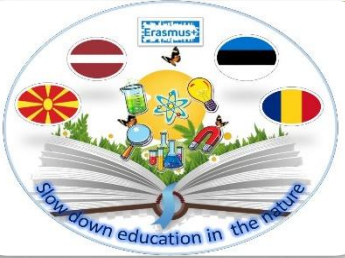


Active breaks

Slow down education in the nature

Erasmus+ KA229 project





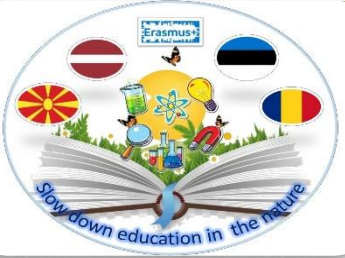
General information

Participants:

- 5th grade students
- 6th grade students
- 7th grade students
- 8th grade students

Time:

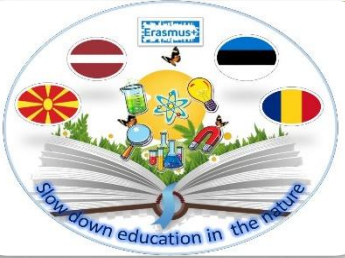
October 2021



Location: school yard

Aims:

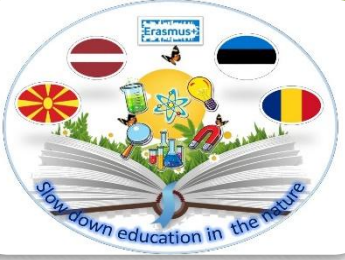
- keeping our brain and body healthy
- reducing stress
- improving students' behaviour
- increasing the effort the students put into their activities



Flash mob

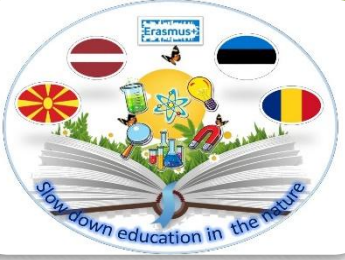
Music:

1. Master KG – Jerusalema
(https://www.youtube.com/watch?v=fCZVL_8D048)
2. Los Del Rio – Macarena
(<https://www.youtube.com/watch?v=Z7EsuR5I8SE>)



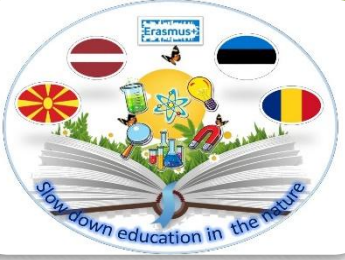
Flash mob





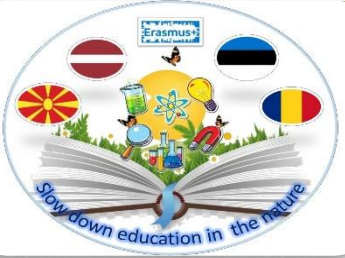
Flash mob





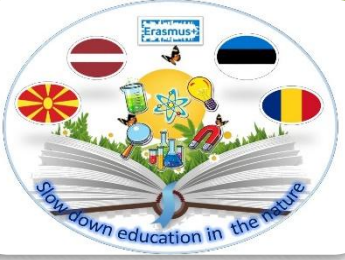
Flash mob





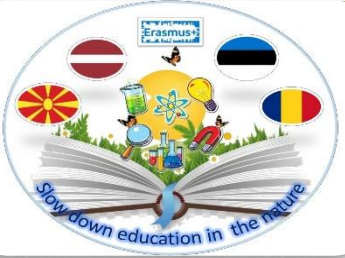
Games - Hopscotch

Pupils draw the hopscotch court on the pavement in the school yard, the first player tosses a small rock/coin onto the court and start hopping through the course , skipping the marker's square. Single squares are hopped on one foot. Side-by-side squares are stepped in, with the left foot landing on the left square and the right foot landing on the right square. After successfully completing the court, the player continues to the turn by tossing the marker into square number 2 and so on)



Hopscotch

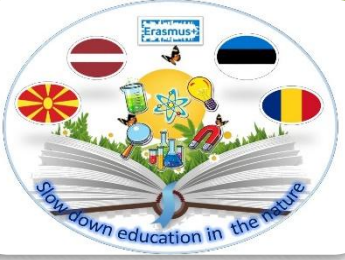




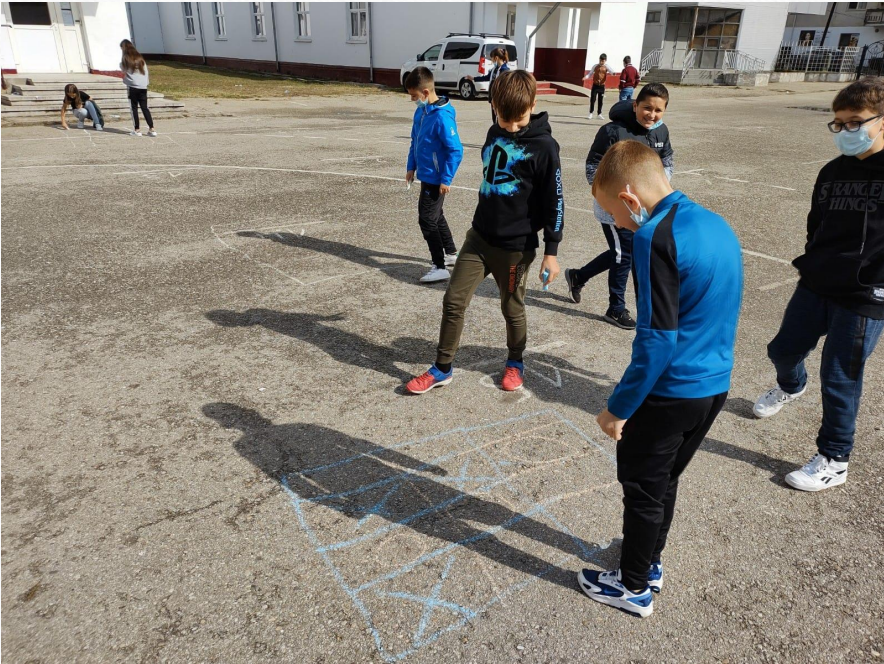
Tic-tac-toe

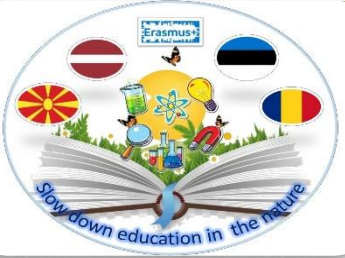
Game rules: Two players who take turns marking the spaces in a three-by-three grid with X or O. The player who succeeds in placing three of their marks in a horizontal, vertical, or diagonal row is the winner.

The pupils draw three-by three grids on the pavement and they used chalk to play the game.



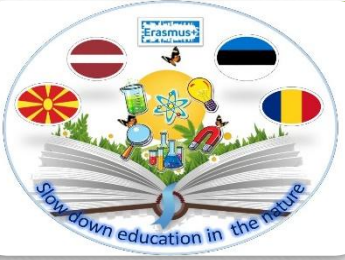
Tic-tac-toe





“Țară, țară, vrem ostași!” – Romanian Game

Rules: for this game you just need as many people you can get. You then divide them in two groups and start playing. The members of one group hold hands and call upon a member in the other team to be part of their group. If that person can break the chain, he wins and the two persons holding hands are either out, or they join the opposite team. If that person cannot break the chain, then she becomes part of the team who called upon her.



“Țară, țară, vrem ostași!”

