



HOW TO...

SPORT GAMES

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HOW TO DO IT?



When?



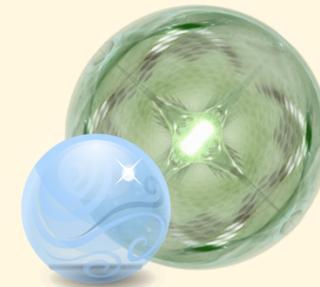
How?



Where?



Why?



Tips for you :)





WHY?

SPORTS DAYS ARE ALSO INTENDED FOR ACTIVE ATHLETES WHO STRENGTHEN THEIR SELF-CONFIDENCE THROUGH THEIR ACHIEVEMENTS, BUT MAINLY THEY ARE A MEANS OF INCREASING THEIR MASTERY IN THE SPORT THEY DO AS A MAJOR ONE:

- healthy lifestyle
- fun
- building cooperation
- learning to set and achieve a goal
- motivation for spending free time
- building self-confidence



WHEN?

**CHOOSE
SUITABLE TIME:**

RULES:

- **come to an agreement with your colleagues at the meeting**
- **make a backup plan in case of bad weather**
- **do sport as often as you can according to your possibilities**



**CHOOSE SUITABLE
SPACE:**

WHERE?

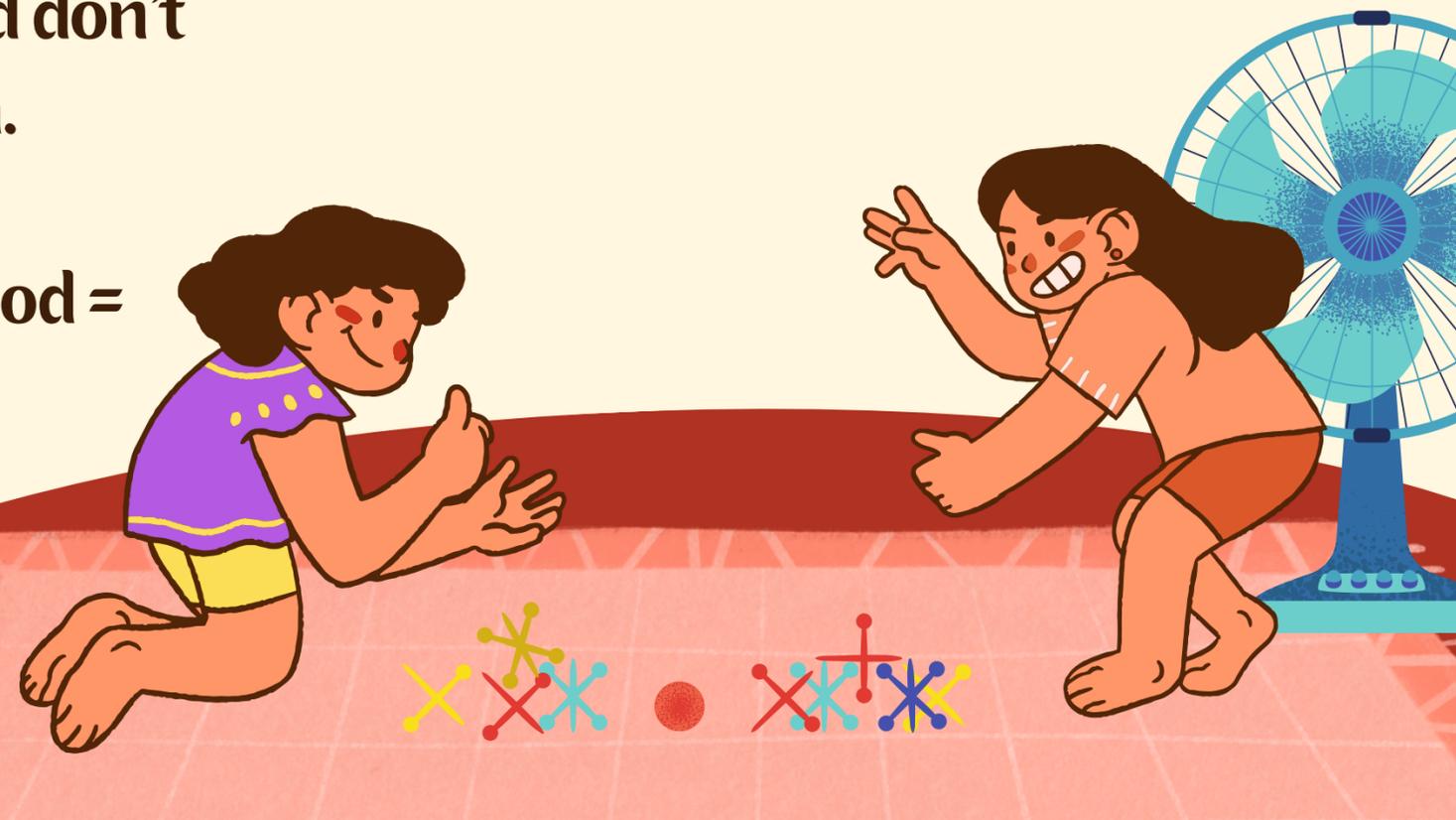
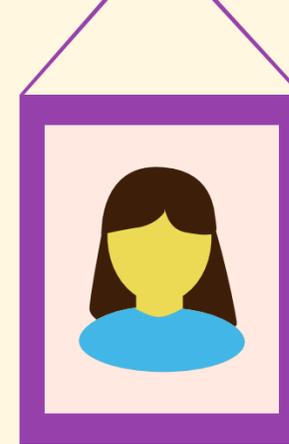
- **outdoor: school area, football field, town park, swimming pool,...**
- **indoor: gym, sport hall, school corridor,...**



HOW?

PROCEDURE:

1. Determine the time and place.
2. Determine the age category of the children.
3. Set a goal.
4. Create a schedule /place, time and activities + supervision/
5. Familiarize your colleagues with what, where, when and how.
6. Prepare a schedule of activities and don't forget rewards = positive motivation.
7. Follow the drinking regime.
8. Think about yourself – positive mood = guaranteed success.





TIPS:

- cooperate with the city, it can help you with rewards
- every country has sports organizations that like to cooperate with schools - so don't hesitate and call! :)
- for younger children, a sports day can also be done in the form of various games such as a treasure hunt and various other fairy-tale themes
- competition is a strong motivation for children
- non-traditional games = an option for less talented and skillful children
- invite other schools from the district = good relations between teachers

**The Challenge to a Healthy Life, an Erasmus+ project
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Zakladna skola s materskou skolou**