# **MISSION 2024:**

#### 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! © **European** School Sport Day.....

#ESSD2024

#### 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

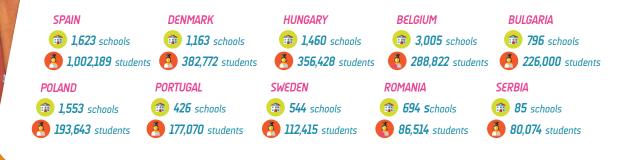
Did you know...?

- ...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 (<u>www.nike.com/made-to-play</u>)?

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 <u>www.essd.eu/focus</u>

### Top 10 participating countries in ESSD 2024



## 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 <u>www.essd.eu</u> **Disclaimer:** Funded by the European Union. Views and opinions expressed are however those of the author(s) only and do not necessarily reflect those of the European Union or the European Education and Culture Executive Agency (EACEA). Neither the European Union nor EACEA can be held responsible for them.





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