

## **Methodical Day – Inmaculada school**

Last month of February, the whole 5th grade of Primary Education at Inmaculada-Jesuits school in Alicante (Spain) developed the project “Train your health”, which is in connection with our current Erasmus+ project “**Healthy steps to a better future**”.

Teachers and students have participated for **four weeks** in a lot of activities related to healthy habits. It is important to educate the little ones in this regard and make them see that the sooner they start to get used to, the better health they will have when they are older.

First, the students learnt about the **vital functions of humans** and how the human body works through its main systems: nervous and musculoskeletal system, respiratory, digestive, excretory, circulatory and endocrine systems. For this, they made an anatomical notebook with their main organs and they knew them and the main functions of each one.

After that, the students worked in their final products. They made **music videos and short films** about the importance of having and practicing good health habits. They created original lyrics and did creative performances with the objective of raising awareness about this necessary practice in our day to day.

Finally, each work team wrote a short **cooperative** notice of an excursion that was made at the end of the project as a healthy practice. Each class went hiking in the mountains around the school. It was a different and very healthy day.

Furthermore, the students completed a big poster daily in the classroom with pictures of themselves if they managed to carry out the **healthy habits** that appeared in it, such as personal hygiene, good postures, complete and good nutrition, exercise and respect and good behaviour in class. Each pupil had a **bracelet or a necklace**, to which they added values as they put into practice the health habits reflected in the poster.

These have been some of the activities developed in this project, but we did some others too, like searching on the internet about human body organs and systems, listening to professionals who told us the most important cares of the circulatory system, bring healthy food daily for their break time in the morning, cooperative tasks and different teamworks.

The teachers involved in this project are **proud of the result achieved** because all the students have learned how the human body works and how they should take care of it to keep it in perfect condition.