



Healthy & Learning Lifestyle

*Healthy Lifestyle Showcase:
Expressing Health through
Art and Performance*



Co-funded by the
Erasmus+ Programme
of the European Union

Healthy and Learning Lifestyle is funded under the Erasmus+ programme, Key Action 2:
Strategic Partnerships Call 2020 with agreement number: 2020-1-NL01-KA201-064672



Healthy Lifestyle Showcase: Expressing Health through Art and Performance

SHORT DESCRIPTION

This assignment combines English as a foreign language and performing arts to engage pupils in expressing the concept of a healthy lifestyle through art forms such as drama, dance, and visual arts. Pupils will use their creativity and artistic skills to create performances and visual displays that convey the importance of a healthy lifestyle without involving research or writing.

PUPIL TARGET

Secondary school pupils aged 14-16, English as a foreign language learners.

REQUIRED KNOWLEDGE, SKILLS AND COMPETENCES

Basic understanding of English language and vocabulary related to health and healthy lifestyle. Familiarity with art forms such as drama, dance, or visual arts, and a willingness to express ideas through creative means.

**GROUP SIZE AND
WAY OF
EXECUTION**

Individual or small groups (2-4 pupils). The assignment is executed through artistic creation, rehearsals, and presentations.

TIMEFRAME

2-3 weeks.



FULL DESCRIPTION OF THE ASSIGNMENT

a) Introduction

Provide an overview of the assignment and its objectives. Explain the importance of promoting a healthy lifestyle through artistic expression and creativity.

b) Artistic Exploration

Pupils explore different art forms such as drama, dance, and visual arts as tools for expressing ideas. They learn about various techniques and elements used in each art form and how they can be applied to convey messages related to a healthy lifestyle.

c) Artistic Creation

Pupils select an art form of their choice and create a performance or visual display that represents different aspects of a healthy lifestyle. They use their creativity and artistic skills to convey messages of nutrition, physical activity, mental well-being, or any other relevant topics.

d) Rehearsal and Refinement

Pupils rehearse and refine their artistic creations, focusing on improving their performances, movements, or visual aesthetics. They provide constructive feedback to each other and make necessary adjustments to enhance the overall impact of their presentations.

e) Showcase and Reflection

Pupils present their artistic creations to the class. They explain the messages conveyed through their performances or visual displays and reflect on the artistic choices they made to represent a healthy lifestyle.

MATERIALS NEEDED

Art supplies based on chosen art forms (e.g., paints, brushes, costumes, props), suitable performance space (e.g., classroom, auditorium), audiovisual equipment (if required), access to music or sound effects.

LEARNING GOALS

- Improve English language skills, particularly vocabulary related to health and healthy lifestyle.
- Develop creativity, artistic expression, and performance skills.
- Enhance communication and presentation skills through non-verbal means.
- Reflect on the connections between art and promoting a healthy lifestyle.

SCHOOL SUBJECTS COVERED

English as a Foreign Language, Performing Arts (e.g., Drama, Dance), Visual Arts.

HASHTAGS

#HealthyLifestyleShowcase #ArtisticExpression
#PromotingHealth





FOLLOW-UP ASSIGNMENT



Global Healthy Lifestyle Exhibition: Celebrating Artistic Expressions

DESCRIPTION OF THE ONLINE ASSIGNMENT

In this online collaborative session, secondary school pupils from different countries come together to share and celebrate their artistic creations on a healthy lifestyle. Building on the "Healthy Lifestyle Showcase" assignment, participants will present their performances or visual displays, exchange feedback, and collaborate on creating a global online exhibition that showcases artistic expressions related to promoting health.

ORGANISATION AND WAY OF EXECUTION

Participants will be divided into small groups comprising individuals from different countries. Using online collaboration tools, they will share videos, photos, or recordings of their artistic creations. Each group will curate a virtual exhibition space where they display their works and provide descriptions and reflections on the artistic choices made. Participants will explore the exhibitions, engage in discussions, and provide feedback on each other's artistic expressions.

LEARNING GOALS

- Foster cross-cultural understanding and appreciation for artistic expressions on promoting a healthy lifestyle.
- Showcase and celebrate the diversity of creative interpretations and art forms.
- Provide constructive feedback and insights on artistic choices and presentations.
- Enhance online collaboration skills and cultural sensitivity.





www.healthy-lifestyle.school

!mpulse@

Learning
Hub
Friesland

Geseme
Medical experts.
Safety specialists.

Klare Koek.



Co-funded by the
Erasmus+ Programme
of the European Union

Healthy and Learning Lifestyle is funded under the Erasmus+ programme, Key Action 2:
Strategic Partnerships Call 2020 with agreement number: 2020-1-NL01-KA201-064672