

GETTING SCHOOLS

® **European** : : : : :
School Sport
Day : : : : :

ON THE MOVE!



What if every child could #BeActive in school with sport and play? What if every school took one day to celebrate sport in Europe? Could it help students to kick-off a lifetime of health and fitness? We say yes!

JOIN US!

Register your school for the European School Sport Day® (ESSD) today at www.essd.eu

TOP FIVE REASONS TO JOIN ESSD ON 27 SEPTEMBER 2019

- 1 Raise the profile of physical education and sport in schools
- 2 Create fun and enjoyment through physical activity for young people
- 3 Promote health and wellbeing for lifelong learning
- 4 Encourage social inclusion and develop social competence amongst students
- 5 Help children consume more water, fruits and vegetables

The European School Sport Day has empowered 2.5 million European students to #BeActive in 33 countries so far.

And we have the Hungarian School Sport Federation to thank for the inspiration. School leaders, teachers and students across Hungary have been successfully leading school sport days for ten years when the initiative was expanded across Europe back in 2015.

This year, the focus theme of the Day will be healthy nutrition, more specifically the benefits of eating more fruits and vegetables, and hydration.

More information at www.essd.eu

#BEACTIVE 5
EUROPEAN WEEK OF SPORT YEARS



 **Erasmus+**

Still not convinced? Feel free to reach out to us with any questions at info@essd.eu