

ERASMUS + KA2



“Healthy Living and Equal
Opportunities Through Sport”

**1st meeting Guimaraes -Portugal 28-30
November 2016**

Activities developed by Esperino
School

Panhellenic sports day: a video about wrestling



School sports day 3-10-2016



School sports day: traditional Greek dances



Questionnaire “Daily Habits”

- https://docs.google.com/forms/d/11B2L6I11pHkksyi3GTz93zj7e2Q6Aq_K7LgCJNeM5qo/edit

World Food Day, 16 October

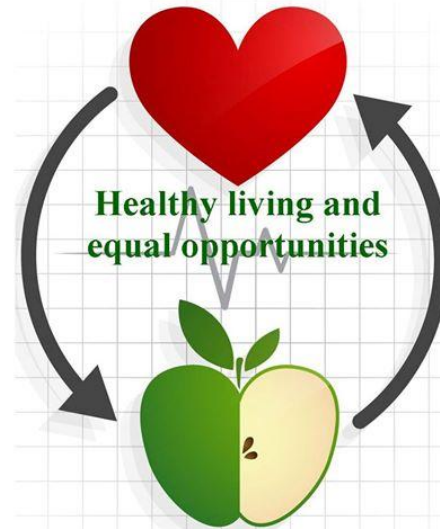
“Climate is changing. Food and agriculture must
too”



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



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”



Exercises for relaxation



Exercises for strength and balance



Exercises for strength and balance



Lecture on “the role of exercise and diet in maintaining good health”



Coming soon.....

- Workshop on “Food Pyramid” scheduled on December 12th 2016.
- Christmas Feast and healthy food competition scheduled on the 23rd of December 2016
- Workshop: “Lets make yoghurt”, scheduled for January 2017
- Workshop: “nutrition facts and food labels”

Stay tuned and.....

- CARRY ON

- HEALTHY LIVING!!!