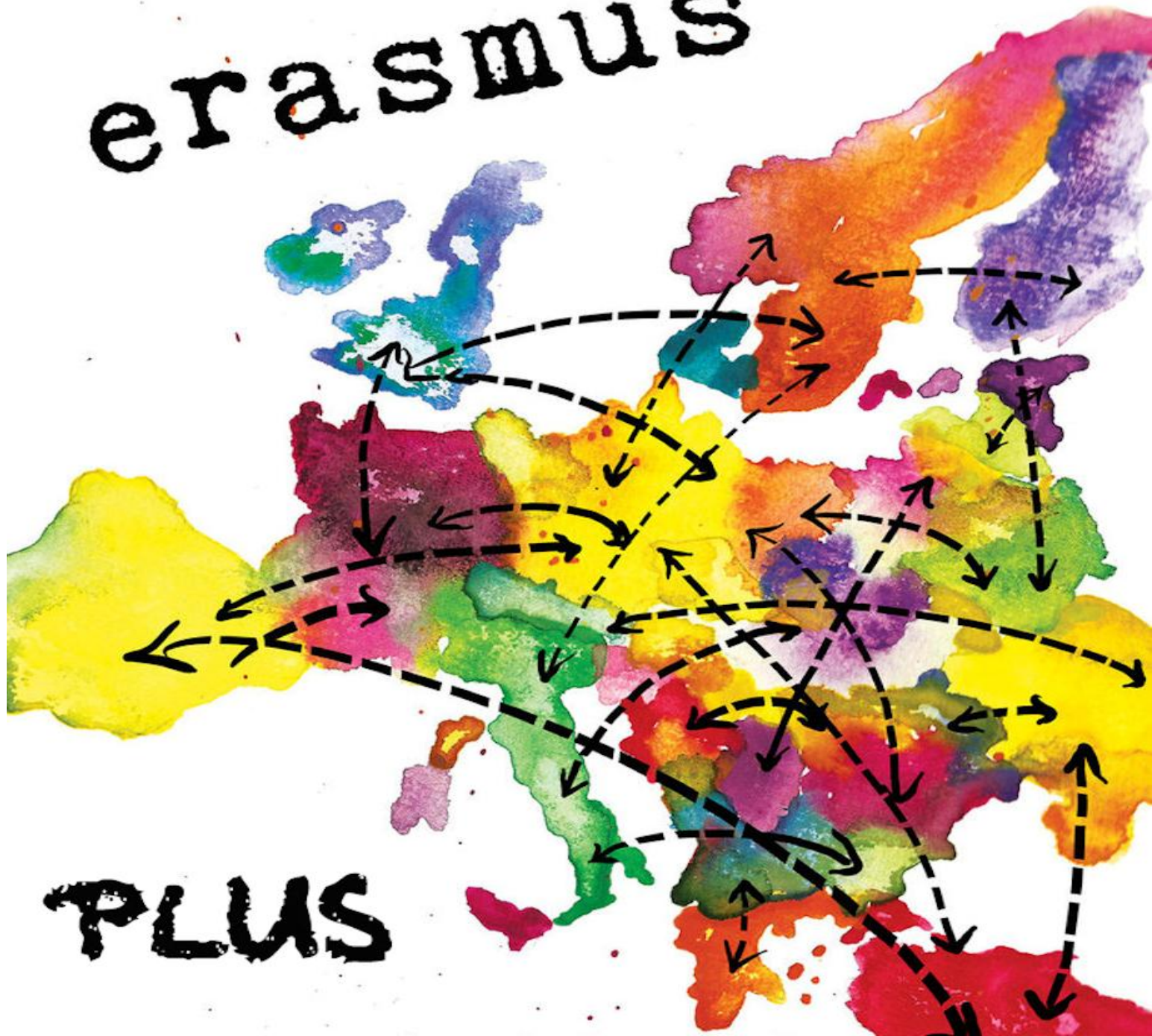


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Cook Healthy




Eat Healthy



Live Healthy



A couple is jogging on a sandy beach at sunset. The scene is silhouetted against a bright, golden sky. The woman on the left is wearing a striped tank top and dark pants, while the man on the right is wearing a dark tank top and shorts. They are both barefoot. The background shows the ocean with gentle waves. A large, semi-transparent yellow circle with a dotted border is overlaid on the left side of the image, containing the text.

