Serra d'Irta School

Spain

Physical Activity

Physical Education

HEPAS

School Sport

Healthy Lifestyle

Active homework



Active recess



Family & community engagement

DESCRIPTION:

This programme consists of peer tutoring, with the oldest students acting as health and sports mentors for the youngest (who are taking part in the El camino de Piefcitos project). Each older student tutors 3-4 younger students.

Their functions are:

- Motivate the younger students to earn more kilometres in the Piefcitos project by doing activities in the 5 healthy pillars (physical activity, healthy food, sustainability, resting and reading)
- Collaborate with them to earn kilometres by doing these healthy actions together,
- Register the kilometres their young students earn every week and report them to the PE teacher.
- Attend meetings and take part together in the "Join Us" campaigns during lesson breaks.



SOCIAL INTERACTION

As older children tutor younger ones and meet regularly during lesson breaks, social interaction amongst the children is comparatively high.



IMPACT ON ATTITUDES

Peer tutoring might help the younger children more easily accept and acknowledge the positive effects of an active and healthy lifestyle.

ORGANSATIONAL NEEDS

To implement the project, motivated children are needed, both those volunteering to act as tutors and those ready to participate as tutees. Moreover, a teacher has to collect the kilometres students earn. The outcomes can be assessed by the number of earned kilometres and the children's feedback.

If you want to know more about the practice

educarex.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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HEALTHY AND PHYSICALLY
ACTIVE SCHOOLS IN EUROPE



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