Sports program

Lüganuse High School's 1. - 5. grade students took part in Estonian Soccer Union project “Jalgpall kooli”. Where all the boys and girls were taught different tricks about soccer and later could all play it together.

The room was filled with different colored soccer balls. At first look you could see that the children were all hyped up and very interested in what they were about to do. There were a couple of people who showed the students different things to do with a soccer ball. Even the PE teacher took part in the activities.

It is very important for kids to have these kinds of opportunities, to learn different things that they would maybe like to do some day.

For the health of our bodies we must exercise. Kids especially should move around a lot. And these kinds of programs are a good opportunity to show them how fun sports can be. Of course not only small children but everyone alike should take care of their body. We all know that if we don’t want to have a lot of health problems when we grow older we have to be active in our youth. Some may not like exercise and some lives may mostly revolve around different sports. But we can't get around the fact that we need some movement in our lives, for some more and others less.

In soccer particularly there is a lot of moving and running around what is essential for our bodies. As well as developing your coordination and team work with others.

Kids are very active on their own but there are those who don’t fit in that well. And for those children to participate in these projects is a great way to make them open up and communicate with other children through playing.

The children themselves seemed to enjoy the activities very much. Everyone wanted to do better than others. Of course there were some complications along the way. When older kids picked on the younger ones, but what can you really expect from children. Of course when so many of them are put in one room and with a lot of balls as well, there are going to be conflicts. That’s how kids are some time. But in the end everything got cleared out with the help of the teachers and the students played happily together.