® European School Sport Day



GETTING SCHOOLS ON THE MOVE!

What if every child could #BeActive in school with sport 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 and fitness? We say yes!

JOIN US!

Register your schools for the European School Sport Day (ESSD) today at **www.essd.eu**

TOP FIVE REASONS TO JOIN ESSD ON ON THE LAST FRIDAY OF SEPTEMBER

1. Raise the profile of physical education and sport in schools
2. Create fun and enjoyment through physical activity for young people
3. Promote health and wellbeing for lifelong learning
4. Encourage social inclusion and develop social competence among students
5. Connect with other European countries

The European School Sport Day has empowered 3 million European students to #BeActive in 44 countries so far.

And we have the Hungarian School Sport Federation to thank for the inspiration. School leaders, teachers and students across Hungary had been successfully leading school sport days for ten years when the initative was expanded across Europe back in 2015.

This year the focus theme of the Day will be mental health and finding creative ways to keep children active for their physical and mental wellbeing.

#BEACTIVE European Week of Sport

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