

Comenius Multilateral Partnership

The Culture of Participation in Sport and Leisure and Healthy Living amongst Young People Across Europe

“MOVING2HEALTH”

The aim of the project is to strengthen and promote an international culture of participation amongst young people in sports, leisure activities, and healthy diet. With the idea of Moving2Health, Active Learning promotes Active Thinking. We wish to search for ways to promote a culture of healthy active lifestyles amongst young people to improve their overall physical fitness, health and feeling of well-being. We believe that this will also have a positive impact on their self confidence, self respect and social integration, whilst also improving their academic performance and overall behaviour.

We also hope to promote the development of skills and aptitudes concerning everyday activities and raise the self esteem of our students. Research will be conducted into the current levels of active participation, fitness and dietary habits of our young people and specific activities and systems will be put in place to encourage the integration of positive participation in a wide range of sports and leisure activities during the two year project. We are focussing on life skills and life-long learning. The project will have specific implications to sport, dance and diet and we wish to encourage students to become actively involved in a whole range of leisure interests. A practical health programme offering advice on physical fitness, diet and levels of activities will be introduced to help students work towards and adapt good practice.

Partner schools:

www.ka-aarschot.be

www.silverdale.sheffield.sch.uk

www.theodor-heuss-rs.de

www.gkh.cz