

#25 Workshop activity

Herrikide school

Spain

Physical Activity

Physical Education

HEPAS

School Sport

Healthy Lifestyle

School events, project weeks, camps



Active learning



Healthy eating

DESCRIPTION:

The workshop is a project in which students from Grades 5 and 6 of primary school and Grades 1 and 2 of secondary school and their teachers participate. The teachers volunteer to share their hobbies with the students; thus, 16 different workshops are created. For example, a teacher who is fond of cycling conducts a bicycle mechanics workshop.

The students rank their interest in the workshops via a survey. In this way, each student can participate in the workshop in which they are most interested. At the same time, attempts are made to balance out the group size.

Each workshop lasts two days and is a break from the normal class routine. During these days, the students work on different forms intelligence within a common theme chosen jointly by the teacher and students.

The workshops have a very positive impact once completed. The bicycle workshop greatly improves the students' mobility, the cooking workshop improves their nutrition, etc.



LEARNING NEW SKILLS

As the children are exposed to new content related to PA and nutrition in the workshops, it is expected that they also learn new skills.



SOCIAL INTERACTION

During the workshops, children interact frequently with one another and with the teacher.

ORGANISATIONAL NEEDS

In order to carry out the workshops, teachers who are ready to present their hobbies to the children are required.

Moreover, from an administrative perspective, at least two days must be dedicated to the project. To assess the outcomes, the children's initial ranking of their interest in each workshop could be re-discussed after they have tried them out (to see whether the workshop met the participants' expectations).

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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