



Pupil **H**ealth & **W**ell-**B**eing

1st Experimental Primary School of Thessaloniki

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Physical Activities which have been done:

Institutionalization of sport day



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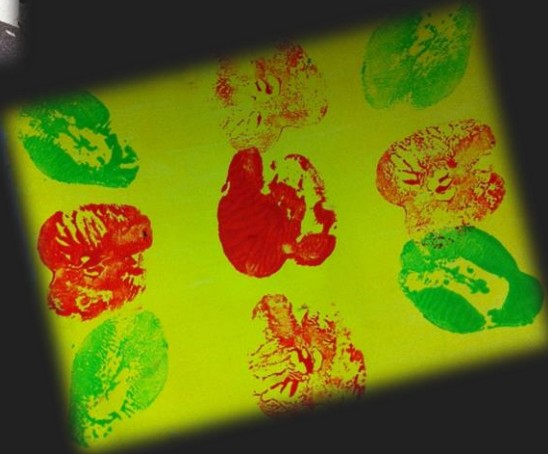


zumba

AIM: To involve parents and teachers to in-school physical activities – motivate them for fitness



Gold fruit Competitions and Fruit prints



AIM: To increase fruit consumption during school breaks – to familiarize students with a variety of fruits

Run with parents in 8th Aristotle Marathon



AIM: To engage the whole family in out-of-school physical activities – demonstrate that sport is accessible for everybody

Representation of the Olympic flame



AIM: To inspire Olympic ideals to pupils

Visits of expert coaches and English students



AIM: To introduce new sporting opportunities to pupils

Participation in school tournaments



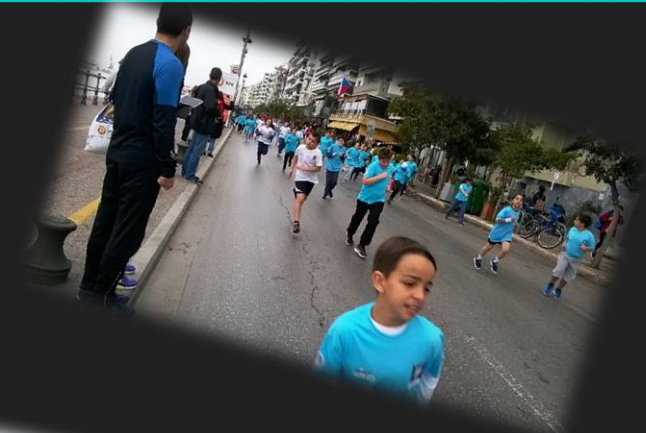
AIM: To get active together with students from other schools – socialization

Badminton School Tournament



AIM: To involve students to unfamiliar sports

Participation in 11th Great Alexander Marathon



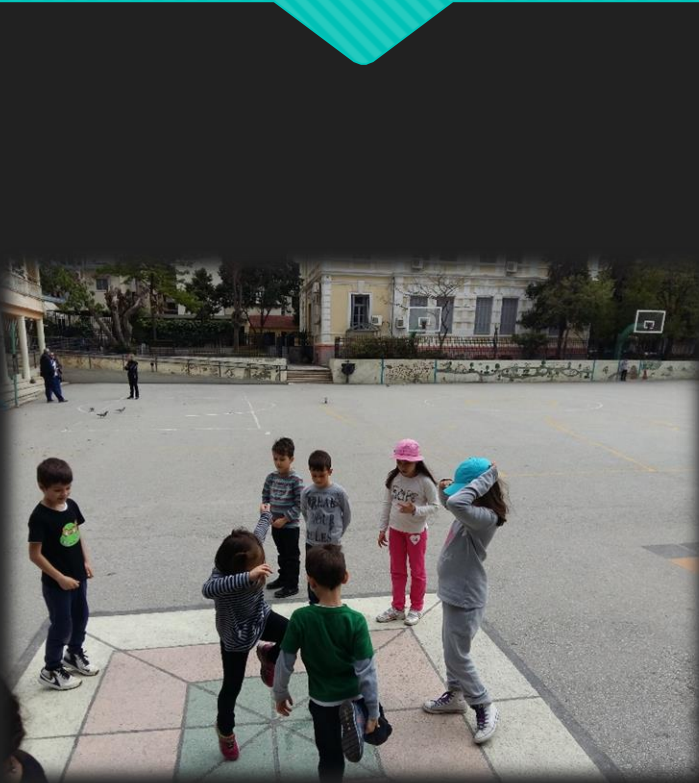
AIM: To take part in important athletic events of the city

Sports and motor skills with different teaching styles

**Teaching motor
skills with the
self-check style
of teaching**

AIM: To increase self-regulation and cooperation during learning motor skills

Ground games in school yard



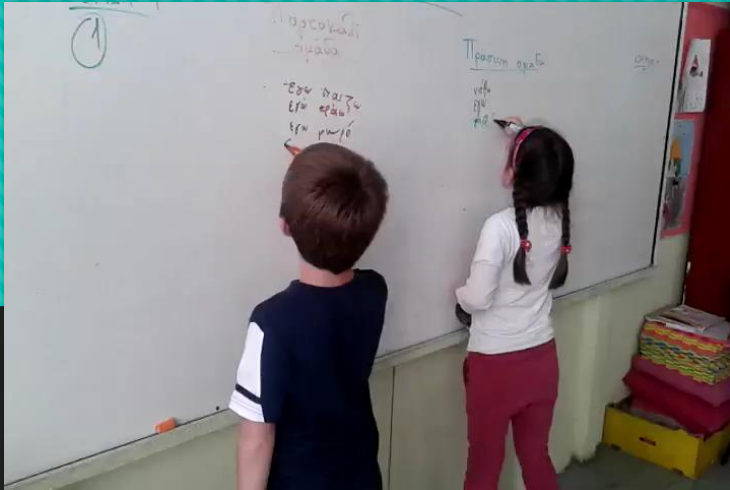
AIM: To increase physical activity during school breaks

19th Conference congress of Journal of Physical Education & Sport Science



AIM: To disseminate the PHWB actions

Take 10



Gender intervention in sports



AIM : Change attitude and beliefs and gender stereotypes in sports

Visit of nutritionist



AIM: Inform students about healthy food

BENEFITS

- It was the first time that parents, teachers and pupils engaged together in physical activities in and outside the school.
- • The nutrition habits of the students was improved. E.g.: The consumption of fruits during school time was increased (2-3/per child, winner class: 1st grade, 342 fruits on April).
- • Due to the take 10 program, the physical activity into the classroom was increased as it combines typical teaching with movement. The pupils enjoyed much more the lesson, as it was offered in a more funny and active way. It was noticed that this program motivated especially children which usually did not
- • Pupils had the opportunity to learn about new games and sports.
- • Students were taught sports and motor skills with different teaching styles which offer more opportunities for self-regulation and self-monitoring.
- • The ground games in the school yard activated the students during school breaks contributing to the overall physical activity of them.
- • Although in the beginning of the “gender intervention” pupils having in mind gender stereotypes in sports (they classified sports as “for boys” or “for girls”) at the end it seemed that they change their beliefs (pre-post questionnaire).
- • Dissemination of the PHWB program through press, social media, conferences and local TV channels.

Future plans

Educated teachers in take 10

On line Digital games about nutrition and sports

Board game about healthy and un healthy food

Posters about nutrition change

Keep on: sports day, participation in school tournaments, sports events

Outdoor activities

Dissemination