

How to Integrate Sport and Healthy Lifestyle Approaches into the Students' Educational Pathways

Teacher of All Subjects

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Introduction

The toolkit aims to identify strategies to integrate students' sport activities with physical, mental well-being and healthy lifestyles into the students' school path, developing an overall cross-curricular training involving other school subjects. In this regard, the toolkit develops a series of strategies for the involvement of teachers of other subjects, as well as the attempt to identify the appropriate communication strategies with the families.





Using Physical Education, Sport and Physical Activity to raise Standards

This chapter provides the justification for the further promotion (and offer) of PE, sport and Physical Activity and how that when it is promoted and delivered successfully, the overall achievements of a school/college increase including both in academic performance and general development/behaviour.

‘Physical education, physical activity and sport have been shown to impact positively on the extent to which young people feel connected to their school; the aspirations of young people; the extent to which positive social behaviours exist within school; and the development of leadership and citizenship skills.’

(Stead & Neville 2010)

‘More physically fit children have improved brain function, higher academic achievement scores and superior cognitive performance than less fit children.’

(Chaddock 2012)

Everyone involved in Physical education, Sport and/or Physical Activity is convinced of its ability to further enhance lives, to motivate, to focus, and has the potential to bring out the very best in people. Many individuals are also able to take the wider ‘life skills’ they learn through physical education, sport and physical activity into other areas of life. Indeed, it would be rare to find a successful athlete who was unable to describe how different aspects of their sport have had an impact on their knowledge, behavior, attitude, or skills in other areas of their personal/professional lives. This is also true for young people. Physical education, sport and physical activity can be used to improve both their physical and cognitive development.

Schools and Colleges are full of learners whose self-esteem and confidence have benefited from participating and succeeding in some form of physical education, sport and physical activity, and who have built on this to improve their behaviors, attitudes, and performance across different areas of their lives. The key issue for teachers, coaches, and others working in educational environments is understanding how to harness what physical education, sport and physical activity can do for individuals, and turning this into a sustainable and successful strategy that works for all young people. We know that some adults (usually those who had a positive experience with physical education, sport and physical activity as a child) do this instinctively, but we also need to describe it in a way that any school/college can implement. Then we have a strategy for improving school standards. The evidence of impact is interesting. Every international research project that seeks to link physical activity, PE, or sport to an improvement in behavior or achievement finds a positive correlation, although some have stronger correlations than others. However, studies purely measuring the amount of physical activity, PE, or sport participation undertaken by pupils and their academic performance, however measured, do not show a clear and positive correlation. This tells us that just doing more physical activity isn’t by itself enough for most young people to bring about changes in behavior or achievement. Physical education, sport and physical activity strategies need to be appropriately linked into an educational strategy in order for them to be fully realized.

Learning Objective

- To provide further evidence of the value that Physical education, Sport and Physical activity has on the individual learner.
- To provide further evidence of the value that Physical education, Sport and Physical activity has on the school/college.
- To provide further evidence of the value that Physical education, Sport and Physical activity has on the wider community.
- To encourage school/colleges/local and national agencies to increase the opportunities for learners to actively participate in Physical education, Sport and Physical Activity.
- To provide a resource that supports the strategic planning and implementation of further Physical education, Sport and Physical Activity opportunities for all learners
- To further encourage schools/colleges to develop a shared planning and scheduling of teacher training (for teachers from other subject areas), to raise their awareness of how PE, sport and physical activity can develop life skills/ and the acquisition of cognitive, logical, mathematical, relational, self-esteem, respect for the rules, team work skills.
- To promote the idea that all teacher training (other core subjects) receive some formal training in physical education, sport and physical activity.



Similar to other whole-school improvement strategies, using physical education, sport and physical activity to improve whole-school standards works best when:

- Senior leadership, plays a role in the planning and implementation of the work;
- Pupils and staff involved are carefully identified;
- PE and other subject departments work collaboratively to develop strategies and high-quality resources; and

For this to be successful, we must ensure that physical education, sport and physical activity strategies are appropriately linked into an educational strategy.

