

#28 Cross of our lady of mercy

Colegio Nuestra Señora de la Merced
Spain

Physical
Activity

Physical
Education

HEPAS

School
Sport

Healthy
Lifestyle

Community partnerships



School events, project weeks, camps



Family & community engagement

DESCRIPTION:

This initiative began in the 2017-2018 academic year. It continued with a second edition in the 2018-2019 academic year. This action did not arise from a need that we had at our school. It arose from the initiative of several people and the union of various ideas. We have long wanted to involve high school students in a sports-related project beyond the subject of physical education. In talks between the sports management and the school's coordination, the idea arose that conducting some joint activities would be good to promote athletics, healthy lifestyle habits as well as active and healthy leisure activities among the senior citizens in the centre. This idea arose from visits to other schools.

As one of the objectives of physical education in 1st grade in high school is to encourage active leisure activities, this initiative encouraged students to design an activity for younger children. This gave the teacher feedback on whether the students finish their last year of high school of physical education knowing how to plan healthy leisure activities beyond school. The project has become a school holiday fostering connections between elementary and high school students through sports and physical activity – as well as a day where approximately 600 students and 40 teachers are "hooked" on physical activity.

At the school level, the project has helped us institutionalise the "MOVE Week" and physical activity and sports days in June, prioritizing sports activities over others. It has also encouraged a sense that sports is more than just a "time-filler". There are also projects involving cooperation between different stages grade levels as well as multidisciplinary and horizontal projects through physical education that address areas such as the economy, resource organization, the environment, the city permitting process, appointments with companies, sponsors, etc. Healthy habits and leisure are addressed in our school. Furthermore, we strengthen alliances with different companies and sponsors and links with other schools.

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COGNITIVE ENGAGEMENT

Older children are encouraged to design an activity for younger ones and therefore to apply the knowledge they have acquired about how to include active and healthy leisure activities in their lives.



IMPACT ON ATTITUDES

The event encourages older children to tutor younger ones and also increases exchange between primary and secondary schools as well as relations with external partners, institutions outside of the school.

ORGANISATIONAL NEEDS

To implement the initiative, the children must be motivated, both those volunteering to act as tutors and those ready to participate in the activities. To widen the circle of participants, a good network of external partners and local schools is beneficial. In order to assess the outcomes, teachers can check whether the children succeeded in designing the activities; other outcomes include the number of participants and potential feedback from them.

If you want to know more about the practice

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Co-funded by the
Erasmus+ Programme
of the European Union