**Department:    Physical Education
Subject involved:    Sports, ICT, Chemistry
Participant teachers:   Eleni Andreou, Antonis Theocharopoulos**

**​Description of the activity**
**The aim was to engage pupils to be creative and express their ideas about how to make low cost sport equipment, being at the same time environmental friendly. Equipment, which could be easily be made but also handled from pupils.

Objectives**

* **We visited two different kinds of gyms, which offer alternative ways of training.**
* **The pupils were split into two groups**
* **The pupils  searched the internet for  relevant ideas**
* **Each group decided about one goal and  gathered the necessary material**
* **One group made some medicine balls by filling deflated balls with sand from our beaches.**
* **The other group ended up making handmade dumbbells by filling different kind of plastic bottles with cement and using broomsticks as a handle.**

**Outcomes**

* **Pupils had the chance to be creative and to find use in older sport equipment by recycling them.**
* **The pupils learned to communicate and collaborate with each other, to take rolls and to be responsible.**
* **Some low cost workout equipment which can easily be used by anyone.**