**The greatest
wealth
is health**

Virgil



Sports play a great role in everyone's busy life especially for students. Everyone should involve themselves in the sports activity even for a small time all through the day. Sports are necessary because it brings physical and mental fitness to the person involved in this on regular basis. People who have busy schedule in their life get tired very easily. As we all know that, living a relaxed and comfort life we need a sound mind and a sound body. Education is very necessary to get name, fame and money. In the same way, getting a sound mind and body, everyone must involve in some type of physical activities for which sports is the best way.

Being involved in sports activities benefits a person in many ways. It does not provide only physical strength however it increases mental power too. Outdoor sports such as football, cricket, volleyball, hockey, running, etc helps in improving physical health and mental fitness. However, some indoor games and sports like brain games, chess, Sudoku, etc improves mental power and concentration level ("Importance of Sports").





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EXERCISE IS KING,
NUTRITION IS QUEEN,
PUT THEM TOGETHER
AND YOU'VE GOT
A KINGDOM.



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SPORTS ACTIVITIES IN SCHOOL ENVIRONMENT





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A healthy mind resides in a body. At the elementary activity stimulates the mental growth of a importance of sports to being physically fit, but has their studies as well. Children's sports is extremely important, and as part of the school curriculum. brought in a major shift in free time. It is important children back to the playground

healthy level, physical physical and child. The is not just limited positive effects on participation in should be encouraged The digital era has the way children spend their for parents and teachers to bring

("Why are sports important during school life?").



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Psychological and social benefits ...

CAMARADERIE

Joining a sports team gives kids a sense of belonging and the opportunity to make new friends. Some may even become buddies for life!

Getting involved in a sport also gives kids another social circle outside of school (Cox).





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Psychological and social benefits ...

LEARNING TO LOSE

And learning to do it graciously.
Bad sportsmanship is an ugly thing.
No one likes a sore loser.
Of course, there's no harm in being competitive and expressing frustration in a non-aggressive manner.
However, losing with integrity to a better opponent is a lot more honourable (Cox).





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Psychological and social benefits ...

RESPECTING AUTHORITY

Following set rules, taking direction and accepting decisions is a large part of playing competitive sport. And players are often penalised for bad behaviour. With regular interaction with coaches, referees and other players, respecting their elders and listening to their peers is an important skill kids can take from the court or pitch (Cox).





Psychological and social benefits ...

CONTROLLING EMOTIONS

As kids grow up, we expect them to learn to control their emotions. Especially the negative ones. In sport, emotions can run high and learning to channel them the right way can be tough for youngsters. A good coach understands that negative emotional stress hurts performance. However, once this piece of wisdom is ingrained, the child will be better equipped to tackle a whole range of other life challenges (Cox).





Psychological and social benefits ...

SELF-ESTEEM

A pat on the back, a high-five from a friend, or a handshake with an opponent at the end of a match (even if they lost), is all character building for children.

The difficulty however, is to not let their self-esteem be distinguished by winning or losing. But instead, to focus on their effort and enjoyment of the sport.

The supportive relationships of coaches and teammates, plus encouragement from parents, can all positively affect children's self-esteem (Cox).





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Psychological and social benefits ...

PATIENCE

Unless a child is extremely athletically gifted, then practice will play a large role in whatever sport or activity they're involved in. And if practice makes perfect, then perfect takes patience.

Of course, we shouldn't encourage the kids to aspire to 'perfect' but if the message is: "if you want to get better at something, it's going to take time." Then this is certainly a worthwhile lesson for kids to learn (Cox).





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Psychological and social benefits ...

DEDICATION

Similar to patience, the discipline of training and the commitment it takes to pursue a sport is a trait transferrable to many other aspects of life.

It's no coincidence that participation in sport is linked to higher academic achievement in school.

If the kids put time and effort into getting better at something, and see the results, maybe they'll put the same amount of dedication into their studies (Cox).





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Psychological and social benefits ...

