



Key Action: Cooperation for innovation and the exchange of good practices
Action Type: Strategic Partnerships for Schools Only

Project Title

self-organised healthy sports

Project Coordinator

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Project Information

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Topics Health and wellbeing ; International cooperation, international relations, development cooperation ; Intercultural/intergenerational education and (lifelong)learning

Project Summary

Pupils are getting more and more inactive and health costs are rising - that is what we want to change! This intention corresponds with goals of the European Commission which propagates a healthy and holistic way of life. So students at the age from 13 to 15 years should be enabled to develop different ways of doing healthy sports autonomously together with like-minded people. This project aims at supporting the process of detachment from authority figures by giving young people the chance to plan and conduct their actions on their own. The focus is not on the physical aspect of sports, but on the possibilities of integration, socialisation and tolerance. Technically challenging kinds of sports, expensive equipment or gyms are considered to be redundant, so that the costs are not so high and everybody can afford. The role of the teachers is to give advice, but pupils have to take care about the equipment, time-management, planning a route and so on. According to that we put emphasis on including a huge variety of places in order to guarantee an enormous range of sporty activities. So in Finland we would like to focus on winter sports like cross-country skiing and ice-skating as well as dancing, in Cyprus on sports by the sea, in Germany on using the Alpine foothills as the setting for bike tours and hiking. In Spain we plan to go on a pilgrimage, in Lithuania canoeing will be in the foreground. The students of each country will organize one or two activities where the international partners will take part. After visiting every partnerschool can modify the arrangements of these activities for their own possibilities. Additionally pupils are going to work on a further kind of sports between the short-term exchanges organized for the whole school community. All these activities will be documented by videofilms, protocols, pictures etc., so that difficulties, risks or special needs will be found out. Students report in English about our activities for Twinspace and for the common project homepage. At the same time they also work continuously on the material in their own languages. Thus there will be one common English version of our guidebook, as well as a version in the own language of each participant school which needs not to be completely identical for all countries. Also the aim of the project is to arouse the pupils' sense of responsibility for their own health. Nothing is more appropriate than healthy sports to convey a feeling for one's own body and sensitivity for one's own necessities. Despite attending all-day schools young people today have mostly a lot of free time at their disposal, which should be spent meaningfully and not in front of their computers only. By being confronted with our project they will gain the competences to organize their leisure time in a physically active way and to integrate activity in their scheme of life. You can easily get in touch with others, even foreign people via sports activity. Language barriers will be overcome and tolerance increases, as well as social and personal competences. Good or bad habits spread easily nuclear reaction speed through our society. What way it will go depends on us, all people. We can not deny, the results may be different more or less for every individual person. But on the whole we will certainly have more healthy pupils who will grow up showing example to live healthy life to their own children and friends. Moreover, the project aims at raising young people's awareness for nature in all its facets (weather, flora and fauna, geography) and for their surroundings. You will only be able and willing to protect the world around you and to fight for its continued existence if you know about the beauty of your natural environment. It is especially on an international level that we can see that environmental protection needs to be global in order to be successful. All the results and documentations will be published on eTwinning, on the different websites of the schools and in a book including a DVD, so that further generations of teachers and students have an idea and advice how to organize such sporty events. The translation in the different languages have the effect, that students will identify very easily with the project product - the book. They can feel like authentic authors of the guidebooks and really everybody can use the information comfortably. Contact boards in every school will support the process of getting in touch with like-minded people. Also we want to give our results to the governments to initiate a new optional subject "health education" and to inform other schools within teaching and training activities.

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