



VIIMSI KOOL



Viimsi Secondary School, Randvere and Haabneeme school activities during the project "Be active. Stay healthy!"				
#	Activity	Time	Participating groups (eg the age group, parents, teachers etc)	Number of participants
1	Promoting the project to teachers, parents, local community	august/sept 2013	staff, parents, local community	over 600
2	logo competition in all buildings	sept 2013	students aged 8-11	250
3	creating the project corners in every school	sept/oktoober 2013		4
4	Preparation for the meeting in Estonia and meeting in Estonia (questionnaires and expectations, seminars, Safe and active schoolday lecture)	sept/oct 2013	3 project countries	20
5	creating the project home page	01/10/2013		2
6	creating the board of thoughts	dets 2013	project team members	12
7	sporty father's day	01/11/2013	1st grade students and their fathers	60
8	mapping the current situation (survey)	nov-dec 2013	project team members, teachers, students	150
9	Christmas card exchange between countries	dets 2013	students aged 7-10	130
10	creating the pocket game books	dec- march 2014	parents, project team members, students	50
11	students compiling their own games and presenting those to their class	january-february 2014	students aged 9-10	40
12	game videos creation in classrooms	febr-march 2014	1st and 4th grade students	56
13	active breaks in Randvere established	january 2014 - May 2015	1st graders	75
14	meeting in Finland	aprill 2014	project members	6
15	dissemination of the meeting results to local community in Viimsi Teataja, to teachers at the teachers meeting, on school website	aprill 2014		
16	toolbox compilation (balls, chalks for outdoors, hüppenöörid, keksukummid)	märts-mai 2014	project team members based on the students ideas	7
17	game areas design and placing (twister, hopscotch)	märts-aprill 2014		4

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18	game leaders trainings	aprill 2014	students from all 3 Estonian schools	20
19	pilot game week	mai 2014	game teaching indoors, game leaders, students 1st-4th grade	100
20	observation diary compilation and its usage	sept-mai 2015	students from 1st-6th grade	120
21	moving week and whole school moving day (experts in school (Zumba, dental care, basketball,	sept 2014	whole school students, teachers	1370
22	20 minute outdoor break in Randvere	sept 2014-...		
23	meeting with the Olympic winner Gerd Kanter	oktoober 2014	two 1st grades	42
24	dance breaks	sept-mai 2015	every Wednesday, participants from all the classes (even older ones)	300
25	parents and students active father's day in Viimsi and Haabneeme	01/11/2014	1st graders and their parents	120
26	tool box additions (compasses, board games etc)	october - may 2015		
27	Project meeting in Lithuania	veebr 2015	project team members	7
28	Dissemination of the meeting results and activity plan for all the teachers	märts 2015	1st-6th grade teachers	
29	Dissemination of the meeting results in Viimsi Teataja	veebr 2015	to local community	
30	Overview of the project on the parents board meeting	aprill 2015		
31	healthy food project with 5th graders	march-may 2015	all 5th graders	98
32	moving evening with parents in Randvere	30.04.2015	1st-6th graders, parents	250
33	health and moving week	mai 2015	move week outdoors for all the students 1st-5th grades	150
34	lectures about active and healthy lifestyle: 1st graders Shindo 2nd-3rd graders dancing and moving with Märt Agu 4th graders sleeping 6th graders Kendo martial art	mai 2015	8 guests, students	468
35	dance day for 2nd - 3rd graders	mai 2015	2nd-3rd graders	204

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36	basketball tournament during break times	mai 2015	4-6th graders, game leaders, student council members	396
37	active game tutoring on Fridays	sept-aprill 2015	6 game leaders, students from 1st- 5th grades	203
38	teachers step counting contest	sept/mai 2015	teachers	100
39	Final project meeting in Estonia (preparation, hosting)	Mai-juuni 2015	project partners	4
40	school yard planning and creation (basketball court, football goals, coloured game areas)	January-august 2015	teachers were involved	12
41	Outdoor learning day (Haabneeme)	June 2015	Students 1st- 5th grades	430
42	Final evaluations	mai/juuni/august 2015	students 2nd-6th grade, teachers 1st-6th grade, game leaders, project team members	354
43	Final results dissemination in Viimsi Teataja, teachers meetings	September 2015		