

## 2nd year ideas brainstorm

What's written in the application for the 2nd year?

- Focusing on **active lifestyle through sports and health education**
- **The essential aim is to promote active way of life**
- One aim is raise awareness of healthy and active lifestyle through different lessons by showing models and being examples ourselves.
- Another aim is to create teaching models which could be integrated into the curriculum.

In groups we brainstormed the ideas on 3 different levels:

- Parent/home involvement
- Activities in classroom level
- Activities in school level

Activities in classroom level	Activities on school level	Parent/home involvement
<ul style="list-style-type: none"><li>● sports competitions/tournaments</li><li>● health week/month</li><li>● games fair</li></ul>	<ul style="list-style-type: none"><li>● sport tournament days among pupils and the staff</li><li>● “Healthy food” days/week in the canteen + parents bring their food and recipes, school</li></ul>	<ul style="list-style-type: none"><li>● families sportsdays (teams)</li><li>● families on move (observe a plant/tree)</li><li>● inviting experts to lessons and breaktimes</li></ul>

<ul style="list-style-type: none"> <li>● healthy lifestyle topic in different lessons <ul style="list-style-type: none"> <li>○ asking parents to come to talk about the topic (nurs, sportsman etc)</li> </ul> </li> <li>● adding the topic in the curriculum</li> <li>● grow spices on window sills</li> <li>● class outings</li> <li>● lessons outdoors</li> <li>● surveys (how much sport do children in one class do etc)</li> <li>● posters, photos, drawings about healthy lifestyle</li> <li>● older children teaching younger ones</li> <li>● vegetable, fruit day</li> </ul>	<p>nurse holds lectures, performers from outside, PE teachers</p> <ul style="list-style-type: none"> <li>● sports days with parents, celebrities</li> <li>● children's conference. Cooperation between different schools</li> <li>● Art lessons "How do I eat now? vs "How should I eat?" with calories on the posters etc. Rubbish pin posters with sweets, fast food etc</li> <li>● Cooking club for pupils</li> <li>● In autumn pupils bring home made food/vegetables</li> <li>● Parents meeting in autumn - to introduce the healthy lifestyle focus to parents too</li> <li>● healthy food/homemade food fair at school. The money will be used to buy smth healthy (activities)</li> </ul>	<ul style="list-style-type: none"> <li>● fieldtrips to sports centre, hospital, farms etc (where parents work)</li> <li>● scrapbooks (for a week) like a sports diary about the families habits on active lifestyle</li> <li>● supporting with resources&amp;contacts</li> <li>● car free day (to school)</li> <li>● families plan one healthy meal (school recipe book)</li> <li>● all children bring healthy lunch and they'll eat it together</li> <li>● message to families of the importance of breakfast</li> <li>● a day for working together (planting trees/flowers, cleaning forests)</li> </ul>
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