Online Resources
<ul style="list-style-type: none"> ● <u>Want Smarter, Healthier Kids? Try Physical Education! Paul Zientarski TEDxBend</u> ● <u>Protecting and improving the nation's health</u> The link between pupil health and wellbeing and attainment. A briefing for head teachers, governors and staff in education settings ● <u>Education Scotland</u> Health and wellbeing across learning ● <u>Education Scotland</u> Health and wellbeing: responsibility of all - Secondary school research project ● <u>BBC News Scotland</u> Exercise 'boosts academic performance' of teenagers ● <u>The Guardian</u> Best practice, advice and insight into how sport can boost students' wellbeing ● <u>The Guardian</u> On your marks: how sports training can boost exam preparation ● <u>The Guardian</u> The Association Between School-Based Physical Activity, Including Physical Education, and Academic Performance ● <u>Managing sport</u> Sport in Education Project – SPORT New Zealand ● <u>Finnish Schools on the Move</u> (only in finnish) Increasing physical activity and decreasing sedentary time among school-aged children ● <u>Sport England</u> Sport and Age

Online Resources
<ul style="list-style-type: none"> ● <u>Youth Sports Trust</u> How does physical education and sport impact on academic achievement? ● <u>The Guardian</u> How can PE and sport improve student health and wellbeing? – live chat ● <u>Physical Activity and Health - Practice briefing - children</u> This BHFNC practice briefing suggests practical strategies for promoting physical activity with children aged 6-11. ● <u>The Effects of Extracurricular Activities on the Academic Performance of Junior High Students</u> ● <u>Research Link / Extracurricular Activities: The Path to Academic Success?</u> ● <u>Participation in High School Physical Education --- United States</u> ● <u>Positive Effects of Extra Curricular Activities on Students</u> This paper describes the role of extracurricular activities and the positive effects that they can have on students ● <u>The Guardian</u> Inside the schools fighting childhood obesity with fitness ● <u>Active Kids Do Better Join</u> the movement to bring physical activity back to our nation's schools ● <u>afPE</u> The Association for Physical Education (afPE) has updated their Health Position Paper which outlines the crucial role of physical education (PE) in public health and the promotion of physical activity



Promotion, among the teachers of other subjects, of a careful consideration of how to integrate the thinking about the students' healthy lifestyle and well-being into the curriculum

This chapter tries to identify the strategies to promote food for thought among the teachers of other subjects on how to integrate the deep consideration on the physical / mental well-being and lifestyles of the students into the curriculum, not only the physical education one, but also in the curriculum of other subjects.

The starting point is the clarification in the PE curriculum, of the issues related to body language; to the links between a proper nutrition education and physical well-being; to the promotion of environmental and natural resources of the area as the vehicle for the promotion of an ever greater awareness of the student as a responsible citizen.

The strategy is not suggested by ministerial or theoretical guidelines, but is realized throughout the experience, thanks to the planning skills of the working group – teachers' team - that brings together teachers of different subjects, from the Physical Education area to science and humanities.

Lifestyle can be defined as the set of all those behaviors and habits aiming to let a person live in harmony throughout his/her whole lifetime. Since ancient times it was believed that, in order to live well, it is necessary to adopt different and varied behaviors in everyday life. Lifestyle is nothing but a customization and adaptation of certain rules of behavior considered ideal by most people to remain healthy.

At every stage of our lives and especially in childhood and adolescence, lifestyle should be characterized by the balance between the following aspect: the organized movement, the non – organized movement, recreation, rest, nutrition, the affective - relational aspect and the social one, hygiene and study. Organized movement means those activities of Physical and Sport Education regularly planned and run by professionals. Non - organized movement, instead, includes the physical activities which are not characterized by a specific programming.

The personality of young people need balance between such behaviors and habits, in order to avoid the predominance of one of them over the others. For example, exclusively looking at nutrition but remaining sedentary, does not lead to positive well-being. Another example is the importance given to ensure children's games as children learn through play and games, and the game itself promotes growth and the development of personality.

Organized physical activity, planned by an expert of movement, cannot be divorced from the non- organized one, because the major international studies on the physiology of exercise in childhood show that young people, in order to fight a sedentary lifestyle and the reduction of the level of ability and motor skills, should make physical activity at least one hour a day.

