



Healthy & Learning Lifestyle

Pupil assignment:
**For sport, please press
“Run!”**



Co-funded by the
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ASSIGNMENT FACTSHEET

This assignment includes these topics:

- Nutrition
- Exercise ✓
- Mental health
- Physical health ✓
- Your own (healthy and learning) lifestyle ✓
- The lifestyle of others ✓
- The healthy and learning lifestyle circumstances at home
- The healthy and learning lifestyle circumstances at school
- Other topic, being:

This assignment includes these pupil activities:

- Investigate or research ✓
- Contact experts and practitioners
- Present and discuss their findings ✓
- Other activity, being:

This assignment includes elements of these school subjects:

- Math
- English ✓
- Physical Education
- Biology ✓
- Geography
- ICT ✓
- Physics
- History
- Other subject(s), being:

This assignment is:

- Challenge based
- Exchange oriented ✓
- Aimed at personal development

Key words or hashtags for this assignment are:

Exercise
Workout Routine
Technology



For sport, please press “Run!”

SHORT DESCRIPTION

In this assignment pupils will investigate, think about and test various stereotypes concerning technology, sports, and healthy lifestyle when at the same time they will reflect on how technology improved or made their physical health worse. They will furthermore examine and discuss their own experiences, they will keep track of their own daily habits and sport stats through various apps and finally, they will get acquainted with new sports technologies to test how the latter will motivate them or not.

PUPIL TARGET

12-15 year olds in secondary school.

REQUIERED KNOWLEDGE, SKILLS AND COMPETENCES

Describe which competences, skills and knowledge pupils need up front.

Pupils should be able to already...

- Look up information and interpret this
- Use online apps
- Analyse (own) research data
- Present and discuss the outcomes

Pupils should know already....

- The basics of sports and technology
- The basics of the English language (to connect with pupils abroad)

**GROUP SIZE AND
WAY OF
EXECUTION**

This is an Individual assignment with sharing, discussion and presentation elements upon completion of the assignment.

TIMEFRAME

Preparation: Very little preparation time and effort is needed by the teacher.

Expected total duration of the assignment: Pupils are requested to track their daily exercise habits and stats for a full week and then reflect on it. So, all in all, about 5-7 days in length (depending on each student's exercise habits) with small effort every day



FULL DESCRIPTION OF THE ASSIGNMENT

The assignment consists of three parts, it is up to you to work out these three parts and to incorporate them as one, which means that you have to hand them in as a whole.

It is up to you to decide which form of working out you choose. You can choose to work in Word, but Prezi, PowerPoint, etc. are also good options. Choose something that suits you and of which you are sure that it reflects all requested content. Make sure that you do not only work out the assignments, but that you also write a title / table of contents / introduction / etc. It depends on your form of elaboration how you give form to this!

Part 1

Investigate what is considered a healthy and balanced workout routine for teenagers, what systems, guidelines and new technologies exist for this. Find a visual representation of this and describe this concisely.

Part 2

The guideline you found probably consists of different workout habits and routines. For each part of it, write a workout exercise that you frequently do. You can also make it more visual like a collage, with pictures or videos of the workout plan that you followed.

Part 3

Keep a workout diary for approximately a week. There are handy apps developed to help you do this (e.g. Sworkit), look them up. Make sure it is a continuous run, for 5-7 consecutive days.

Only then will it give a representative picture of your workout routine and you can draw meaningful conclusions.

Make sure you have a complete workout plan, so that all the exercises that you completed are presented.

Make sure it is clear, logically laid out and therefore easy to read.

Evaluate your workout planner and draw a conclusion. What can you say about it? Look up what proper workout flow means (this is different for each person) and go into this topic.

In the end, make a short presentation about your findings and recommendations to be presented to pupils in your class and to pupils abroad in other schools in Europe. Make sure to include all three parts of the assignment!

MATERIALS NEEDED

Pupils could look up and use existing apps in the App Store / Google Play Store for the assignment which allow you to track all types of daily exercise (e.g., Sworkit). These apps support the user with analytics and statistics for each type of exercise they choose while the user could possibly keep other useful types of personal data for their final self-assessment.

