

## **PROMOTING HEALTHY LIFESTYLES IN SCHOOL**

The goal of this project is to develop modern teaching methods which teachers can use to integrate different subjects and promote healthy lifestyles in school. The target group consists mostly of teachers and school employees, but through them all members of the community will be influenced. The most important aspect is to make healthy lifestyles a natural part of people's everyday lives. Participating schools have a good basis for healthy living, but there is a lack of theoretical and modern teaching materials. Through the project activities, seminars, training sessions, and work shadowing we want to create basic teaching materials which can be put into practice by both the schools and the communities. The main outcome of the project is to create web-based teaching materials which will be accessible to everybody during the project and after its completion. We want to create modern learning materials which are not only useful, but also interesting to the users. We want to incorporate modern tools - such as smart phones, i-pads, and similar devices. We want to provide a variety of activities that develop different aspects of healthy lifestyles: physical activities, team activities, fitness training, aerobic activities, etc. We want to concentrate on winter sports, because skiing is an important activity for all project participants. Through modernized teaching methods we want to improve the awareness of healthy living, as well as to promote the necessity of healthy lifestyles.

We want to favour active lifestyles by developing attitudes and competencies allowing the practice of lifelong physical activities and positive attitudes towards healthy lifestyles. Our goal is to raise awareness on the importance of spending less than 2 hours per day doing sedentary activities: the Internet, computer games, social networks ... Therefore people should be encouraged to think about their health. School has a leading role in the development of community health awareness. Modern schools need new teaching and learning technology. Both schools- Aravete and Lillehammer need to improve their teaching methodologies to raise the awareness of healthy lifestyles and make physical activities the natural part of everyday routine. Both schools priorities are sports, especially winter sports, in which we have achieved remarkable results. But we still need to improve our teaching skills to get more motivated students. We want to develop basic training as necessary foundation for development of different techniques, motivating training itself and as injury prevention. We also need to work out how to work with people who have just focused on healthy lifestyles together with people who have the main goal to develop as an athletes in the same group.

The main objectives of the project are to promote healthy lifestyles in school and to create web-based methodologies for teachers development. To achieve these objectives we will organise different workshops, seminars, practical activities, shadowing the best teachers, lectures e.t.c in both country-specific areas. In our project we wish to focus on developing our schools as institutions promoting healthy lifestyles and in collaboration work out new teaching and learning materials.