

# #14 Patios Assi: Activos, Saludables, Sostenibles, Inclusivos

IES Serra d'Irta School

Spain

Physical Activity

Physical Education

HEPAS

School Sport

Healthy Lifestyle

Active recess



Competitive school



Non-competitive school sport

## DESCRIPTION:

The aim of this project is to make lesson breaks more active, healthy, sustainable and inclusive. It includes different initiatives: a) Sports tournaments: 2-3 sports each term structured into different levels. The students organise and referee the matches themselves. Fair play is always the main rule. The winning team plays against the teachers' team at the end of the term. Families can also take part in this final match. b) Traditional games zone: volunteer students are in charge of coordinating the different games and materials: jump rope, hula hoops... c) Workshops suggested and implemented by volunteer teachers and students (karate, parkour, dance" percussion...) d) "Join Us" active campaigns: activities and workshops for celebrating special days. For example: "Join us against obesity" day, "Join us against gender violence" day, "Join us for disability and inclusion" day, "Join us against climate change" day, "Join us for peace" day, "Join us for environmental education" day (collecting waste), "Join us for women's equality" day, "Join us for dance" day, etc. These are included in the "El camino de Piefcitos" project. e) "Breaks with zero waste" initiative proposed by the Teachers For Future association. Plogging, reducing waste by using reusable bottles, tappers, cloth bags... The Voluntirta students are in charge of controlling the amount of waste and suggesting different ways to reduce it, etc.



## LEARNING NEW SKILLS

Students learn technical and tactical components of sports and learn new games and activities, including dance.



## IMPACT ON ATTITUDES

The students experience and understand the importance of fair play in common sport and physical activity settings. The students learn how regular, fun physical activity affects the body and mind.

## ORGANISATIONAL NEEDS

Since the programme is quite structured, it is worth planning a full school year of activities, including the topics, classes involved, etc. Usually there are many sport or dance clubs in the school's local community; therefore, it is worth seeking out collaboration opportunities.

If you want to know more about the practice

[mestreacasa.gva.es](mailto:mestreacasa.gva.es)

[teachersforfuturespain.org](http://teachersforfuturespain.org)



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