



September Challenge

European School Sports Day:
Education through movement



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® *European* 
School Sport
Day 



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European School Sports Day 1st Challenge for 2024-25 school year.

What if every child could #BeActive in school with sports and play? What if every school took one day to celebrate sport in Europe? Could it help students to kick-off a lifetime of health? **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 and physical activity.



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Education through Movement

Ensuring opportunities for PA during school day is a priority and schools have an undeniable responsibility in this matter. **2024 ESSD brings a new guide to help promoting Movement through all school activities.**

The 2024 ESSD Toolkit presents effective methodological approaches and active, playful tasks and game ideas that can be used in a variety of ways with all age groups during any subject lesson.

Get to know all ESSD resources [here](#).

Download Education Through Movement guide [here](#).



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How to celebrate ESSD 2024

**REGISTER WITH
ESSD.EU**

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

**DOWNLOAD THE
ESSD AND MSC
GUIDES**

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

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

**PLACE A
REGISTERING
TABLE IN EACH
CLASSROOM**

**SEE HOW
STUDENTS
ACHIEVE MORE
AND MORE HKM
EVERY WEEK**

***Don't forget to take some pictures to celebrate your success at
the end of the month!***



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What to get more options? European Mobility week is also for you.

Encourage students, staff and families to leave cars parked for a week and get to school walking, cycling, skating...

Celebration of the 2024 European Mobility Week could be another opportunity in line to add healthy kilometers and opening a new opportunity to work on the SDG.

More info. resources and awards at the european website:

