

HEALTHY EATING AND MOVEMENT FOR A BETTER QUALITY OF LIFE



TEAM BUILDING- Seeing spots

The teacher places a colored sticker dot on each student's forehead.

The don't know what color it is. When the game begins, each "team" of students (with the same color) must find each other.

This is a really interesting activity to develop non-verbal communication and cooperation.

KIN-BALL

To play this game we need to divided students in three groups. The object of Kin-Ball is simple: to score more points than the two other opponents and win the game. Players do this by working as a team against the two other teams.



CHESS

Chess has plenty of benefits, so our students enjoy playing this traditional game during the breaks. We have organized a school competition with incredible prizes.



COOPERATIVE DYNAMICS

During the school breaks and PE lessons our students do a huge variety of cooperative dynamics. They achieve lots of challenges.



SPORT AND SOLIDARITY

Every year our school supports solidarity races to help countries at war. Each participant collaborates with food or money.

Next week we are going to take part in a race to develop the education in our local school.



SPORT AND TRIPS

During the year we organized two trips in each grade. We try to choose natural places with sport activities.

This year our students have enjoyed climbing and surfing.



SCHOOL LEAGUES

The oldest students of school plan a basketball and football league. Matches are played during the breaks. The winners play against the teachers at the school festival.



AFTER SCHOOL ACTIVITIES

At the end of school lessons we offer different activities such as: basketball, football, judo, skating, chess...



PRE- UNIVERSITY

Some of our students, from the higher levels of the school, investigate how healthy habits affects sport.

This project is developed thanks to our local football club. Students analyze their diets and their results in trainings and competitions.





MUCHAS GRACIAS
