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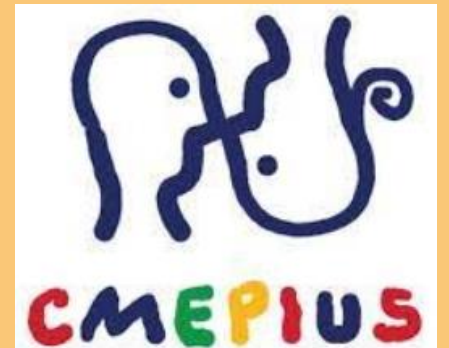
# PASSPORT TO HEALTH 2020 – 2023

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## Scenarios and good practices associated with physical education



# PASSPORT TO HEALTH TEAM



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# THE PROBLEM...

Increasing number of :

- Obese teenagers.
- Exclusion of obese and less physically fit children.
- Decreasing attendance in P.E. classes.
- Bad nutrition habits.
- Passive ways of spending free time.





# GOOD PRACTICES

## ASSOCIATED WITH PHYSICAL EDUCATION IN POLAND



### **Drums Alive**

Drums Alive is training program which combine fitness, drumming, music, and educational concepts to improve the physical, emotional, and social health of participants. It could enrich Music lessons, PE, Early Education and Extracurricular Activities.

The program was created by Carrie Ekins, who suffered a hip injury. Her rehabilitation was the typical long and boring process. She began to drum on boxes, and unexpectedly experienced the positive effects of drumming, both aerobically and mentally.



## Advantages of Drums Alive:

- engages the whole body
- improves eye-ear-body coordination
- helps to relieve emotions of children with mental problems
- adds energy
- improves the cooperation of both cerebral hemispheres
- improves mood
- the equipment is quite cheap
- it is suitable for children with disabilities, e.g. in wheelchairs

A lot of fun for the olders...

Music and rhythm bond people together, it is a way of communication and of celebration



Even the youngest students can prepare a show for various school events

A lot of fun for young...



