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Health to meet you

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Health dimension:

- Healthy lifestyles
- Screen use
- Environmental factors
- Accessing advertising
- Healthy diet
- Doing sport

Name of activity: **Snow Fit Challenge**

Description of the topic: Student and teachers motivate each other to do sports by challenging each other to do sports challenges via Instagram. The goal of the challenges should be to prepare for the upcoming winter season.

Initial assessment: Students are not fit enough to last through a week of skiing (which is part of our curriculum in grades 6 & 7).

Objectives of the activity: To become physically fit.

Target group: students & teachers

Activity process structure, implementation: Teachers and students film themselves, doing sports at their homes. Additional equipment should not be used. Once the exercise is filmed, it is posted using the hashtag “snowfitchallenge” and tagging three other teachers or pupils. By doing so, these people are invited to copy the exercise and then film themselves doing a new exercise, again tagging three other people.

Equipment, aids, tools: Smart phone, Instagram app

Expected results, assessment: The students will motivate each other to do sports. Because the teachers are also participating, an extra motivation is being added.