WORKING TOGETHER

A team can't succeed without working together. No matter how good the individual players. Communication is key and learning to be part of a team is synonymous with learning to value the effectiveness of teamwork.

A useful lesson for kids to carry into adulthood and their future careers (Cox).





Psychological and social benefits ...

LESS SELFISH

Closely tied to teamwork, sports (particularly team sports) are a great platform to teach kids to be less selfish.

In sport, kids need to think about what's best for the team. Not themselves.

Egos are not good for team morale or performance.

Coaching kids to understand that they can achieve more by being less selfish, is one of team sports' great takeaways (Cox).





Psychological and social benefits ...

RESILIENCE

The highs. The lows. The wins. And the losses. Sport can be a bit of an emotional rollercoaster. One study found that youngsters who are highly involved in sport are more 'psychologically resilient'.

This isn't surprising when sport teaches kids to pick themselves up after a hard tackle, or to hold their head high after losing badly, then get right back out there the next week.

Sport is about bouncing back, and learning from mistakes. The earlier kids can learn these skills, the better.

Overall, the psychological and social benefits of playing sport can help kids become well-rounded, mature adults (Cox).





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**Sport is one of the few places
where people can learn
about different cultures in
a spirit of trust and
friendship**

Richard Attias



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SPORTS AND GAMES THAT CAN BE PERFORMED ANYTIME ANYWHERE EASILY

During the mobility in Modica several sports activities and easy-to-do games were performed according to the topic of the LTTA “Sports activities in the school environments”. Each partner presented two games or exercises to be performed, one indoor and one outdoor. They took place at the school gym or schoolyard and at the beach in the nearby town of Pozzallo. Both students and teachers were involved. Fencing, a popular sport in Modica with international champions, was practiced at the prestigious fencing club of the town. Adventure sports and exercises were done at Buccheri Theme Park.





ROPE JUMPING

TIME: as long as you can catch your breath ;-)

It can be played indoors as some flat surface is important

It is played by three people- two people keep the rope, two other jumps

All you need is about 4 metres of elastic rope

RULES:

Two people keep the rope – they stand opposite each other and “come” into the rope to string it well. The rope is kept first on their ankles, then on their knees, thighs, hips and if the players are good enough they can even reach the neck level.

The game consists in jumping on the rope in various ways starting from 1 jump ending with 10 jumps at one time. The person jumps until they make a mistake, then the others say: OUT and one of the two keeping the rope starts jumping. The rule is repeated and the person who was the first to stop jumping starts from the moment he/she made a mistake, for example- the mistakes was made while jumping so called “fives”- he/she starts from 5s and tries to reach “tens”. If they manage, they go to the next level, for example from ankles to knees. The rule is the same with each player.

Another element of difficulty can be added- so called “exam”- jumping all over again but without any breaks between the jumps.

It is a very funny and easy game, but it is becoming more difficult when the rope is higher. Only really good players reach the hip level, not to mention the neck one.



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LTIA IN MODICA, DAY 1

THE POLISH TEAM PROPOSES AN OLD TRADITIONAL GAME OF POLAND

rope



jumping



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STUDENTS HAVE FUN AND EXERCISE AT THE SCHOOL GYM

rope



jumping



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DUCKS AND HUNTERS

For this game you need a ball, two hunters and as many ducks you can get. The ducks will stay in a perimeter limited by any objects you find and consider suitable. The hunters stay on each side of the perimeter and try to hit the ducks. If the ball touches the duck, then she's out. If the duck catches the ball before it hits the ground, then she has an extra life. It's an interactive and energetic game.



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A TRADITIONAL GAME PROPOSED BY ROMANIAN TEAM

ducks and



hunters



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DUCKS ARE BEING HUNTED BY ONE BY

ducks and



hunters



TUG OF WAR

Object of the Game

Most Tug of War matches are completed in a best of three format, and the objective is to beat the competition and win the match by winning at least two of the three pulls in the match. Within each pull, the objective is to win by pulling the opposition and the opposition's 4m marker towards the centre so that the mark passes the centre line, resulting in a win. It is not possible to tie a Tug of War match.

