

# Healthy School



# Let's try different sports at Telenor Arena Karlskrona !





The children have the possibility to try different kind of sports in corporation with sports clubs from Karlskrona idrottslyftet !

# The aim

*Every child shall through playing and movement already in preschool get an interest for movement and sport for the rest of the lifetime*

The start - 2004

# The School - yards are important for spontaneous activities



# We also work with the relations

## **Relations and conflicts**

The leaders are good models

The children learn how to solve conflicts and how to behave thru games/sport

## **Genus**

The boys and girls can make their own choice among "boys/girls" activities!

As adult you show the children that girls and boys have equal opportunities

## **Movement and health**

- Massage, outdoor activities and planned health hours are among the activities.
- Spontaneous outdoor activities are important as well as arranged activities for example swimming, softball, skating, outdoor activities, bandy tournaments etc.

## **Nature, environment and technique**

- A lot of activities takes part outdoor in the near of school
- The children learns about thinking after before and to take care of the environment

## Language and Communication

- Good Communication is a mirror of Corporation child-child and adult –children
- Games are played
- General meetings
- Reading





## Identity

- *Treat each other well!*
- *Touch each other!*
- *Say: Well done!*



## Influence and responsibility

During planning the children has a possibility to tell us what they want.

Every proposal is written down and discussed .

Everybody is responsible to take part of daily activities as cleaning up, do the dishes .....

# Health diplom

- Organization
- Planning instruments

# Other activities

- Ecological food at preschool
- Small kids/babies are sleeping outside
- Agreement between children, their parents and school-nurse/healthcare about eating less and eating right food for children with BMI >30

# This has happend

- The time the children spend at "fritidshem" has increased
- The children wants to take part of the activities
- New groups/classes at school are having their lessons in the forest one day per week
- The children seems to be less sick
- Corporation with department for *children's health* at the hospital
- The leisure clubs have started free sport activities for everybody 10 – 16 years
- Other schools and special schools are starting activities in the same direction
- As a part of new physical planning we get new areas for spontaneous activities

# Corporation with the clubs

- New members to the clubs
- Political decision – 400 SEK/new member
- Sport clubs at school – good economy