LEARNING GOALS

Upon completion of this assignment, Pupils will know:

- How to regulate a workout planner with the help of technology

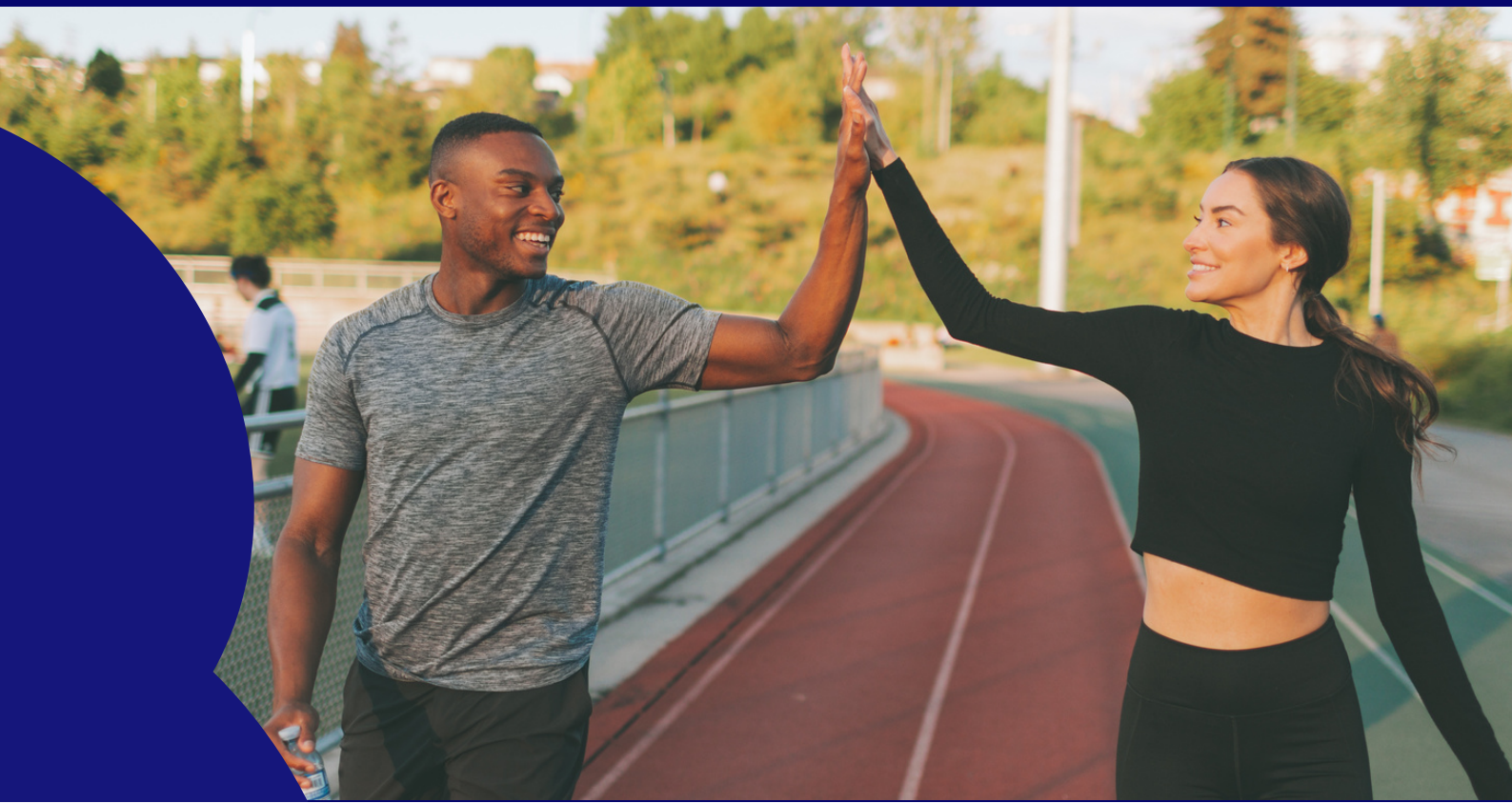
Pupils will be able to:

- Set workout goals and make a detailed self-assessment
- Make more informed decisions on their workout habits

ASSIGNMENT DEVELOPER

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SHORT ONLINE ASSIGNMENT

Exercise Styles

DESCRIPTION OF THE ONLINE ASSIGNMENT

Pupils come together in groups, 2 pupils per country.

Pupils present and describe to each other a popular sport/workout and a less popular workout/sport in their country: 1 sport/workout from their country which is considered the most popular, and 1 sport/workout which is less popular but right now it is becoming a new trend. Pupils explain to each other their benefits and why these are so popular or not.

ORGANISATION AND WAY OF EXECUTION

Organisation

In groups of 2 per country

Technically

Via Microsoft Teams, first plenary session, then breakout rooms in groups and a plenary ending.

Expected total duration: 1h in total.

LEARNING GOALS

Upon completion of this online assignment, pupils will know:

- What typical and traditional sports/workouts are in their own country and in other countries;
- How these sports/workouts relate to a balanced workout and a healthy lifestyle

Pupils will be able to:

- Engage in conversation in international context with their peers

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Learning
Hub
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Geseme
Medical experts.
Safety specialists.

Klare Koek.



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