

## "BE ACTIVE - STAY HEALTHY !". NordPlus-project 2013 -2015

**"Be Active – Stay Healthy! BE ACTIVE. STAY HEALTHY ". NORDPLUS project 2013 - 2015**

"Be active, stay healthy! "A two-year Nordplus - project 2013 - 2015 begins to be in the decision and we have a wide range of reforms to time received in our school thanks to the project, and organized a variety of activities.

Look at the activities and mark what activities you have participated in and how often, as well as what you liked functions

| Function                        | Daily                           | Often | Sometimes | Never |
|---------------------------------|---------------------------------|-------|-----------|-------|
| Playtime tools borrowing system | 15%                             | 30%   | 40%       | 15%   |
| Playtime activity in PE hall    | don't have                      | 35%   | 25%       | 30%   |
| Ping-pong                       | 10%                             | 25%   | 30%       | 35%   |
| Pool                            | 8%                              | 12%   | 25%       | 55%   |
| X-box sport/dance games         | not possible                    | 30%   | 60%       | 10%   |
| Activity in playtimes outdoor   | all have to go out activity 90% |       |           | 10%   |
| 14.2. Saturday sportday         |                                 |       |           |       |

Mark in the table below what you liked activities with grade 1 to 5

(Number 1 being the worst and 5 being the best)

|                                 |   |
|---------------------------------|---|
| Playtime tools borrowing system | 4 |
| Playtime activity in PE hall    | 4 |
| Ping-pong                       | 5 |
| Pool                            | 3 |
| X-box sport/dance games         | 4 |
| Activity in playtimes outdoor   | 5 |
| 14.2. Saturday sportday         | 4 |

What did you like most activities listed? 1. ping-pong, 2. x-box, 3. playtime tools borrowing system

Why? lot of fun, get good fit, lot of space outdoors, outdoor games are fun, lot of to do during breaks.



The above-mentioned activities are in my view raised awareness of health and fitness life style (CIRCLE)

3. A lot                      1. A little ( most answered)                      2. Not at all

If you answered a lot or not at all, explains WHY? learnt new games, lot to do

Organization of physical exercise activities mentioned above, I like to have more school and I am happier (number 1 being the worst and 5 being the best)

| 1  | 2  | 3   | 4   | 5   |
|----|----|-----|-----|-----|
| 2% | 8% | 25% | 40% | 25% |

During breaks bullied (1 not at all 5 --- a lot of bullying)

| 1   | 2    | 3 | 4 | 5    |
|-----|------|---|---|------|
| 90% | 9,9% |   |   | 0,1% |

I now know the project countries Lithuania, Estonia more (1 not at all --- 5 lots)

| 1   | 2   | 3   | 4   | 5  |
|-----|-----|-----|-----|----|
| 45% | 30% | 15% | 15% | 5% |

How do you think in the future we could achieve a safer and a sporty, pleasant school?

to develop more activities, more x-box games, more equipmnets for the tool box, specialiced sport teacher, more teachers..

Are you trained breaktime activity leader! (Circle)    YES    NO  
26    112

Is the organization of sport break necessary    YES    NO  
89    49

What do you want to say as a playtime leader to act? What is it given to you?  
get good practice to keep sport activities, it's fun, I am allowed to stay in

Do you have sporty hobby in leasure time?    YES    NO  
46    92

What kind of sport? scouts, football, riding, paintball, balet , skating, ice-hockey, floor ball,