Players & Equipment

Each Tug of War team consists of 8 members, all of whom cooperate to pull the rope. Despite looking like quite a simple sport, there is some technicality to it, with team members utilising a rhythm to help pull the rope in an effective way. This is done with the help of a 'driver', who is not a member of the team but is in effect like a coach and they give orders of when to pull and when to rest from the sidelines.

The rope is the most important piece of equipment and this should be approximately 11 cm in circumference and should be at least 33.5m long with plain, whipped ends. Other pieces of equipment that participants may use include specialist boots, back, elbow and knee supports as well as belts to support the back.

Scoring

In Tug of War, there is no scoring as such like you may see in other team games such as American Football or Soccer. However, because teams are pitted against each other usually in a best of three match, there is a form of scoring, in that the winner of the match must win two out the three pulls to win the match.



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A HISTORICAL, INTERNATIONAL GAME PROPOSED BY THE ITALIAN TEAM

tug of



war



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TEACHERS AND STUDENTS PULL THE ROPE IN A STRENGTH TEST

tug of



war



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THE HUMAN CHAIN GAME

Materials: No materials required.

Explanation: One person start trying to catch the rest of the colleagues. When someone is caught, must give the hand to the person who started to catch. It begins starting an human chain. After this, this two persons, together, must catch the rest of the colleagues. Every time someone is caught must give the hand to the ones who are catching. The game will end when everyone is caught and is part of the human chain.



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THE PORTUGUESE TEAM SUGGESTS A GAME TO SOCIALIZE AND PLAN TACTICS





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THE SCHOOLYARD: A PERFECT SETTING

human



chain



THE MIRROR/SHADOW GAME

Materials: No materials required.

Explanation: We can play this games in groups of 2 persons, or all together (1 master + rest of the group). One person (or the master) do some body movements (no restrictions, like run, jump, fall, roll, legs/hands/head movements, etc). The colleague (or the rest of the group) must do exactly the same movements, like he (they) is (are) a mirror.

We can do the same game, but the colleague, or the rest of the group, instead of being a mirror, will be shadows.

We also can do the same game, but the colleague, or the rest of the group, instead of being a mirror, will be puppets.



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ANOTHER IDEA FROM PORTUGAL

the mirror



shadow game



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FUNNY AND INVOLVING

the mirror



shadow game



GRABBING THE HANDKERCHIEF

What you need to play: Handkerchief or bandana

Object of the game: Be the first to grab the handkerchief when your number is called.

Set up the game: Divide children into 2 equal groups and give each a different number. One player on each team must have the same number.

How to Play: Teams line up on opposite sides and a handkerchief is placed in the middle. At random the “caller” calls out a number. The players that have been assigned that number both run to the middle and try to be the first one to grab the handkerchief. The player who grabs the handkerchief first gets a point for their team.

Variations: If there are a lot of children playing you can divide them into 4 equal groups and have them line up on facing each other - like the four sides of a square.



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AN EVERGREEN GAME SUGGESTED BY THE TURKISH TEAM

grabbing the



handkerchief



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SPEED AND CUNNING

grabbing the



handkerchief



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Fencing is a group of three related combat sports. The three disciplines in modern fencing are the foil, the épée, and the sabre; winning points are made through the contact with an opponent. A fourth discipline, singlestick, appeared in the 1904 Olympics but was dropped after that, and is not a part of modern fencing. Fencing was one of the first sports to be played in the Olympics. Based on the traditional skills of swordsmanship, the modern sport arose at the end of the 19th century, with the Italian school having modified the historical European martial art of classical fencing, and the French school later refining the Italian system. There are three forms of modern fencing, each uses a different kind of weapon and has different rules, this way the sport itself is divided into three competitive scenes: foil, épée, and sabre. Most competitive fencers choose to specialize in one weapon only.



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LTIA IN MODICA, DAY 2 FIRST WE PRACTICED FENCING AT THE SCHOOL GYM ...





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... THEN WE
VISITED THE FENCING
CLUB IN MODICA





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AND NOW IT'S OUR TURN





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**HEALTHY
AND
HAPPY :)**



17.04.2018 18:37



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LTTA IN MODICA, DAY 3 BUCCHERI THEME PARK



18.04.2018 13:12



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A DAY FULL OF ADVENTURES AND SPORTS AT BUCCHERI THEME PARK





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A DAY FULL OF ADVENTURES AND SPORTS AT BUCCHERI THEME PARK





PLAYING POTATO

Time: as long as you wish

It should be played outdoors as it involves high passing of a volleyball.

