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TOGETHER, IN HARMONY!

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ACTIVITY REPORT

APRIL 2024

IESO

HARÉVOLAR

ALOVERA
(GUADALAJARA, SPAIN)

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ACTIVITIES CARRIED OUT

During this month, we **carried out** April's local activity called **SPORTS AND ORIENTATION**, organized by our Lithuanian partners.

Although one of the main principles of the high school is working one topic from different subjects, in this case, with this specific objective to be worked out, only PE and English teachers joined to help students to develop this interesting topic.

Students not only worked traditional and strange sports, but also learn orientation at school and at a natural environment.

- sports:

PE teachers organize tournaments and leagues on traditional sports (basketball, badminton, volleyball), new sports (picket ball, datchball, ringo sport) and dancing during break times, where all students can participate. They were helped by the English assistant teacher.

The autonomous community sponsors a programme at primary and secondary schools to have a healthy lifestyle (promoting healthy breakfasts, sports practice, safe and healthy school paths, ...). Our high school participates actively in this programme, called Healthy Schools Projects (Proyectos de Escuelas Saludables – PES).

Parents' association also participates actively in this programme when needed. A lot of studies show that well being is achieved when a person feels good and complete at different levels (physically, mentally, socially), and working these activities at school contributes to this self development in our students.

- orientation:

Students at all levels practice orientation, not only at school with tasks proposed by PE and Maths teachers, but also outside school during a trip to Sacedón (where third-year students practice several outdoor activities (paddle surf, vía ferrata, hiking, ...)).

OBJECTIVES ACHIEVED

- Promote teamwork and collaboration among students.
- Develop students' ability of orientation in space, in natural and artificial environments, using different instruments.
- Reinforce active and responsible participation in school activities.



RESULTS

- Video about sports and orientation activities at school.
- Oral presentations about proposed activities.

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