**Everyone should find a physical activity that will give him pleasure.**

# GOOD PRACTICES

ASSOCIATED WITH PHYSICAL EDUCATION IN GERMANY



## Spikeball



## Blazepods



# Schlittschuhlaufen



# Streethockey





# GOOD PRACTICES

## ASSOCIATED WITH PHYSICAL EDUCATION IN ROMANIA



Fitness classes

Health



Fun

Motivation



Confidence

Strength



## Dance classes

**Balance**



**Social health**

**Cognitive performance**



## Sport, physical activity

Strong hearth



Better sleep



New connections



Reduces stress

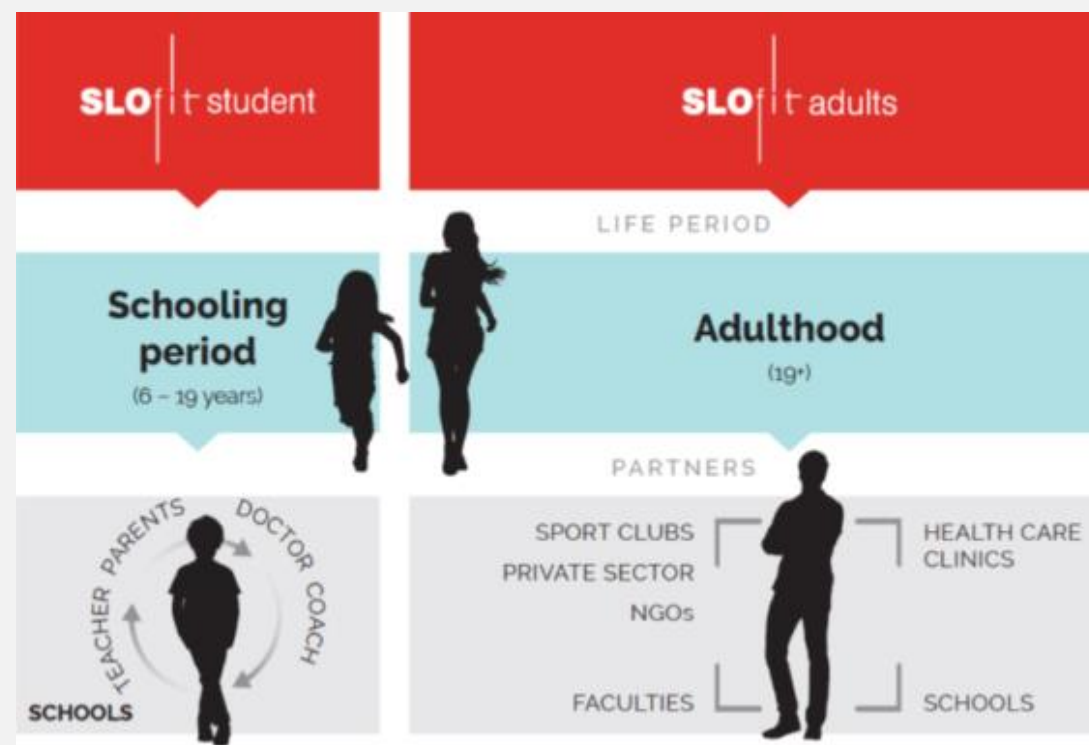


# GOOD PRACTICES

## ASSOCIATED WITH PHYSICAL EDUCATION IN SLOVENIA



**SLOfit** was first created in the 1980s as a pedagogical tool to better assist physical education teachers who were tasked to guide the motor development of their students. SLOfit is now used not only for this purpose, but also to promote physical activities adapted for all generations of Slovenian citizens. SLOfit is focused on raising awareness for all generations to engage in healthy lifestyle choices, and create better access to its online infrastructure for promoting sport & physical fitness surveillance activities for all. Thus, the SLOfit system nowadays consists of a school-based SLOfit Students programme, and a SLOfit Adults programme which can be performed in the educational, sport, occupational or health sector.



## SLOfit Students includes:

- annual **systematic measurements of children** with [11 measurements](#) every April
- **sending the data** of those children whose parents or themselves (in the case of secondary-school students), **give active consent** for their data to be included in the SLOfit database **to the Faculty of Sport**, where the data is cleaned and analysed in a couple of days and feedback reports for individual children and classes sent back to schools,
- **feedback information** on every child's development and physical fitness (personal SLOfit chart) which includes raw data of all the measurements as well as standardised values which enable direct comparison of a child's current status with previous data and with population data, as well as the evaluation of their health risks (currently available only to children included in the Enjoy Health project and university students, include in the SLOfit Student project).

- **children, who were in the past years included in the Healthy Lifestyle project, aerobic fitness improved for 3 %**



# GOOD PRACTICES

## ASSOCIATED WITH PHYSICAL EDUCATION IN GREECE



## MOUNTAIN BIKE WEEK

### OBJECTIVES

Improvement of balance, increase of strength, speed and of course endurance:

#### Short term benefits:

- Get to know the bicycle (maintenance, safe riding)
- Choose the appropriate bike size and adjust it correctly.
- Use the appropriate equipment for safety
- Learn the necessary signs and traffic lights

#### Long term benefits:

- Recognize the benefits of cycling
- Appreciate the importance of lifelong exercise
- Make sure they stay safe and do not overestimate their capabilities.
- Gain self-confidence and self-esteem



# CYCLING SAFELY

- ❑ Practice Cycling in a Traffic Park created at school
- ❑ Mountain Biking in a suburban forest



# SPORTS AND ACTIVITIES AT THE NESTOS RIVER NATURE RESERVE



- **Physical outdoor activity helps children build strength, focus, self-esteem and endurance and improves their emotional well-being.**
- **It allows them to develop social skills, learning to work together with their friends and peers.**
- **It helps them develop good physical fitness, agility, stamina and health stability.**
- **Climbing helps them develop coordination, balance and strength.**
- **Outdoor activities offer students time away from busy routines and timetables.**





# GOOD PRACTICES

## ASSOCIATED WITH PHYSICAL EDUCATION IN SPAIN



### TRADITIONAL GAME “PILOTA”

#### History

- Played since a long time ago by people as diverse as the Mayans, Egyptians or the Japanese. In Rome it was recommended by doctors as a healthy exercise.
- It appears in the Valencian Community with the Knights of the conquest, its practice and popularity extended from the King to the nobility, the Church, the people and the children of every street. This omnipresence provoked the appearance of ban of the General Council of Valencia banning the game.
- The beginnings of the 20th century are exultant, the innovation of the rope to complement the scale of ratchets, etc.
- The Valencian Pilota Federation broke from the State in 85, organizing from this moment the competitions and regulating standards, measures, etc.



## Materials

We need the following materials:

1. The gloves: it is the most important because it protects the hand. These are made of lamb skin, they have no fingers and just cover the knuckles of the hand and a part of the palm.

2. “Didals” (raspall): It is a tubular piece of skin or pork casings closed due to an extreme that is put with a piece of cotton or sponge, all fixed with tape.

3. The balls. Could be:

- Of “Badana”: made of skin of veal and a small rubber in the middle.

- Of “Vaqueta”: made by the results of the cow and filling of lear. This is the ball used in the major categories (raspall i escala i corda). It is an essential thing in the world of the ball.

- Of “Tec”: for the “frontó”.

- Of “Drap”: for the “galotxetes”.



## Types of game

1.- **DIRECT GAME**: when faced with 2 teams of a throwing the ball directly against the opponents. These games are divided into three groups

PLAYING IN THE STREET	Joc per baix	EL RASPALL
	Joc per l'alt	LA GALOTXETA I LA PERXA
	Joc lliure	LES LLARGUES
PLAYING IN THE “TRINQUET”	Joc per baix	EL RASPALL
	Joc a l'alt	ESCALA I CORDA EL REBOT
	Joc a l'alt	GALOTXETES DE MONÒVER

2.- **INDIRECT GAME**: when faced with 2 teams (occupy the same field) and throw the ball against a wall (frontó). Here we find two types:

- FRONTÓ VALENCIÀ
- FRARE



