

GOOD PRACTICE / SCHOOLS

Sporty and Healthy

international project co-funded
by the European Union

AIM & OBJECTIVES:

The project focuses on exchanging experiences and knowledge, seeking solutions to promote children's sports activities.

TARGET GROUP:

Children

KEY STAKEHOLDERS:

Teachers, tutors, trainers and parents

DESCRIPTION:

The project provides resources such as class scenarios, educational and communication materials, specialist consultations, webinars, and online classes. As part of the partnership, the programme has been prepared for teachers and parents who, by enrolling in the free programme, gain access to materials and tools to support education for a healthy lifestyle (including overweight and obesity, type 2 diabetes, posture defects prevention).

Also, there are many scenarios for health-related activities available on the website as well as hints and tools on how to organise a "Day of Sport". An important aspect of the project is raising awareness about the shift in approach to early sports specialization and the conscious effort to minimise premature competition.

ADDED VALUE:

Project with extensive materials providing information to empower stakeholders.

LESSONS LEARNED:

Providing a certificate for each facility and coordinator confirming participation in the programme is a clear indication of commitment to the goals of the project.

RESOURCES & REFERENCES:

www.healthyandsporty.eu