

Promotion of movement and



MUOVINSIEME

psycho-physical well-being

THE CONTRIBUTION OF THE SCHOOL

This year the school will participate in the **MUOVINSIEME** project, a project that combines physical activity and outdoor teaching with a view of point to promoting healthier lifestyles

Regular and scheduled **OUTINGS** and **ACTIVE BREAKS** during school hours

➡ opportunities for outdoor movement and reduction of sedentary lifestyle

➡ outdoor teaching and strengthening of sensorimotor and relational skills

➡ break on school routine and optimization of learning

➡ active break for body and mind and improvement of psycho-physical well-being

