

Helping Active Lives through Targeting Healthy Youth



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ENCOURAGING OUR MOTOR ACTIVITIES THROUGH SCHOOLS



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**MOTOR ACTIVITY IS ALSO A
GOOD HABIT
TOWARDS A NATURALLY
ACTIVE WAY OF LIVING**

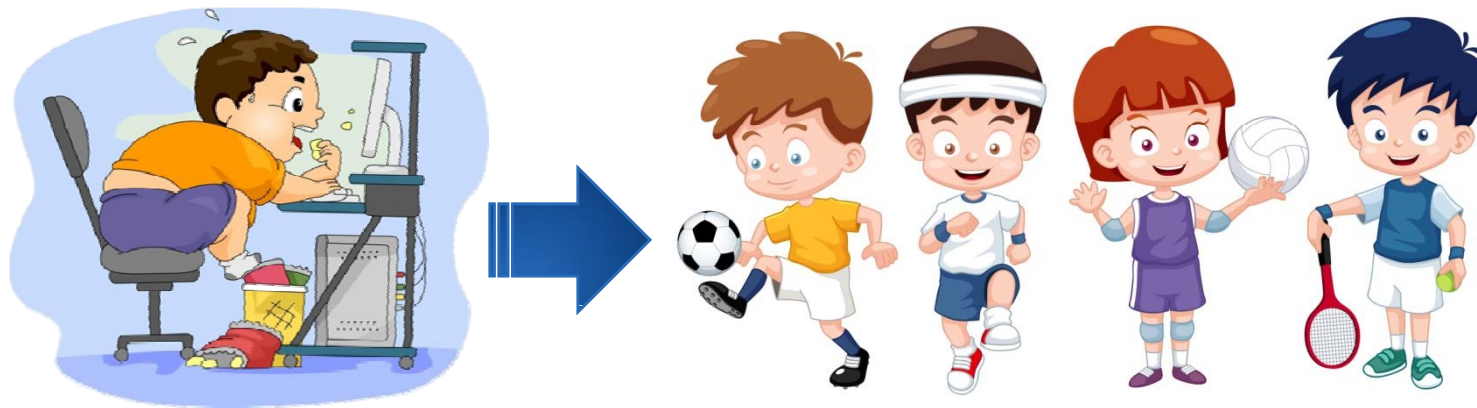
Good Habits for Kids



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Preventing sedentary life at an early age offers important advantages against child obesity and encourages you to adopt a healthier way of living



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HOW CAN I HAVE A MOTOR ACTIVE DAILY PROGRAM?



Use your free time to be kinetically active to run, bounce, climb etc.



Give emphasis to cooperation instead of competition, so that every child has the chance to complete the activity.

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HOW CAN I HAVE A MOTOR ACTIVE DAILY PROGRAM?



You can think what you do during your day, and add motor activity into them.



You can also do some indoor activities, so you can be active even when the weather deters outdoor activities.

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HOW CAN I HAVE A MOTOR ACTIVE DAILY PROGRAM?



You can participate in activities that they are enjoyable for you, without pressure and you can stop whenever you want .



If you want you can ask your teacher to participate actively in the activities and to become a role model for the activities which are new or difficult to you



HOW CAN I HAVE A MOTOR ACTIVE DAILY PROGRAM?



You can ask your teacher to adjust the intensity levels of the activities to your physical condition, if you think that is difficult for you.



You can ask your teacher to change or modify the activities when you feel fatigue or boring.

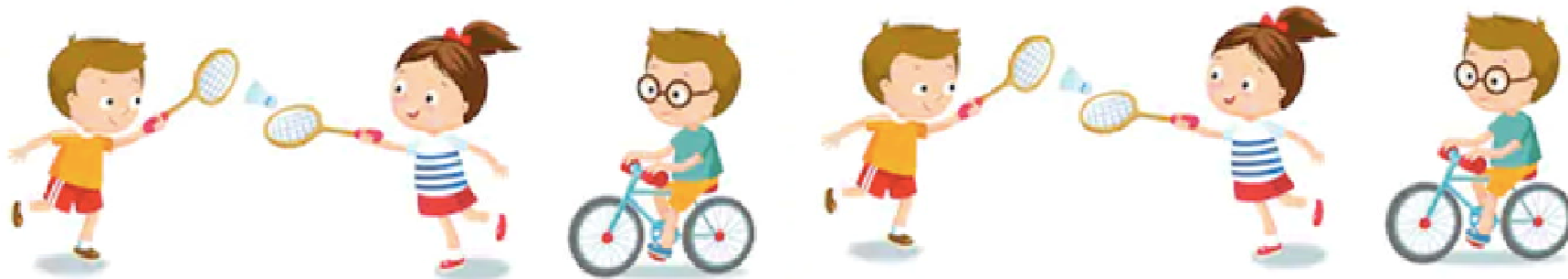


It is interesting to involve a program incorporating activities which activate different muscular units.

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It is very nice when you can have motor activities in a positive learning environment, in which you can have fun and you can enjoy the positive results of your participation.



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Strategies for a positive learning environment :

1

Separate in to small groups
(no more than four children per group)

Take advantage of all the available material.

2

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Strategies for a positive learning environment :

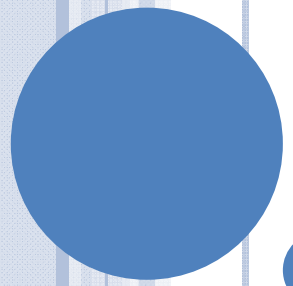


Organize your groups in a way that you do not obstruct one another.

Reduce the instruction time (give plain, clear and precise instructions).



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Thank you!



Erasmus+