

## BODY MOVEMENT

### Walking to school in Perpignan: the launch of the Car-à-Pattes

The pedestrian bus known as the Car-à-Pattes, designed by the different actors of the city of Perpignan, will be launched on 3 March. During the previous school year, children, families, educational school teams, city services and other private partners, together with the Shape Up team in Perpignan, worked on the set-up of the project. The tasks included defining itineraries, training parent "bus drivers", and the children's creation of the visual logo.



### Walking in Lakatamia

In order for the students to come at school on foot and take advantage of the pedestrian street which is next to the Third Primary School of Lakatamia, special boxes were placed to put their belongings and therefore walk to school without their heavy bags. In order to assist the children using the walkway and bicycle path, it was decided to focus efforts on the following:

- Policing of the street when children come to school and leave school.
- Add Pedestrian crossing at certain places for further safety and easier access to the walkway/bicycle path.
- Sidewalks with no obstructions (trees, cars, rubbish)
- Personal lockers for the storage of schools' books and materials in order to not to carry unnecessary weight.
- Bicycle storage area in school.



### New games for school break time in Jönköping

The Games at Break Time project at Norrtullsskolan started on 9 January and is planned to last until 12 June. In this project, all classes talk about their games and make a list of them all. They are also asked to find out new kinds of games during break time and introduce them to others. All the games are put together and a written description with pictures is produced. Dancing and playing games during break time is very popular activity, not only at Norrtullsskolan, Jonköping, but also at other Shape Up schools.

### Action games in Ballerup

At Maalov School, Ballerup, the children perform action songs during lunch break. During lunch break on Mondays and Wednesdays, class 8 plays with the younger children in the school playground. They perform the action songs that the children learnt during a joint project in the spring. About 100 pupils participate.



### Dance Breaks in Poznan

The children, through investigation about movement, music and dance, came up with a vision for Dance Breaks, which they implemented in their school. At the secondary school, pupils aged 15 to 19 dance on a stage during the long break time. Every day, another group presents its skills and, during Shape Up Weeks, there was a major on-stage presentation involving audience participation. Pupils can choose the music style and the kind of the dance they want to do.



### Body movement activities in Maastricht

Creative sports and body movement activities after school and during break time. Pupils developed the idea about different body movement activities after school (at school) or during break time. They broadened the ideas relating to sports to include many interesting activities, which they demonstrated to their peers.

### Skipping rope in Barreiro

During school break time, students organise a skipping rope championship. A P.E. teacher motivates them and helps to organise the event. The championship includes several stages and the final will be in April during International Health Day.



### Skipping in Hull

The Skipping Workshop day is very popular and now boys and girls enjoy skipping activities every playtime.



### Rock-it-Ball in Vienna

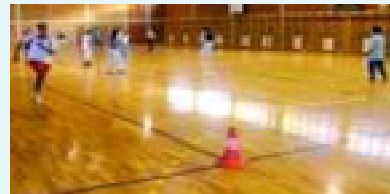
Special racquets (called Rock-its) and four balls the size of a tennis ball are used to play this game. Players have to catch balls and shoot others down. They get one point for shooting down and two for catching another ball.



### Reinventing an old folk game, Meta, in Pecs

Last year, as a part of the Shape Up project, the pupils at Gandhi High School were asked to research old folk games. As a result, an old Hungarian folk game, known as meta, was discovered and reinvented.

Meta is a baseball-type group game, and the emphasis is not on the competition itself but rather on teamwork and cooperation. It involves physical effort, which is why it is necessary to be in good shape. It also keeps players fit.



### Capoeira in Vienna

Capoeira Workshops at the school are used to build a bridge between sports and culture. Capoeira is a sort of dance from Brazil with an entire philosophy behind it that promotes health and happiness through an ancient form of martial arts converted into dance.

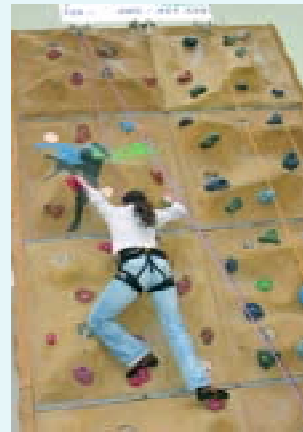
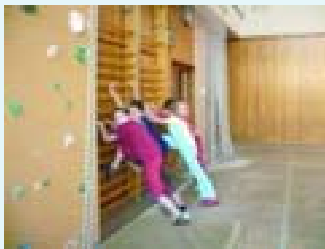
### Hip-Hop in Bonn

For the hip-hop dance course, Medhi Haris, a well known MTV choreographer, was hired. The highly motivated pupils enjoyed learning this energetic and tiring dance style, which is undoubtedly an excellent way of combining effective training and fun.



### We love climbing! in Brno

Many small climbing teams were formed at school and the children have been getting better at climbing. They arrange competitions among themselves and also prepare climbing exhibitions for those unsure whether or not to join them. All children can try climbing during P.E. lessons. The only problem is that just one teacher has been trained as a climbing wall instructor, which means that she always has her hands full.



### Rugby Players in Hull

Hull rugby team players have worked with all the children, developing their throwing and catching skills and explaining how to play rugby. "When we returned to our classrooms, we designed posters to promote healthy lifestyles and balanced nutrition. Our posters explained what you need to eat and do to be a top athlete."



### Tambourine Game in Mataró and Monza

Do you know what the Tambourine Game is? The aim of this team game is to hit the ball with a tambourine so that the ball bounces. Thirty teachers from Mataró have already learned how to play it! At the same time, teachers from Monza have started their training. The training of the Perpignan teachers will start next month. Pupils from the different cities will learn how to play. Exchange visits between Mataró and Monza and Mataró and Perpignan are planned for the end of the school year, to enable pupils to play together and share their knowledge of the game.



### Sports and health days in Tallinn

The Kalamaja Middle School years 6 to 9 Shape Up sports and health camp took place from 4 to 7 February at the Mõedaku sports base, near Rakvere.



### Triathlon at Maartenscollege in Maastricht

Pupils organised the triathlon for pupils students from the same school. Some pupils were actively involved in public relations for this event, holding interviews with local television stations and newspapers.

### Disco in Turku

An event involving healthy and fun refreshments for children's parties and discos was organised by pupils, teachers and school canteen staff. The main purpose of the entertaining disco day was to give tips on healthy refreshment for families. After the event, each pupil took home a set of healthy recipes straight from the disco menu!



## JOINING FORCES WITH LOCAL ACTORS

### Shape Up cultural rides in Athens city centre

The pupils at the 16<sup>th</sup> Lykeion participated in cultural rides on bicycles in conjunction with the anthropos.gr NGO in the framework of the My Town By Bicycle initiative, supported by the General Secretariat for Youth Affairs and Athens City Council.

### A trip for Perpignan nursery schoolchildren to the Pyrenees

Shape Up children organised a trip with the help of the Slow Food Association.