



September Challenge

European School Sports Day:
Joy in sport and physical activity



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® **European** 
School Sport
Day



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European School Sports Day

1st Challenge for 2023-24 school year

What if every child could #BeActive in school, taking part in play, physical activity and sport? Could it motivate children to get more active on a regular basis? ctive in school, taking part in play, physical activity and sport? Could it motivate children to get more active on a regular basis? **We say yes.**

European School Sports Day (ESSD) is celebrated every **last Friday of September**. Our 1st MSC Challenge is focused on being active and healthy during this month and organizing an event where students, school staff and families can have fun and celebrate the joy in sport



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Joy in sport and physical activity

The Festival method

2023 ESSD has produced a new guide to help schools promote the joy of play, physical activity and sport.

ESSD is aiming to organize events that:

- encourage non competitive participation
- provide equal chances to participate
- encourage children to be part of the planning

Start planning early for the end of the month event. Don't forget to record your healthy kilometres.



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How to get involved

REGISTER WITH ESSD.EU

(YOU HAVE REGISTERED
TO MSC BUT YOU ALSO
HAVE TO REGISTER TO
ESSD)

**DOWNLOAD
GUIDES AND
RESOURCES
YOU MAY NEED
AT ESSD AND
MSC WEBPAGES**

**PRINT ESSD POSTER
AND HANG IT IN
STRATEGIC
PLACES**

**PRINT AS
MANY
HEALTHY KM
REGISTERS AS
NEEDED**

**PLACE A
REGISTRATION
TABLE IN EACH
CLASSROOM**

**SEE HOW
STUDENTS
ACHIEVE MORE
AND MORE
HEALTHY KM
EVERY WEEK**

***Don't forget to to record your activity on social media
to celebrate your success at the end of the month!***

Hashtag: #MovingSchoolsChallenger



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Explore European Mobility week

Encourage children, staff and families to walk or cycle to school.

Celebration of European Mobility Week is another opportunity for you to register healthy kilometres.

European website:

