

Health week project diary

Applicant: "Šiaurės licėjus" secondary school of Lithuania, Vilnius.

Teacher: Rasa Jurgelevičienė

Age of children: 7-8 years old

Number of children: 14



Developing pupils' key competences: Creativity, social, cognitive, communication skills and learning how to learn.

Integrated subjects: Arts and Technology, IT, Lithuanian, Mathematics, Physical Education.

Participants: 14 second grade students. 7-8 years old.

Project duration 1 week

Goals and objectives of the project: To develop the concept of healthy lifestyle for pupils.



The project deals with a problematic issue:

When do children feel healthy and happy?

Living in the modern world, we're facing with various problems that children often get sick, they have a lack of physical activities, unhealthy eating habits and they spend too much time on smart devices: TV, computer games. We notice that time for outdoor games are significantly decreasing. Parents are mostly occupied with their daily routine, so they are less attentive to children, playing games or doing things together. In order to overcome this issue, we have tried to draw the public's attention to these matters that are important to our children's health.

The aim of this project:

- to develop the appropriate attitudes towards healthy eating habits
- to bring parents' attention to the quality leisure time they spend with their children
- to educate and motivate students to take care of their health: not only to provide knowledge about what determines the physical and mental health of children, but also to start shaping new habits
- to draw the attention of the whole community to aspects that are important to our children's health.

FIRST DAY

We raise the issue: WHEN DO CHILDREN FEEL HEALTHY AND HAPPY?

Aim: To find out what human health depends on? What helps us to be healthy?

1. Activity: Discussion about health. What are the sources where we can find the information?

Children make the list:

- Internet;
- Library;
- Bookshop;
- Asking adults.

2. Activity: going to the library and bookstore.

Here the students reviewed the material about health: healthy eating, sport benefits and dental care.

In the bookstore, they attended educational lesson „Growing healthy “. They had a chance to talk to robot PEPPER.

Result: general knowledge on healthy diet. The pupils wrote their thoughts on the MIND MAP, which we kept in the classroom.

There are three general ideas that lead to human's health:

HEALTHY EATING, SPORT, REST.



SECOND DAY

Problem question: What is a healthy diet?

Aim: To find out what is a healthy diet? What products are useful and harmful to the human body?
Do we eat healthy?

1. Activity: Exploring a healthy diet pyramid. Pupils found out what products should be eaten the most or the least.

Result: making the collage - a plate in which children glue pictures of healthy products. After reading the product information, they presented it to the classmates.



2. **Activity:** Making salads.

After receiving vegetable sets, the pupils were making salads.

Result: They named the salads and eat them friendly together.



THIRD DAY

Problem question: Do our schoolchildren eat healthy?

Aim: Explore school pupils' eating habits.

1. **Activity:** We organized a survey.

The participants - 126 respondents – students of our school.

Each student completes a questionnaire:

- Do you know what a healthy diet is?
- What food is healthy?
- What's your favourite dish?
- What is the least favourite dish?



2. **Activity:** Students calculated and summarize the data. Then they create a chart, draw conclusions and write recommendations.

Result: The survey data was presented at a Children's Conference where pupils, parents and teachers participated.



FOURTH DAY

Problem question: How do sports and physical activities help us to be healthy?

Aim: Explain how people do sports?

1. **Activity: Discussion:** Why do we need to exercise?

Students measure heart rate and blood pressure before and after exercising.

Calculate the difference.

They draw a chart "Our favourite sports".



2. **Activity: Group work:** Creating the tasks and logo for Family Sports Games.

Result: Family Sports Games.

We organized a Family Event for all school community: parents, children and teachers.

The tasks of the Games:

- Produce a car from secondary raw materials and test its speed.
- Exciting Mind Battle. Answering the questions about sport during the set time.
- Family relay race.
- Flash mob.



FIFTH DAY

Problem question: How do we rest?

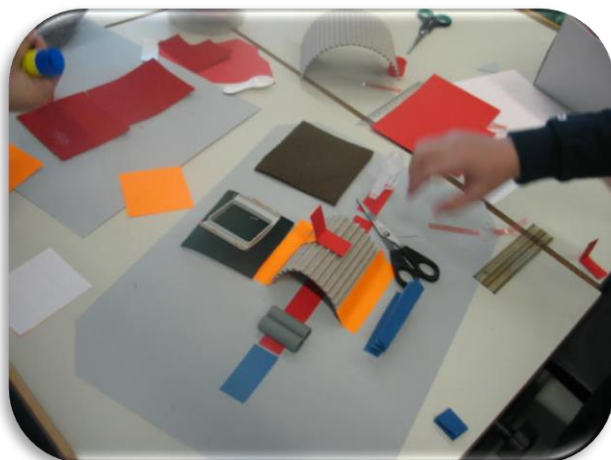
Aim: Analyzing people's interests and types of recreation.

1. Activity: Discussion: What type of the rest do I prefer - passive or active?

It turns out that hobbies can be different. They depend on the mood.

Attending the educational lesson at the National Gallery of Art, where students created layouts for children's playgrounds.

Result: Dream layout for children's playground.



2. Activity: summarizing the project at the park.

Trip to the park with various vehicles (bicycles, roller skates, skateboards).

Result: Group work - making posters about HEALTH.



STUDENTS' IMPRESSIONS ABOUT THE PROJECT:

Student 1: "I really liked this project. It was a fun and tasty week. I found out that I'm eating healthy."

Student 2: "I really enjoyed going to the park with my roller skates. I realized I could go fast. Also, I liked to build a playground layout for kids. Maybe I'll build this one in the future. "

Student 3: "My dad was late for the Family Sports Games. I was afraid he wouldn't come. But everything was successful. I was so happy when we ran in the relay race together with my dad."

Student 4 and 5: "I really enjoyed making salads. Now I make it for my mom and dad every day. I make a healthy cocktail at home as well."

Student 6: "I spoke to the robot for the first time. It was very funny. I realised that robots don't know everything."

Student 7: "I love fishing. I catch lots of fish with my grandpa. Mum knows how to make the fish delicious. I like fish very much. That's why I tell everyone go fishing."