



# HaLL

*Framework:* Erasmus+ KA2 Strategic Partnership in School Education 2020

*Lead Partner:* Piter Jelles Impulse

*Anticipated start:* September 2020

*Completion:* August 2023

## **HEALTHY AND LEARNING LIFESTYLE** *Transfer from school to everyday life*

With increasing numbers of children and adults across Europe being considered overweight and the enormous consequences of poor health on life outcomes, finding new ways to engage pupils and show them the benefits of a healthy lifestyle has never been more urgent.

HaLL takes the latest digital teaching tools and uses them to bring healthy lifestyles, movement and other school subjects together in order to engage all pupils. By working transnationally and interdisciplinarily, HaLL seeks to mainstream healthy living in secondary school curricula across Europe.

## **Aims and target group**

HaLL is aimed at secondary school pupils and their teachers, aiming to equip them with new ways to promote healthy living. The project connects teaching about healthy lifestyles through multidisciplinary learning and the combination of physical education with other school subjects, using the latest digital tools. By doing this we aim to promote a healthy and learning lifestyle for pupils and teachers not only in school, but throughout their daily lives, now and in the future.

## **Objectives**

HaLL's main objective is to increase school performance among pupils: a healthy mind and a healthy body makes them better able to perform at school and beyond. This also helps to form good habits for later life, contributing to education in its broadest possible sense: what the Germans call *Bildung*.

HaLL also helps adapt school curricula to the 21st century by combining traditionally separated study fields, truly integrating active lessons and activities throughout the school day and beyond by also focusing on pupils' food and mobility choices.

The project aims to have schools across Europe adopt our multidisciplinary approach, becoming

places which promote a healthy and learning lifestyle vision. A vision which sees healthy living not as something that only for physical education lessons, but rather as an important integrated part of all lessons and activities. Both pupils and teachers should know what constitutes a healthy lifestyle and be able to apply this in their daily lives.

More specific objectives of the project are:

- Improve academic performance by:
  - integrating new technologies (serious games) into the classroom;
  - integrating innovative methodologies (combining physical activity with various



study fields) into the classroom.

- putting key focus on the (self) initiative of the secondary school student allowing them to think up and develop multidisciplinary active lessons and assignments themselves.
- Increase the use of innovative and more attractive and engaging educational programmes using participatory approaches and ICT-based methodologies in secondary education.
- Create a more modern, dynamic, committed and professional environment with the integrated use of ICT and open educational resources (OER) in the secondary education

system in Europe.

- Reinforce the interaction between practice, research and policy (working closely with the project's associated partner University of Groningen).
- Strengthening the profile of the teaching profession of secondary school teachers by supporting teachers in adopting collaborative and innovative practices, both digital and non-digital.
- Increase the engagement of parents in the healthy and learning lifestyle path of their children.
- Fighting obesity by contributing to the daily amount of exercise that children need and building awareness of good nutrition.

## International approach

The project brings together schools and regions with similar needs, while involving partners and countries with specific expertise on the different topics.

HaLL builds on the 2017 Tartu Call for a Healthy Lifestyle, in which the European Commission made the case for better educating children and young adults about the importance of a healthy and balanced diet and adequate physical exercise, as well as more holistic approaches to promote healthy living. By working together internationally, we hope to have real impact on the health of European youth.

## Project outputs

The project will develop four products to allow pupils to work on multi-sided challenges in the class room, online, indoors, outdoors and on location.

### ***Pupil Training Programme***

The first of these outputs forms the training programme for secondary school pupils including the Healthy Learning Lifestyle methodology, lesson plan and evaluation plan, including tools that school teachers can use to execute the programme directly with their pupils. The pupil training programme is the biggest output in terms of development time to be invested.

### ***Cascade Training Materials & Handbooks for School Leaders***

The second output is key as it is aimed at secondary school leaders, education innovation



managers and multidisciplinary learning and healthy lifestyle enthusiasts at schools. The “Cascade training materials” consists of the National Facilitators Training Pack and the School Leader Training Pack. These will facilitate the development of the Healthy Learning Lifestyle approach in schools across Europe.

### Teacher Guide

The third output - the HaLL Teachers Guide - is pivotal as it concerns the teacher’s role in relation to our approach. The teacher is in a key position between school management, the pupil, parents and others.

### Parents’ Guide

This IO is set up as a practical, hands-on guide describing the school programme itself, the opportunities and implications of the HaLL approach in and especially outside of the classroom. It provides parents with:

1. an overview of challenges to solve and school activities they can engage in to help their child to achieve a healthy and learning lifestyle,
2. a clear idea of what is expected from them, what they can expect from the school and how these role complement each other.

## Timeline

The project proposal was submitted in 2020, with the project due to start in autumn 2020 if approved. The three-year project will last until the summer of 2023.



## Project partners:

!mpulse®

Learning  
Hub  
Friesland



Geseme  
Medical experts.  
Safety specialists.

Klare Koek.

## Cofinanced by:



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