Learning Objective

Physical education programs in schools directly benefit students' physical health. Getting the recommended amount of exercise fights obesity, which subsequently reduces the risk for diabetes, heart diseases, asthma, sleep disorders and other illnesses. Regular exercise also contributes to cardiovascular health and promotes muscle and bone development. School PE programs should require both fitness and cognitive assessments. In addition to participating in physical activity, students in PE learn the fundamentals of a healthful lifestyle, the building blocks upon which they can develop into healthy, knowledgeable adults.

Online Resources

- [Motor Skills And Teaching Styles In Physical Education](#) (only in Italian)
A useful resource about teaching methods
- [Physical Education and Sport at School in Europe](#)
A report from the EU

Online Resources

- [What Are the Benefits of Physical Education in School?](#)
About PE at school
- [The role of the movement for young people](#)
Physical education, the active lifestyle and physical inactivity in childhood



The school's previous experiences and projects on the toolkit's object

The aim of this step is to provide experiences and projects focusing on the integration of the aspects connected to lifestyle, physical/mental well-being and the PE curriculum, although in different socio-educational situations.

The Sports Centre at Datini Institute promoted two initiatives which, through the strong belief in a “movement” approach, support a healthy lifestyle which, in addition to sport and proper nutrition, suggested experiences planned and designed to discourage students from taking on bad habits, such as smoking and alcohol use along with encouraging on the other hand, the respect of the environment. At the same time such initiatives also have the purpose of instilling a feeling of moderation in consumption and no waste of food and natural resources.

The first initiative provided for:

- Trekking days
- Excursions in caves
- Presentations of routes by experts / guides present in the classroom
- Research, study and processing maps
- Photo exhibition

The second initiative, in collaboration with the Hospital Unit of Diabetes of the Local Health Unit n.4 in Prato, provided a training course on Diabetes for students. The course was based on the following topics:

- Principles of a proper nutrition (motivation to adopt a proper diet)
- Foods for diabetics and 'health' foods
- Exercise in Diabetes
- Effects of exercise on blood sugar
- Various types of physical activity: work and sports
- Recommended and non-recommended Sports
- Training concept
- How to change the diet and insulin dosage in anticipation of physical activity
- Practical exercises: evaluation of blood sugar before and after exercise in patients in good control

Learning Objective

The project's activities have enhanced the development of the following skills:

- Socialization and empowerment process
- Knowledge of the relationship between physical activity and physical / psychological changes typical of the developmental phases of young people.
- Using the skills learned in different environmental situations (formal and informal learning settings), in problematic contexts, not only in sports, but also in everyday life experiences.
- Strengthening the capability of observation of the surrounding reality, broadening and deepening environmental, anthropological, natural, geographical, topographical and orientation knowledge
- Body and movement perception for the strengthening of self-esteem
- Application of the principles of training methodology for maintaining good health.
- Managing one's own training program



Project Number: 557089 EPP1-2014-IT-SPO-SCP

Online Resources

- [PE and development](#)
On the role of Physical Education in the development of active lifestyles
- [European Council](#) (in Italian)
recommendations about promotion of physical and healthy activity
- [A Goal For The Health](#) (in Italian)
Sensitize teenagers to the issue of doping and other social issues in ethical background

Online Resources

- [Movement and health](#) (in Italian)
A project of health education through movement
- [On line Values](#) (in Italian)
Teaching Project of a collective and collaborative editing: "WikiCalcio"



Co-funded by the
Erasmus+ Programme
of the European Union

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Using Sport as a Context for Learning

This chapter provides examples of where and how core subjects have successfully planned and delivered lessons, using physical education, sport and physical activity as a 'context' for learning, further increasing learner engagement.

Learning Objective

- To encourage school/colleges/local and national agencies to increase the opportunities for learners to actively participate in Physical education, Sport and Physical Activity.
- To further encourage schools/colleges to develop a shared planning and scheduling of teacher training (for teachers from other subject areas), to raise their awareness of how PE, sport and physical activity can develop life skills/ and the acquisition of cognitive, logical, mathematical, relational, self-esteem, respect for the rules, team work skills.
- To further develop and integrate learning and teaching through the 'context' of physical education, sport and physical activity.
- To encourage teachers/lecturers from other 'core' subjects to use physical education, sport and physical activity themes throughout their delivery.
- To develop content and/or learning and teaching practices, supporting the further engagement of learners.
- To provide a resource that supports the strategic planning and implementation of further Physical education, Sport and Physical Activity opportunities for all learners.

