



GETTING SCHOOLS ON THE MOVE!

- What if every child could #BeActive in school with sport and play?
- What if every school took one day to celebrate sport in Europe?
- Could it help students to kick-off a lifetime of health and fitness?
- We say YES. And we're doing it with European School Sport Day, also known as 'the Day' or ESSD.



ESSD is a sport event co-funded by the Erasmus+ Programme of the European Union, jointly organised by an alliance of international partners, led by Hungarian School Sport Federation.

The Day is part of the European Week of Sport's #BeActive campaign, organised on the last Friday of September every year since 2015.

WHY? THE FACTS

Children and adolescents in Europe are more inactive than ever. Our mission is to help drive social change by improving young people's health and activity levels. The Day is an opportunity to encourage students to #BeActive for at least 120 minutes. Active children are better learners, and physical activity can help boost school spirit and promote inclusiveness through sports.

TOP 5 REASONS TO JOIN ESSD

- 1 Raise the profile of physical education (PE) and sport in schools



- 2 Create fun and enjoyment through physical activity for young people



- 3 Promote health and wellbeing for lifelong learning



- 4 Encourage social inclusion and develop social competence amongst students



- 5 Connect with other European countries





Healthy diets, physical activity and enough sleep are all necessary for a long and healthy life. We are currently facing a global health crisis. But schools can do a lot to change this. They are the ideal setting to form children's behaviour as they can reach most children during the years when habits are still evolving.

FOCUS TOPIC OF 2019 – TOGETHER FOR HEALTHY LIFESTYLE



Our nutrition toolkit gives ideas on fun and engaging activities with children to follow 3 simple nutrition rules:

- 1 Eat more vegetables and fruit, ideally with each meal
- 2 Choose fresh, seasonal and local fruit and vegetables
- 3 Drink water

Number of participating schools



2015
1,170

2019
9,000

Number of participating children



2015
300,000

2019
3,000,000

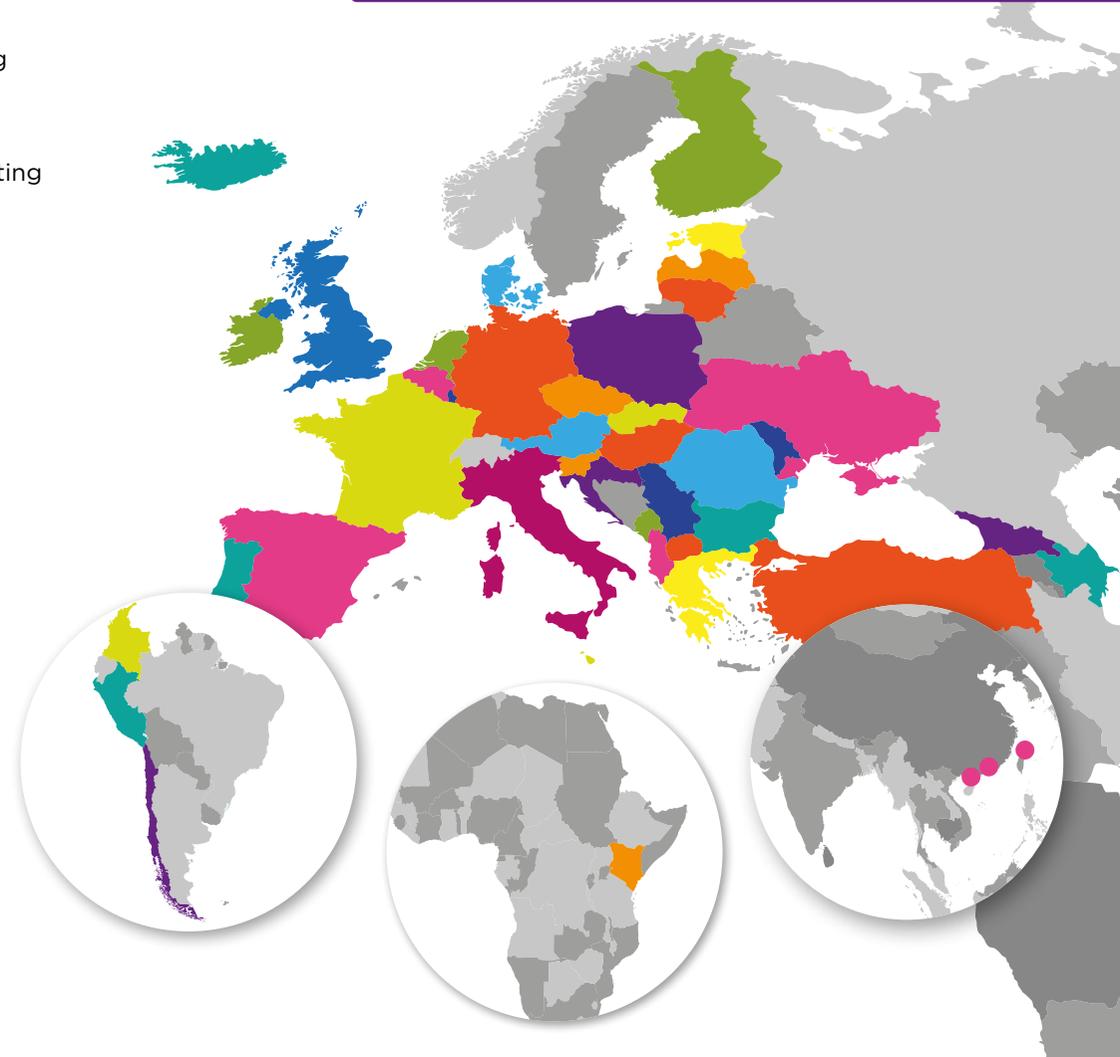
Number of participating countries



2015
3

2019
44

PARTICIPATING COUNTRIES



JOIN EUROPEAN SCHOOL SPORT DAY!



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