

MISSION 2024:

#ESSD2024

TO FIND EXCITING AND JOYFUL WAYS TO #BEACTIVE

Schools can break away from traditional performance-based approaches and transform formal methods of education into challenging and fun way to GET CHILDREN ON THE MOVE!

5 reasons for schools to join

-  Raise the profile of physical education and sport programmes
-  Create fun and enjoyment through physical activity for young people
-  Promote health and wellbeing for lifelong learning
-  Encourage social inclusion and develop social competence among students
-  Connect with other European countries





















Did you know...?

- ...that although the benefits of physical activity are well known and scientifically proven, based on WHO (2022) data, 81% of adolescents and 27.5% of adults currently do not meet the WHO's recommended levels of physical activity?
- ...that today's children may be the first generation to have a shorter life expectancy than their parents because of the lack of physical activity (www.nike.com/made-to-play) ?

Inspiring your school community to #BeActive can help to reverse these alarming trends. And everyone can do it, regardless of age, background, or fitness level. Jump, dance, swim, run... just move!

Get inspired from the annually updated toolkits -> visit www.essd.eu/focus

Top 10 participating countries in ESSD 2024

SPAIN  1,623 schools  1,002,189 students	DENMARK  1,163 schools  382,772 students	HUNGARY  1,460 schools  356,428 students	BELGIUM  3,005 schools  288,822 students	BULGARIA  796 schools  226,000 students
POLAND  1,553 schools  193,643 students	PORTUGAL  426 schools  177,070 students	SWEDEN  544 schools  112,415 students	ROMANIA  694 schools  86,514 students	SERBIA  85 schools  80,074 students

JOIN EUROPEAN SCHOOL SPORT DAY

Register for the European School Sport Day and find out more creative ways to get children on the MOVE again.

Find out more at www.essd.eu

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