

**ERASMUS KA2**  
**“HEALTHY LIVING AND EQUAL**  
**OPPORTUNITIES THROUGH**  
**SPORTS”**

Implementation Activities developed  
by Esperino High school – lykeiakes  
taxeis Trikalon

**Panhellenic school  
sports day: 3/10/2016**

***Monday the 3<sup>rd</sup> of October  
was established by the  
Ministry of education as the  
Panhellenic Sports School  
Day with the slogan: “Feel  
the joy of exercise without  
the stress of winning and  
the fear of failing: Sports –  
everyone’s right”.***



# School sports day 3/10/2016

Sports in the school  
playground:  
basketball, volleyball  
and football games



# School sports day: traditional Greek dances



# Survey “Daily Habits of students” sample questions

School performance depends on:

The right diet

Physical activity

All of the above

# Questionnaire “Daily Habits”

## sample questions

Is breakfast one of  
your daily habits?

yes

no

sometimes



# World Food Day, 16 October

“Climate is changing. Food and agriculture must too”

- World Food Day is a day of action against hunger.
- World Food Day is a day of action against hunger. On October 16, people around the world come together to declare their commitment to eradicate hunger in our lifetime. Because when it comes to hunger, the only acceptable number in the world is zero.
- World Food Day celebrates the creation of the Food and Agriculture Organization of the United Nations on October 16, 1945 in Quebec, Canada. First established in 1979, World Food Day has since then been observed in almost every country by millions of people.



# Focus on **School canteens** – what can be sold to children and adolescents?





# School canteens

- The ministry of health and social solidarity in order to develop a national nutritional policy, which aims at the protection and promotion of the health of the vulnerable student population of primary and secondary education and also at the creation of a supportive school environment which contributes to the right nutritional choices of the students, has released a sanitary ordinance concerning the definition of the products that should be sold by the canteens of both public and private schools in Greece.
- **List of products:**
  - fruit – vegetables
  - Dairy products
  - Plain bread rolls, bagels, round sesame bread
  - Sandwiches /pizza (plain-tomato/cheese/vegetables)
  - Cookies/milk chocolate/rice pudding/brittle/nut and oat bars
  - Water/tea
- **No beverages**

# Wellness week (14-18/11/2016)

## Seminar and exercises by the University of Thessaly, Department of Physical education



14/11/2016 ώρα 18:30

«Ο ρόλος της άσκησης και της διατροφής στην υγεία»

Αίθουσα προβολών Εσπερινού  
Γυμνασίου- Λυκείου Τρικάλων  
Εισ/τής: Δρ. Β. Γεροδήμος  
Αναπλ. Καθηγητής ΤΕΦΑΑ

15/11/16 και ώρα 19:30

«Βιοματική εκδήλωση με ασκή-  
σεις χαλάρωσης, ενδυνάμωσης»

Εσπερινό Γυμνάσιο και  
Λύκειο Τρικάλων

Συν/τές: ΤΕΦΑΑ Τρικάλων

Πρόγραμμα Erasmus+ KA2  
“Healthy living and  
equal opportunities”



# Meeting with experts: obesity and diseases due to bad nutrition

- On Monday 14<sup>th</sup> November 2016 at 18.30pm the students of Esperino High school attended a lecture titled: "the role of exercise and diet in maintaining good health and wellbeing" by Dr V. Gerodimos, Associate Professor of School of Physical Education & Sport Science.



## Workshop:

### “Benefits of sports on stress and anxiety”

- On Tuesday 15<sup>th</sup> of November at 19.30pm the students of Esperino High school took part in an event organized by a specialist team of the School of Physical Education & Sport Science. The students performed guided **empowerment** and **relaxation** exercises in order to integrate them in the school curriculum and do them every day together with their teachers so as to reduce stress and promote wellbeing.

# Exercises for relaxation and empowering





# Exercises for strength and balance



# Exercises for strength and balance



# Fundamental of nutrition

- **Workshop «the food pyramid»**  
**12/12/2016**
- **Red Cross association**
- Instructor: Mrs Eleni Giovanopoulou
- The students attended a lecture on the food pyramid, vitamins and minerals, table habits, and hygiene conditions for preparing meals.







# Workshop: “chemistry in the kitchen”

## 7/3/2017

- Workshop “lets make yogurt”
- Learn how to use healthy ingredients to make healthy food.
- Instructor: George Kranias, the school chemistry teacher.





# Research about drugs used in sport- history examples of athletes using drugs

## Presentation:

- The students of the 1<sup>st</sup> grade of Lyceum, facilitated by their teacher M. Arambatzi, worked on the project “Doping- using drugs in sports” and presented their research to the whole school on 9/3/2017.



# Workshop “growing factors: health and weight” measurement of body mass index 10/3/2017

- **Instructors: Professors  
G. Kranias and S.  
Vasiliou**
- **The students learned  
how to calculate their  
body mass index.**



# **T-shirt painting – exhibition at school**

## **topic: healthy living and sports 10/3/2017**

- "T - shirt painting"
- In the framework of Erasmus+ project "Healthy living and equal opportunities through sport", on Friday 10<sup>th</sup> March the students and teachers of Esperino School took part in a T-shirt competition on healthy living and the importance of exercise.

# T-shirt painting – exhibition at school

## topic: healthy living and sports



# Stay tuned and.....

- **CARRY ON**

- **HEALTHY LIVING!!!**