Similar to other whole-school improvement strategies, using physical education, sport and physical activity to improve whole-school standards works best when:

- Senior leadership, plays a role in the planning and implementation of the work;
 - Pupils and staff involved are carefully identified;
 - PE and other subject departments work collaboratively to develop strategies and high-quality resources; and
- For this to be successful, we must ensure that physical education, sport and physical activity strategies are appropriately linked into an educational strategy.

The Youth Sport Trust (YST) has been working with schools/colleges in the UK to understand how PE and sport can be used to improve whole-institution standards in a replicable and sustainable way. Through doing this, they have developed a framework that schools/colleges can use to determine which types of strategies might be most suitable for use both in different school/college contexts and for different groups of learners. The initial work was mostly focused in 500+ "sports colleges" (schools that specialize in PE) between 2005 and 2010.

The YST recommends four key whole-school improvement strategies:

- **Relevant contexts**
It is generally accepted that teaching topics in real-life contexts can improve learner engagement and learning. Physical education, sport and physical activity contexts are familiar and interesting to many young people, and can easily be brought into the teaching of concepts in many subjects. For example, using real-life data from sporting events to illustrate mathematical concepts, or producing written reports on the events to develop literacy. The use of sporting contexts is a straightforward way to use sport across the curriculum. It requires little effort by the school/college to incorporate the ideas into standard teaching schemes, but is highly successful in improving engagement of learners in lessons, which is a key factor in supporting achievement.
- **Using the positive values of sport**
Physical education, sport and physical activity can build personal attributes that are important for the holistic development of learners. These include confidence, ambition, self-esteem, aspiration, having respect for rules, being able to cope with winning and losing, forming positive relationships, determination, courage, etc. If these qualities are present, young people are more likely to feel secure in taking risks in their learning, attempting more challenging work, and therefore improving their ability. Schools/Colleges have found many innovative ways to ensure that these personal values developed through physical education, sport and physical activity are recognized, nurtured, and celebrated throughout the life of the institution. This strategy is most effective when it is also used to build a positive ethos and culture throughout the school/college.



- **Building on and benefiting from the generic skills developed through physical education, sport and physical activity**

Physical education, sport and physical activity also develop skills that are relevant in other areas of the curriculum. These include observational skills, analytical skills, leadership, teamwork, communication, and motor skills. It is not unusual for learners to regularly demonstrate these skills in a physical education, sport and physical activity context, but not in other curriculum areas, which could be seen as a waste of talent and certainly does not support raised achievement. Explicitly developing and building on skills developed in physical education, sport and physical activity in a wider range of circumstances is more complex than the other strategies because it requires schools/colleges to develop skills in a coordinated way, rather than each subject determining its curriculum in isolation. However, institutions that have done this have reaped the rewards in terms of increased skill and confidence levels in learners, as well as reducing the amount of teaching time for duplicate ideas between subjects.

- **Building on successful teaching approaches used in the PE**

Good-quality physical education, sport and physical activity instruction is often characterized by approaches (pedagogies) such as:

- Good use of mentoring and coaching techniques;
- Substantial group and team work opportunities;
- High-quality demonstrations;
- High numbers of practical learning opportunities;
- High use of competitive situations;
- High use of games-based activities for developing skills; and
- Non-threatening use of target setting and monitoring progress.

All of these strategies are appropriate in the classrooms of other subjects, but can be missing from more “traditional” styles of teaching often seen in weaker subject teaching. Therefore, the fourth strategy is supporting the sharing of practice between physical education, sport and physical activity teachers and other subject teachers. This strategy brings about long-term, sustainable change in teaching practice that leads to empowerment of teachers to try new ideas confidently, and to learners becoming more involved in contributing fully to their learning.

