

# #27 Sport, Nutrition and Health Week

Colegio Estudiantes

Spain

Physical Activity

Physical Education

HEPAS

School Sport

Healthy Lifestyle

Transversal

## DESCRIPTION:

The project is a week dedicated to supporting and promoting physical activity and healthy lifestyle habits via recreational sports activities. These objectives are in line with the school's four axes of interest within our association with the DES Committed Schools for Sport and Health, namely nutrition, healthy leisure, physical activity and hygiene and health. Thus, the students learn about the value of sport through such age-appropriate activities as a mini-Olympics, Paralympic awareness, "Yellow Humour" tests, circuit training, biking trails, weightlifting or paintball, a charity race, etc. For the school, the project has: a. optimised space and session organization systems in the Physical Education department; b. improved healthy habits among teachers at all stages of their careers; c. increased awareness of physical activity and good habits among all school workers; and d. promoted healthy routines in the daily life of the educational community. Other impacts have included increased awareness of physical activity, nutrition and health among students, as well as more healthy habits by students and families.



## COGNITIVE ENGAGEMENT

The students learn new types of physical activity and sport as well as daily healthy habits




## IMPACT ON ATTITUDES

The students learn the positive effect of group play, games and regular physical activity as well as healthy habits

## ORGANISATIONAL NEEDS

Since healthy eating is directly related to physical activity, it is worth having different subjects work together, such as Biology, P.E., etc. The children spend half of their time in schools and roughly the other half at home; therefore, it is crucial to involve parents in the programme.

If you want to know more about the practice

 [colegioestudiantes.es](http://colegioestudiantes.es)



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

[www.movingschoolsaward.com](http://www.movingschoolsaward.com)

**HEPAS**  
HEALTHY AND PHYSICALLY  
ACTIVE SCHOOLS IN EUROPE

  
HSSF  
Hungarian School Sport Federation

  
ISCA  
International Sport and  
Culture Association

  
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