

# PhysioFit Project Newsletter

05/03/2021



## Project Partners

- Academy for International Science and Research (Lead organisation)
- Hilal Dogu Akademi (Partner)
- Institoyto Koinonikis Kainotomias Kai Synoxis (Partner)
- 21.YY Egitimciler Dernegi (Partner)
- Istituto Comprensivo Pescara 5 (Partner)
- Jovenes Hacia La Solidaridad Y El Desarrollo (Partner)



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Erasmus+ Programme  
of the European Union

# Welcome to PhysioFit Project

The PhysioFit Project has been awarded with Erasmus+ funding within the framework of 'Strategic partnerships for school education -cooperation for innovation and the exchange of good practices'. The project will run for 28 months, from September 2020 to December 2022 and it is coordinated by the Academy for International Science and Research (AISR), UK. The project consortium is composed of 5 other partners:

- Hilal Dogu Akademi (Turkey)
- Institutoyto Koinonikis Kainotomias Kai Synoxis (Greece)
- 21.YY Egitimciler Dernegi Turkey)
- Istituto Comprensivo Pescara 5 (Italy)
- Jovenes Hacia La Solidaridad Y El Desarrollo (Spain)

## Kick-off Meeting

Due to COVID-19 lockdown and travel restrictions, the kick-off meeting took place online, on the 6th of November 2020. AISR hosted the meeting and the partners' representatives, project managers/coordinators participated in this meeting.

The kick-off meeting focused on the background and overall aims and objectives of the project. Project implementation, communication channels and management procedures formed key part of this project. The partners also introduced themselves and their institutions to the consortium.



The Kick-Off Meeting was deemed to have been a great success and highly beneficial in laying solid foundations for future cooperation and the efficient and effective implementation of the upcoming activities

## Overview

This project was developed based on the urgent need to tackle childhood obesity, thus it will have an effect on three levels:

At an **institutional level**, the project will maximise the impacts of internationalisation as a process with the potential to further develop and strengthen management structures, international relations, educational services, and to further develop strategic policies related to the internationalisation of education, research, student and staff mobility, and educational technology development.

At **national level**, the project supports the UK government's tackling obesity strategy, which aims to empower adults and children to live healthier lives. The project also allows the partner institutions to have cross-European meetings, exchanges and discussions including multiplier events, on how the project's activities can be adapted by other teachers/schools/education providers/NGOs. The partner institutions will identify the common problems in tackling childhood obesity and teaching English as a second language, and will develop new methods of teaching and learning these subjects.

At an **international level**, the project supports the EU Youth Strategy, which aims to support the health and well-being of young people.

The project will improve the quality and effectiveness of nutrition education and it will promote an awareness of the importance of cultural and linguistic diversity within Europe.

With this strategy, the project will have an impact at the local, regional, national, European and international level:

- Boosting a Europe-wide collaboration among teachers as well as education researchers and policymakers regarding tackling childhood obesity
- Boosting a Europe-wide collaboration among Sport/Nutrition/Science/English teachers as well as education researchers and policymakers
- Exchanging inquiry-based and game-based learning, CLIL and other innovative, effective and engaging approaches to educate children and parents about nutrition and the consequences of obesity



# Objectives

In Europe today, 6 of the 7 biggest risk factors for premature death – blood pressure, cholesterol, body mass index, inadequate intake of fruit, obesity and being overweight - are rising. The European Commission advocates an integrated approach to address these problems, involving stakeholders at local, regional, national and European levels. The Commission's strategy on nutrition, overweight and obesity-related health issues aims to help reduce the risks associated with poor nutrition and limited physical activity.

Currently, there is consistent evidence of the benefits of using mobile tools to improve health behaviours, especially when they are developed within a theoretical framework. As a result, there is a strong need for educators and parents to work together in order to make young people aware of obesity and healthy choices. Additionally, there is also a strong need to improve language competencies for English as Second Language (ESL) students and the importance of using digital tools in education.

## Objectives:

- To develop an educational game for young people in order to prevent obesity and its adverse consequences during childhood, as well as longer-term prevention of obesity in adulthood
- Explore the use of innovative educational practices and to create technology-rich learning environments for both teachers and students.
- Create community environments that promote and support healthy food and beverage choices and physical activity.
- Enable teachers to further develop awareness and use of the conventions of English language, speaking skills and transferable skills.
- Boost a Europe-wide collaboration among educators as well as education researchers and professionals, exchanging innovative, effective and engaging approaches to obesity prevention and also English education
- Transfer of innovative teaching methods to numerous teachers, to enable them to explore and share innovative tools and techniques
- Enable students to improve both their ability to communicate and their linguistic competence in English

## Outputs

The project will produce a Minecraft like educational mobile game to teach users about nutrition, healthy food, obesity, its consequences and healthy choices. The PhysioFit game players will need to select certain amount of food items before each mission, and will be able to choose from healthy and junk foods.

The game play will be based on a scavenger hunt with challenging tasks, obstacles and collectables. Tips will also be given to ensure users get full benefits of the game and fully understand the food groups, nutrition and the consequences of junk - unhealthy food and the glycemic index, in order to get their characters through the mission.

Lesson plans will be developed for teachers, including the importance of selecting foods which provide the proper balance of vitamins and nutrients, highlighting fun games and activities students can participate in, which enhance both emotional and physical development.

The project will also produce a digital booklet for parents and teachers including meal plans, and fun and healthy recipes that children can prepare for their families or in school if such facilities are available at school. This booklet will encourage children to consider what they eat and how it affects their bodies. The lesson plans and the digital booklet will be available to download from the project website.



 [www.physiofit-erasmus.com](http://www.physiofit-erasmus.com)

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