Online Resources

- [Dundee Academy of Sport](#)
Working with schools
- [Sport New Zealand](#)
Sport in Education Curriculum Resources
- [Dundee Academy of Sport](#)
Using Sport as a Context for Learning
- [Math's and Sport](#)
Millennium Mathematics Project
- [University of Cambridge](#)
Arsenal Collection of Math's and football activities

Planning and Supporting Teachers from other Curricular Areas

This chapter provides examples of joint approaches and shared 'projects' through PE, Sport and Physical activity/other curricular areas. It will also provide teachers with a platform to develop 'project' planning.

Learning Objective

- To promote the further use of PE, Sport and Physical Activity as a 'context' for learning in other curricular areas.
- To provide a resource that enables teachers from all 'core' subject areas to plan and deliver learning and teaching.

Online Resources

- [Dundee Academy of Sport, Winter Olympics](#)
Using Sport as a Context for Learning
- [Dundee Academy of Sport, Ryder Cup \(Golf\)](#)
Using Sport as a Context for Learning
- [Dundee Academy of Sport, Tour De France](#)
Using Sport as a Context for Learning
- [Physical Activity & Health Lesson Plan](#)
The relationship between physical activity and health with particular reference to the heart and lungs, the importance of healthier lifestyle choices and the impact of inactivity
- [Data Gathering & Interpretation](#)
Logic and Sports
- [Exercise & Healthy Heart PowerPoint](#)
The positive effects of the movement on our body
- [Healthy Nutrition](#)
How and why eating healthy

Resources



Project Title					
Curriculum Area	Stage (Yr Group)	Project Theme	Aims, Objectives, Experiences and Outcomes	Interdisciplinary links	Brief Synopsis



The use of technologies to further promote Physical Education, Sport and Physical Activity

This chapter provides examples of how the use of technologies can further support the delivery of PE, Sport and Physical Activity, and other curricular areas.

There a number of great tools and resources to help PE (and other curricular area) teachers make better use of technology in their lessons. Professional coaches have been using cutting edge technology to train athletes and mobile devices now make it possible for schools/colleges to use these kinds of applications at a fraction of the cost and with greater access. With the rise of mobile devices and app based learning, there is an enormous selection of affordable tools for teachers to choose from such as apps for video analysis, replay, tagging, assessment, health tracking and so on. The ability to have all of these tools on one device that fits in your hand has transformed the ability to use technology in site. The demand for technology integration is not limited to the traditional classroom and is expanding to other core curricular areas.

Learning Objective

- To promote the further use of technologies in physical Education, Sport and Physical Activity.
- To provide a resource that supports teachers from PE and other 'core' subjects in their planning and delivery of learning, teaching and assessment..

Online Resources

● [Not Only Fair Play on Twitter](#)

Not Only Fair Play is a European Commission funded project promoting PE, sport and physical activity in schools and colleges.

● [The PEGEEK blog](#)

Learn how to use game changing technologies in your PE Classroom

● [The Guardian](#)

PE teacher blogs: who should I be reading?

● [PE APPS](#)

The PEGEEK Apps provides a pocket reference guide for the latest apps useful for PE, Sport and Physical Activity

● [Enhancing physical education with technology](#)

Some of the "apps" to become a 21st Century Physical Educator.

● [Integrating technology in PE](#)

Teaching with Technology

● [IFL Science](#)

Norwegian School To Offer ESports Classes As Alternative To Traditional Sports

● [The Physical Educator.com](#)

ThePhysicalEducator.com is an online professional development resource for physical educators.

Online Resources

● [Itunes, Pe Apps](#)

Mobile learning has transformed the classroom, no more so than in the area of Physical Education. PE Apps enables discussion and sharing of best practice related to apps by The PE Geek.

● [Hudl Technique, Formerly Ubersense: Slow Motion Video Analysis](#)

Athletes and coaches in more than 40 sports use Hudl Technique to improve through slow motion video analysis.

● [MyFitnessPal](#)

Lose weight with MyFitnessPal, the fastest and easiest-to-use calorie counter for iOS. With the largest food database by far (over 5,000,000 foods) and amazingly fast and easy food and exercise entry, we'll help you take those extra pounds off! And it's FREE! There is no better diet app - period.

● [TgfU](#)

Teaching Games for Understanding - developed to help physical and health education professionals incorporate fun in lessons aimed at keeping children active. TGfU Games PE combines technology, education, and fun to create an environment where children enjoy learning.

