

#10 Interschool Sport Day

IES Serra d'Irta School

Spain

Physical Activity

Physical Education

HEPAS

School Sport

Healthy Lifestyle

Non-competitive school sport



Competitive school sport

DESCRIPTION:

The "INTER-SCHOOL SPORT DAY" consists of a morning-long interschool meeting with students and teachers from other high schools to share sports and healthy habits. During this morning, students from different schools play different traditional and alternative sports and games and prepare cooperative activities related to health and physical activity. The students are divided into mixed groups by school. They have to prepare the activities in advance and explain them to the others in English (interdisciplinary initiative). Dances, murals and healthy food workshops are also carried out.



SOCIAL INTERACTION

Through peer-led activities, the students learn the skills of interacting with each other, playing sports together and understanding other aspects.



IMPACT ON ATTITUDES

If the impulse for a sports activity comes from a peer, it can be motivating and persuasive for students.

ORGANISATIONAL NEEDS

The programme offers a lot of autonomy for the participants, which sometimes can be ineffective; therefore, a dedicated adult mentor should be assigned to supervise the programme. Since the range of activities is very wide, it is worth taking the time to identify all parties' interests and possibilities.

If you want to know more about the practice

 mestreacasa.gva.es



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

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