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**The Challenge to a Healthy Life
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LTTA – Traditional Games as Physical Activity – Hlohovek October 24-28, 2022

Report

This mobility took place in Slovakia from 24th October to 28th October 2022 and was about traditional games. There were 41 participants /12 teachers and 29 students/ except Slovak ones. All teachers and students from Slovak school were participated in this event. Students were accommodated in Slovak families. The purpose of this mobility was to teach students how to make a plan to reach their goal. Also parents and public were included. Information about this meeting were disseminated by the local newspaper and also by the local TV.

24th October – This day was focused on welcoming the guests /program prepared by teachers and students/, getting to know the Slovak school and educational system and area of the town in which the Slovak school is situated. All participants were welcomed also by the mayor of the town. The students were informed about the making the plan for reaching their goal at the end of meeting by collecting the stickers for all physical activities during this meeting. They started by orienteering game in the town gardens with training of joga.

25th October – On this day we prepared sport program with testing of movement prerequisites for all participants in cooperation with Slovak Olympic Committee and Slovak Athletic Union, which are the highest sport organizations in Slovakia. In the afternoon, students from all schools taught each other their typical traditional game. Coordinators of all schools met together and discuss about the evaluation of the project.

26th October- This day was focused on healthy diet. Thanks to a friendship with the secondary school in Žilina, the participants could see and taste various Slovak heathy meals, there were prepared many activities, by which they learnt how and why to live healthier. Then they visited The Budatín Castle where they could learn some facts about the Slovak history.

27th October – Because the capital is the heart of every country, we travelled to Bratislava, not only for sightseeing /Castle, President Palace/ for getting to know the Slovak heritage, but also for another sport activity – jumping in Jump arena. The participants were taught how to jump and compete correctly. Many of them did this activity for the first time, so it was a good and funny experience. In the evening there was meeting of teachers, when they change their educational experiences and introduce each other.

28th October – On our last day we met together and evaluate our project meeting activities. We checked if the students reached their goals / 7 stickers in one week, every sticker was for 1 activity/. We can say, that all students were successful, it means that they spent this week actively, they learnt a lot by funny way. It was proven also by feedback survey, here the answers of the students were positive a lot. They found new friendships, improve their English, tried new sport activities and traditional games, learnt how to eat heathier and of course had a lot of fun.