- [Cardiograph: Heart Rate Pulse Measurement using your iPhone & iPad Camera](#)
Track the Cardio Fitness of your Friends and Family

- [Youtube.com](#)
Free resource that provides an abundance of learning resources that can be used by PE teachers, Sports lecturers and other curricular areas.

Mobile Apps

- [Itunes, Pe Apps](#)
Mobile learning has transformed the classroom, no more so than in the area of Physical Education. PE Apps enables discussion and sharing of best practice related to apps by The PE Geek.
- [Hudl Technique, Formerly Ubersense: Slow Motion Video Analysis](#)
Athletes and coaches in more than 40 sports use Hudl Technique to improve through slow motion video analysis.
- [MyFitnessPal](#)
Lose weight with MyFitnessPal, the fastest and easiest-to-use calorie counter for iOS. With the largest food database by far (over 5,000,000 foods) and amazingly fast and easy food and exercise entry, we'll help you take those extra pounds off! And it's FREE! There is no better diet app - period.
- [Cardiograph](#)
Heart Rate Pulse Measurement using your iPhone & iPad Camera - Track the Cardio Fitness of your Friends and Family
- [TgfU](#)
Teaching Games for Understanding - developed to help physical and health education professionals incorporate fun in lessons aimed at keeping children active. TGfU Games PE combines technology, education, and fun to create an environment where children enjoy learning.
- [Free GPS](#)
Stores and directs users to waypoints using latitude and longitude coordinates. Free GPS delivers the necessary functionality to utilize the iPhone's built-in GPS in a simple clean interface
- [Kick it Out](#)
Second version of its reporting app providing users with the ability to attach video, photo and audio evidence to complaints to help support investigations

Mobile Apps

- [Near poda](#)
Must have application for teachers and schools that have access to a set of iPads, iPods, iPhones or Macs for their classes.
- [Statistics Calculator Lite](#)
In basic statistics, students are required to calculate different statistical measures of a set of numbers. With this app, the following statistical measures will be made available to you after you enter a set of numbers.
- [Anatomy 4D](#)
Through this free app and a simple printed image, Anatomy 4D transports students, teachers, medical professionals, and anyone who wants to learn about the body into an interactive 4D experience of human anatomy. Visually stunning and completely interactive, Anatomy 4D uses augmented reality and other cutting edge technologies to create the perfect vehicle for 21st century education.
- [Anatomy and Physiology I & II](#)
Encompasses all the content from both fields, plus a few pages. It also includes a ton of quizzes and a search feature.
- [Essential Skeleton 4](#)
Fully functional, self-contained app covering the essential anatomy of the skeleton. This app is being offered free to demonstrate the groundbreaking 3D technology and innovative design inherent in 3D4Medical's new range of apps.
- [Powers of Minus Ten – Bone](#)
In this version of POMT, zoom into human bones, see how broken bones heal, and investigate some of the cool and weird cells found in the middle of our most sturdy organs.
- [Heart Master](#)
The EDWARDS HEART MASTER app is a state-of-the-art educational service intended for physicians and



into discriminatory abuse and behaviour across football.

- [Sports Coach UK](#)

Sports coach UK brings you the must-have free-to-download app for anyone who wants to develop and improve their coaching. It's perfect for picking up new ideas to improve your coaching, as you get the chance to learn from coaches in other sports.

- [i-drills](#)

The ultimate digital toolbox for the modern coach. Every i-Drills app contains a huge range of features and functions to help get you creating the coaching content you've always wanted to. And because they're built-in, you never need to leave the creative environment of our apps.

- [GoPro](#)

Makes it easy to control your camera remotely, view your photos and videos and share your favorites.(1) You can adjust camera settings and use your phone or tablet as a viewfinder to frame the perfect shot. Trim videos to create short clips(2) or pull high-quality still images from your videos for easy sharing. HiLight Tag.

- [Flipboard](#)

Flipboard is your personal magazine. Used by millions of people every day, it's a single place to keep up on the news, follow topics you care about and share stories, videos and photos that influence you.

medical students involved in the treatment of heart valve disease. In this edition, dedicated to AORTIC STENOSIS, the user will experience a unique full 3D immersion in the heart anatomy, as well as pathophysiology and treatment of aortic valve stenosis. With HEART MASTER (iPad only) you can now draw and write directly on the 3D animated content, store notes within your picture gallery, and share easily with your peers.

