

® *European* . . .
School Sport
Day . . .



DES
DEPORTE PARA
LA EDUCACIÓN Y LA SALUD



#BEACTIVE
European Week of Sport

 Co-funded by the
Erasmus+ Programme
of the European Union

WHAT IS THE EUROPEAN SCHOOL SPORTS DAY (ESSD) / INTERNATIONAL SCHOOL SPORTS DAY?

European School Sports Day (ESSD) is a school day dedicated to having fun, playing together, promoting physical activity and health for all. The ESSD, with the participation of more than 3 million students from 44 countries and 4 continents, has established itself as the event with the greatest impact within the framework of the European Week of Sport and is becoming as the world reference event in the celebration of the importance of sport and physical activity for all schools around the world.

WHAT IS THE 2020 CHALLENGE?

A motivating activity for students to remain active even with social distancing and other restrictions due to the COVID-19 pandemic.

The challenge is to meet the World Health Organization's recommendations for daily physical activity of one hour a day during the week of September 21-27. A challenge for each student, but also for each class and for schools.

All students, from 3 to 18 years of age, can participate in the challenge. It also has to be considered that the challenge can be done at school or at home.

Every day we will give you the chance to win a badge with an Inactivity Killer Agent and contribute for our class final diploma. There is a different agent for each day so children will be able to collect seven different agent badges.

By completing the challenge individually or in groups, the engagement in physical activity of each student and the awareness of group work will be reinforced as each class seeks to achieve the final diploma.



READY TO START:

On Tuesday, **September 1**, the call for the “ESSD 2020 Challenge” contest is officially opened, open to all schools participating in the School Sport Day.

This Challenge is being organised in collaboration with international organisations, public administrations and organisations promoting sport and physical activity in different countries.

DESCRIPTION:

The challenge is not intended as a competition or contest in which there are winners or losers. It is an activity that rewards all students who manage to complete one hour of daily activity and seek motivation among students to achieve the Active Class Diploma together.

Each tutor or teacher is in charge of ensuring the students in their group comply with that hour of daily physical activity, either through the example form that we provide or through their own notepad or any other resource for student monitoring.

It is also the tutor or teacher in charge who must inform the students of the level of progress of their class group and of other classes to motivate them to achieve the challenge and be sure no class is left behind.

The final count of active students and achievement of the challenge by the different classes / groups and the school will be carried out by each of the schools through a standardised document that must be signed and sealed by the Principal.

All schools that achieve compliance greater than 80% (7 hours x number of students x 0.8) will receive the Diploma recognising as a Challenge Winning School.

CHALLENGE REGISTRATION:

In order to register for the contest, the school must have registered as a participant in the School Sports Day on the official European website (www.essd.eu).

The school must also register using a registration form that is accessed through [this link](#) (Coordinators, CAUTION!! this link is used for SPAIN) so that the challenge coordinators can give you access to the resources.

INSTRUCTIONS:

Each teacher / tutor must download their set of control templates, badges and diplomas to keep track of students and class.

Each day, students must be informed of the badge that they will be able to earn that day when they notify their teacher that they have met the time of physical activity *.

(*) The criteria to verify compliance with that hour of physical activity is up to each school and by agreement between teachers / tutors. This challenge does not seek rigor or accuracy but motivation.

As students report compliance, the teacher sends them the badge they have earned (by email, message ...), for example, the one corresponding to day 1 shown below.



1st day agent badge

The teacher carries out the control of his class through the corresponding record sheet like the one that appears below as an example and that can be downloaded for use.



HOJA DE CONTROL DE LA ACTIVIDAD DIARIA

1

DÍA	21/09/20	22/09/20	23/09/20	24/09/20	25/09/20	26/09/20	27/09/20	GANADOR
RECOMPENSA A OTORGAR								
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From the second day, the teacher / tutor should report on the overall performance level of the class by applying the corresponding formula* and guiding on the need to make more effort to comply with additional time or, if achieved, it is online with WHO recommendations ([see link with recommendations](#)).

(*) The daily formula to use is: hours contributed by students - (number of students x 0.8) If the result is negative, it means that the students are not contributing 80% of the ideal hours of physical activity.

At the end of the week, the teacher must send the corresponding diploma to each student who has met the challenge and inform the class about the achievement of the active class diploma.

The model of the official Diploma for students and classes is shown below and will be available for download.

EL DÍA DEL DEPORTE ESCOLAR 2020

Concede este diploma a

Por haber cumplido con las recomendaciones de actividad física de la Organización Mundial de la Salud durante la semana del 21 al 27 de septiembre

ANDREU RAYA
DEMIDOFF
Director Challenge



Director de la escuela

END OF THE CHALLENGE AND RECOGNITION TO SCHOOLS

All schools that carry out the challenge, regardless of the success result achieved among the students, will be able to complete a final report of the same and will receive a diploma certifying as a centre distinguished by the promotion of physical activity during the School Sports Day 2020.

In cases where the Challenge is carried out in coordination with national or local public administrations, the diploma and some award criteria may vary.



MORE INFORMATION:

Coordination of the School Sports Day:
Sport for Education and Health

www.educacondepote.org

Contact email: essd@educacondepote.org

ESSD European website: <http://www.essd.eu>

ESSD website in Spain: <https://www.educacondepote.org/essd/>

[ENROLLMENT](#) link