



Erasmus+: HEalping Active Lives through Targeting Healthy Youth (HEALTHY)

Social and educational value of European cultural heritage

The ancient Greek games and the European traditional games (regarding physical exercise from other European countries) reflect the European culture and civilization related to health promotion and well-being. This is a valuable world heritage which must be conserved throughout the generations.

Therefore, the traditional games that the present project discovers and provides encourage exchanges between town districts and different regions and promote the maintenance of cultural European roots. The tradition games produce a bodily and collaborative activity, which are factors of physiological, psychological and social health. So, the traditional European and the ancient Greek games that HEALTHY project propose to incorporate in schooling are helping to converge students' diversity while trigger them to adopt a healthy lifestyle. In this way the European Cultural heritage is not only maintained but brings people together and contributes to more cohesive societies through physical activities.

Open education and innovative practices in a digital era

The present project promotes an innovative approach for physical education classes and school outdoor activities including excursions, aiming to trigger the students to follow a healthy lifestyle (healthy children- healthy youth!). The proposed HEALTHY project will use the digital technologies to offer an open educational innovative pedagogical approach, containing learning and assessment tools for physical education teachers, schoolteachers and pupils. In particular, HEALTHY is expected to develop the open “HEALTHY platform” with its multimedia application to help the physical education teachers and teaching staff to design and develop their own program adjusted to their school facilities, culture and history. This project is based on a transdisciplinary approach addressing issues such as exercise, counseling, health, history and culture (through Greek games and European traditional games), fostering the students to adopt a healthier lifestyle while it will contribute at the establishment of a timeless European culture. For this reason, HEALTHY suggests the necessary transdisciplinary and transnational synergies in order to develop new learning and teaching materials and the open HEALTHY platform and application.

Strengthening the profile(s) of the teaching profession

The HEALTHY aims to strengthen the profile(s) of the teaching professions, including physical education teachers, school leaders and in general the educational staff, through its open platform with files and multimedia application enhancing their professional development. In particular, the Joint Staff Training Event (JSTE) event will take place in Madrid, aiming to “TRAIN THE TRAINERS” in order to develop the HEALTHY course modules. Therefore, HEALTHY course modules will be jointly developed between academics (DUTH, UPM, UOS) and clinical experts (EUC). Then, the HEALTHY (course and soft copy) will be produced. Afterwards, the physical education teachers, school leaders and educational staff will attend the innovated blended HEALTHY course which will enhance the quality and relevance of their knowledge and skills in physical activity, nutritional habits, history and culture concerning traditional games and physical activity. The involved teaching

Helping Active Lives through Targeting Healthy Youth



staff will be informed about the concept and the philosophy of the project, the objectives and the activities in which they will be involved. In particular, a 5-days face-to face (not online /6 hours per day) Intensive Study Program (ISP) will be undertaken in Nicosia, in English language, with the participation of all partners (total number of trainers at least 4) and physical education teachers and teaching staff from involved schools (GR-SCH1, GR-SCH2, GR-SCH3, CY-SCH1, CY-SCH2) (the total number of learners is 15). Then, a 4-months distance learning period will be held, supported by the DUTH eClass platform in order to prepare them how to apply a HEALTHY pilot in their schools.

Finally, the open HEALTHY platform and multimedia application (the learning materials and evaluation procedures for all participant teachers, project activities and dissemination tools will be uploaded) will support them in adopting collaborative and innovative practices both digital and non-digital and new assessment methods.

In addition, the final HEALTHY course learning materials, which will be contained at least in a module in the DUTH Exercise Science Studies curriculum, will continually enhance the quality and relevance of exercise science students' knowledge and skills, ensuring the sustainability of the project.