- [Living Lung™](#)

Lung Viewer The Living Lung™ app is compatible with the iPad 2 or newer. Due to extremely high-resolution models and textures, this app is not compatible with the first generation iPads.

- [Science 360](#)

The National Science Foundation's (NSF) Science360 for iPad provides easy access to engaging science and engineering images and video from around the globe and a news feed featuring breaking news from NSF-funded institutions. Content is either produced by NSF or gathered from scientists, colleges and universities, and NSF science and engineering centers.

- [Anatomy Arcade](#)

Anatomy Arcade makes basic human anatomy come ALIVE through awesome free flash games, interactives and videos.

- [Polar Heart Rate Monitors](#)

Accessories to improve your sports training

- [Polar Beat](#)

Sports & Fitness Coach



How to integrate sport and lifestyles into students' educational paths

This step is linked to the Best Practices - Case Studies section of the project portal, which shows how students have been able to balance school and sport, in order to focus on the importance of those strategies developed through sport, and useful to educate students to a healthy lifestyle. Both parents and teachers need to determine what their priorities are. Although sport is important, as it does not only involve exercise but also social experiences as only few students, if any, will probably make a career out of sports. The workgroup of teachers, counselors and maybe sports psychologist should remind parents and educators that school results are still a priority. That does not mean that sports are not beneficial or important, but they should not take precedence over academics. Instructors and parents need to work together to guarantee students enough time for their academics — even when participating in sports activities.

Learning Objective

- Conceiving a teaching program on how to plan a sports activity in order to involve PE teachers, teachers of other subjects and external experts.
- Setting up worksheets and questionnaires for a specific activity (for example, trekking up the hills through paths and trails).
- All the potential setbacks for the accomplishment of the activity should be taken into account and analyzed along with the tools necessary for the activity, the time needed and different tracks and paths searched and mapped.
- After filling in the questionnaires during the PE lesson, some of the students in groups and with the appropriate tools will test their skills required for the activity and will try to cope and deal with those potential difficulties and setbacks specifically conceived by educators.
- These activities aim at challenging students in problem solving tasks, so that they can test their skills to cope with difficulties and work in team to look for and plan solutions.

Online Resources

- [Teamwork](#)
Example of life skills used in an effective team work activity.
- [Tuscany and sport](#)
- [Via francigena in Tuscany](#) (In Italian)
Two Italian pages about experiences connecting health and sport at school





Communication strategies towards families

Communication with families does not only involve sharing passion for sports beyond school curriculum (in that case great attention is paid to a correct and balanced lifestyle) but it also calls for training families on topics related to the whole growth of the student both in his sports and school performances. By involving families in the process of planning school activities necessarily leads to the discovery of new methods, an interesting opportunity of gaining information and training.

Teachers should learn how to communicate with those students particularly passionate about sports. Parents, coaches, teachers of other subjects and the students themselves need to discuss what can be done to balance sports without reducing the quality of academics. Parents can foster communication with their child by working, for example, to maintain a family meal schedule, at least a few days a week. Coaches and educators can meet to discuss their needs and scheduling. An effective communication can help to ensure that the students can successfully balance sport and academic study without feeling overwhelmed.

Learning Objective

The aim of this step is to provide useful suggestions for an efficient communication between family and school as far as life skills connected to sports are concerned, focusing particularly on relational and communicative competences. Communication with families plays a vital role every time a student feels unmotivated to carry out his studying or does not completely settle in the school environment. PE can, we believe, stimulate a series of skills and resources useful to overcome such situations.

Online Resources

- [Communicating with Parents: Strategies for Teachers](#)
Teachers should continue to develop and expand their skills in order to make the most of effective communication with parents. This article presents an overview about this topic.
- [Parenting: Transferable Skills for Life and Work](#)
This workshop is about all the skills that parents use (often unknowingly) that can be used in many different fields of private and working life
- [Extracurricular Activities: The Sports & School Balance](#)
How to find the right balance between sports and school