It can be played by up to 15 players at one time and by at least 6 people. The players form a big circle and they pass the ball to a person they choose. The purpose is to keep the ball in the air as long as possible. If a person fails to return the ball, he/she has to come into the middle of the circle and crouch. The other players keep on passing the ball but some of them try to hit the player in the circle by smashing the ball. If the ball touches the person, it gets the letter P. If the situation is repeated, the person gets more letters and if they collect the word POTATO they lose and are out of the game.

There can be a situation that the other person/people join the one in the middle- then they all get the same letters and all of them can lose the game, but they have to try to save themselves and the others- they have to catch the ball which goes in their direction or they can “disturb” the other players who return the ball but the ball must be caught while it is in the air. If such a situation takes place, the person to which the ball was going, has to go into the middle of the circle and the others from the circle are saved.

The winner is the person who manages not to join the people in the middle, or has been saved and did not come into the circle again and has no one to pass the ball to.



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LTTA IN MODICA, DAY 5 PLAYING AT POZZALLO BEACH

playing



potato



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A BALL AND A LOT OF FUN SUGGESTED BY THE POLISH TEAM

playing



potato



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SACK RACE

MATERIAL/S:

Three big empty sacks. (or more)

NUMBER OF PARTICIPANTS:

10-30 Participants (could be more)

OBJECTIVE:

Move to and from from Point A and Point B while inside a sack.

INSTRUCTIONS:

Participants are divided into teams and are as much as possible evenly distributed. However, in times when there are lacking teammates, they have the option to send the same member back into the race once. Safety is emphasized.

All teams line up at a Point A facing a Point B.

Only one empty sack per team is placed in front each team.

When the facilitator gives the signal to begin the race, the first person goes into the sack and hops towards point B and goes back to Point A and lets the next person go through the same process.

If within the activity the participant falls off or gets out of the sack that person has to make the trip again.

The first group whose entire team has made the trip to and from Point B wins.

However, the entire activity only ends when all teams have finished their respective trips.



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A GAME PROPOSED BY THE ROMANIAN TEAM

sack



race



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MOVEMENT AND FUN

sack



race



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THREE LEGGED RACE

Materials

Scarves or fabric strips long enough for tying legs together (one for each pair of children)

Two ropes

Directions

Divide children into pairs, matching children of similar height and build.

Have each player stand next to his partner and put his arm around his partner's waist.

The partners' inside legs (the right leg of the partner on the left and the left leg of the partner on the right) should be touching. Tie the partners' inside legs together so each pair of children has three legs rather than four.

Use two ropes to mark a starting line and a finish line.

Have the players line up at the starting line. At your signal, have players walk or run as fast as they can to the finish line.

It sounds easy, but it takes practice to make two legs work as one! The winners are the pair of children who cross the finish line first.



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THE ITALIAN TEAM PUTS TOGETHER LEGS AND PEOPLE

three



legged race



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TOGETHER IS BETTER
TOGETHER IS BETTER

three



legged race



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EGG AND SPOON RACE

What you need

teaspoon

eggs - preferably hard boiled or golf balls

Activity

A race of balance and co-ordination, the egg and spoon race is a classic game that will have kids laughing right up to the finish line!

Arrange all of the children at a start line with an egg and a teaspoon each.

When you are ready to start the race, ask them to place the egg onto their spoon and then place their other arm behind their back.

When you say go, the children will race - as fast as they can without the egg rolling off the spoon - to the finish line.

If the egg falls, the child starts again!

Whoever crosses the finish line first with their egg still balanced on their spoon and an arm behind their back, wins.



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A GAME BY THE TURKISH TEAM

egg and



spoon race



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BALANCE, COORDINATION AND A SMILE: THAT'S ALL !

egg and



spoon race

ERASMUS

One day there will be
no borders, no
boundaries, no flags
and no countries and
the only passport will
be the heart

Carlos Santana



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