



Sports activities

Erasmus+ project Health To Meet You

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Activity#1
Brain Breaks

Activity#2
Sports Day

Activity#3
Sports in lessons





Brain breaks



Movement breaks or “brain breaks” are classroom-based physical activity programs for students to get them moving more. Movement energizes them and increases their ability to focus on the next learning activity.

In order for students to learn, they need to move!





Sports Day



Sports day is an occasion where students, teachers, and sometimes also parents come together for a day of competitive sport.

It helps:

- To encourage students to be physically active.
- To improve students' team building skills and ability to support each other.
- To let all the students celebrate their achievements, and receive some recognition from their classmates





Sports in lessons





The benefits of sports

1. Health
2. Team Building and Leadership Skills
3. Social Skills
4. Developing Discipline
5. Increasing Self-esteem

Thank you!

