



NEWSLETTER C4 IN ITALY

HEALTH COMES FROM HEALTHY DIET AND SPORT

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C4 _ Erasmus Learning, Teaching & Training Activity Event in Italy

28th March - 1st April in Gravina in Puglia - Italy

The C4 EXCHANGE MEETING AND GOOD PRACTICES visit of groups' teachers took place in 2° Circolo Didattico Don Saverio Valerio from 28th March to 1st April in Gravina in Puglia - Italy, the leading organization.

Participants : coordinators, PE teachers, teachers, headmasters, fitness instructors, and sports experts.



Topic of the Meeting:

The topic of this Mobility in Italy was : **Sports and physical activities to combat sedentarism and obesity tendencies in Italy.** The participants were from each partner country, just Romania followed online activities

On the first day **Monday, 28th March 2022** after a welcome ceremony for the partners, the Italian coordinator presented a PowerPoint about sports and physical activities in their own school, in Italy, and in the world. They also showed the guidelines of the Ministry of Health on physical activity and suggested ten tips for staying fit. Then 2 experts gave a seminar about the best way to involve the family in supporting and reinforcing sports and physical activities. Each partner country has suggested a range of dynamic physical activities specific to their own country and each team has presented and involved all students in dynamic activities that they can perform in small groups. PE teachers of each country gave students all the help and support in choosing suitable dynamic physical activities.

On the second day **Tuesday, 29th March 2022** Slovenian and Turkish participants presented their PowerPoint about the topic, and during a workshop, the PE teachers worked with the Italian students. The same activities were developed on the third day **Wednesday, 30th March 2022** from Spain and Romania (this country participated in online activities.

On Thursday, 31st March 2022 The participants attended PE classes where PE teachers and students performed some physical activities to combat sedentarism and obesity.

On Friday, 1st April 2022 the day was dedicated to a Management Meeting about MTOOL and the final report, then each partner gave feedback during a discussion about how the physical activities can be adopted and adapted in each school. The Meeting's activities ended with the Certificates of attendance ceremony. During this week, all the participants became aware about the importance of sports and physical activities to combat sedentarism and obesity tendencies. They learned that the interaction with one's environment through the various forms of movement, at all ages, contributes significantly to preserving the state of health as a state of physical, mental and social well-being: there is a direct link between the amount of physical activity and life expectancy, which is why the most physically active populations tend to live longer than inactive ones. Participants understood that worldwide, one in four adults and three out of four adolescents do not engage in physical activity in some countries, so it becomes necessary to practice physical activity, especially integrated into daily life. Students were very happy to exchange ideas, info, opinions and to practice physical activities with partner teachers and show them all the sports activities we do in our school. Teachers, students and parents involved have tested their language communication skills and increased their intercultural competence. Everyone shared their own knowledge, experiences and best practices on the importance of acquiring correct sporting behavior for a healthier lifestyle.

Also cultural events took place after the school activities. We showed



We have published documents and video on the media Facebook: <https://www.facebook.com/groups/1225545540966570>

School Web site : <https://www.secondocdgravina.edu.it/node/880>

Etwinning : <https://live.etwinning.net/projects/project/2001>



ITALY - Virtual Mobility C4 04th, 05th, 06th, 07th, 08th April 2022 from 9.30 a. m

After C4 on site mobility, Italy shared the activities related to **Sports and physical activities to combat sedentarism and obesity tendencies in Italy** in the VM C4, held in five sessions on 04th, 05th, 06th, 07th, 08th April 2022 from 9.30 a. m. to 13.30 p.m. every day.

On Monday, 4th April 2022- 9.30/13.30 (online activity), the Italian contact teacher shortly presented the Schedule of meeting online and a PowerPoint about the topic. Then all partners have watched the virtual tour of host school and the Italian students have explained spaces and functions of the host school.

On Tuesday, 5th April 2022 - 9.30/ 13.30 (online activity). This day's activities started with the Meeting with two Sports Italian experts, that exposed the importance of **Sports and physical activities** in daily life to maintain one's health and well-being. After that students from Slovenia presented in English and showed to the others students and teachers partners their PE activities, then each school have performed the exercises proposed by Slovenia, also during **offline sports workshops**.

On Wednesday, 6th April 2022 - 9.30/ 13.30 (online activity) The students from ROMANIA presented in English and showed to the others their PE activities and after that, students from each country have performed the exercises proposed by ROMANIA, also during **offline sports workshops**.

On Thursday, 7th April 2022 - 9.30/ 13.30 (online activity) The Spanish students had the opportunity to show their competences in English showing the PE activities chosen in their school. Then in each school were performed the exercises proposed by SPAIN, during **offline sports workshops**.

On Friday, 8th April 2022 - 9.30/ 13.30 (online activity) The last day was the turn of Turkish students, they were able to improve their English through the presentation of their PE activities. After that there were **offline sports workshops** in each school. Moreover, on this day there were discussions with students and teachers about all the sports activities performed and a summary of all the sports activities was presented to the other teachers and students in the school and parents. The virtual meeting ended with the Certificate ceremony

In conclusion, during the virtual meeting, students had the opportunity to understand better that the interaction with one's environment through the various forms of movement, at all ages, contributes significantly to preserving the state of health as a state of physical, mental and social well-being: there is a direct link between the amount of physical activity and life expectancy, which is why the most physically active populations tend to live longer than inactive ones. That's why it's very important to practice sports every day. Students had also the occasion to compare their sports activities with the other partners.