



HIGHWAY TO HEALTH (#h2h2020)



HIGHWAY TO HEALTH: THE FIRST RING, MEETING IN MANLLEU

OBJECTIVES

- Promoting good practices in the field of physical education and health – students monitoring their own activity
- Promoting good practices with social inclusion in the field of sport and physical activity
- Promoting good practices related to cultural heritage

ACTIVITIES

The activities are centred on the promotion of physical education activities – sometimes using digital competences. The meeting will be structured like the Olympic Games. As the Games also have a cultural part there will be an important part devoted to our heritage.

Healthy physical activities:

- Students monitoring their own exercise – using platforms as Strava (digital competences)
- Students participating in several sports and activities
- Students participating in a non competitive 5km run/walk. After the follow-up activities at each school we should reach the number of 5000km run/walked in our multinational club (it is the number of kilometres that unite our cities)

Cultural heritage:

- The students creating an online presentation in groups of four (two guests and two hosts) about the heritage aspects and sites in Catalonia, giving some basic information about the activities done and places visited during the week (Barcelona, Empúries, Girona, Vic).
- The students designing the mascot of the project (based on the mascots designed for the Olympic games).