

#24 SUPER ATHLETE ZOLEÑO

Colegio Zola Las Rozas

Spain

Physical Activity

Physical Education

HEPAS

School Sport

Healthy Lifestyle

Active homework



Family & community engagement



Healthy eating

DESCRIPTION:

The "super athlete" activity aims to promote healthy lifestyle habits. Hence, it is proposed that different activities be carried out during free time (this year we have included some activities to be done at school due to difficulties with exercising during our free time), which will give us the opportunity to become a "Zoleño Super Athlete". The activities proposed have changed over time because of changing circumstances and the search for motivating activities. The activities we have done are as follows:

2018/2019

- Family physical activity.
- Group / friends physical activity.
- Making a healthy meal.
- Participation in a sporting event.
- Supporting a sporting event as a fan.

2019/2020

- Group (family/friend) physical activity (red wristband).
- Making a healthy meal (green wristband).
- Participation in a sporting event (blue wristband).
- Supporting a sporting event as a fan (yellow wristband).
- Super Athlete activity (black wristband).

2020/2021

- Family physical activity (red wristband).
- Making a healthy meal (green wristband).
- Participation in a charity sports event online (blue wristband).
- Creating a choreography including at least five strength exercises (yellow wristband)
- Super Athlete (black wristband).



COGNITIVE ENGAGEMENT

Children learn the components of regular healthy eating, different food types and sustainable consumption



IMPACT ON ATTITUDES

Children learn the importance and positive effect of regular healthy eating and physical activity

ORGANISATIONAL NEEDS

We will need the participation of P.E. teachers and students' families. The children spend half of their time in school, and roughly the other half at home; therefore, it is crucial to involve families in the programme. Material resources: The students will have to use a computer to send their completed activities to the teacher. We will also need to create the rewards, wristbands, ...). Organizational resources: P.E. teachers will explain the project to the students and will be in charge of keeping them motivated to do it. They will also be in charge of communicating the project to the families.

If you want to know more about the practice

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

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