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„Education – The Key for your Future“

2016-2019

Germany-Greece-Hungary-Netherlands-Spain-Turkey



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Via Nova College Utrecht

(professional) sports school





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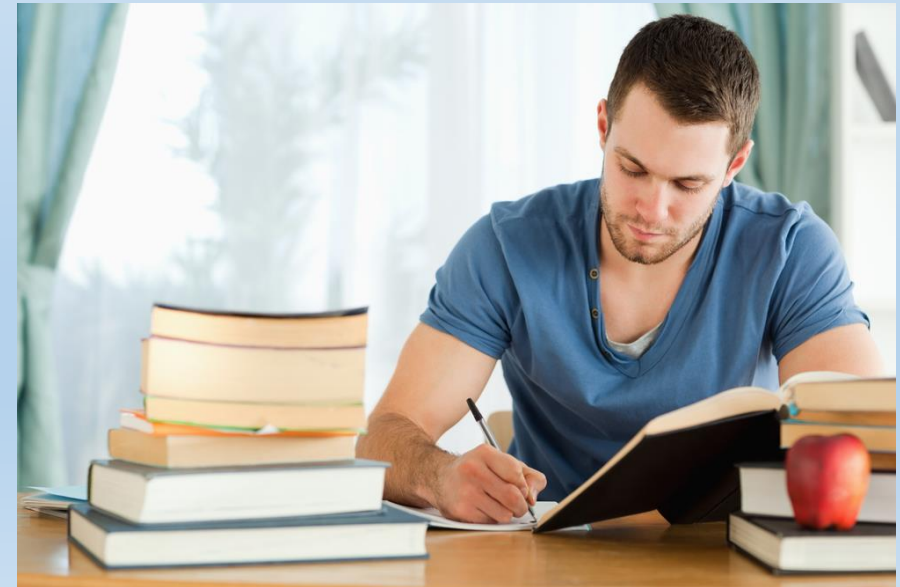
Theme:
sports as a positive influence on students concentration





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Question:
Which positive effects do sports have on students?





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Learning while doing





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Sport teaches how important timing is





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It boosts our observational skills.





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It makes our brain work faster by making us take decisions about movement, striking, changing direction etc.





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All of this requires focus and reminds us of the need to focus in order to win or do well.





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Studies show that students who play sports get better grades than the ones who don't.





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When you play sports the flow of blood and oxygen to your brain increases as well as the release of chemicals like oxytocin that help develop a positive “can do” attitude.





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Adding sports to the school curriculum by taking time from other subjects has a positive result on the grades of students.

On the other hand, adding time to academic subjects by taking time from physical education programmes does not have a positive result on the grades and may be detrimental to health



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Kids who play sports want to score. They learn that they won't score if they don't focus. They can use this focus by learning other subjects as well.





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Children are designed to play. Not to sit in classrooms for 8-10 hours. And any system is best used for what it was designed to do. If children play, they will have the energy and focus to study.





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Sports & food

Sports prevents obesity

Kids who play sports think about what to eat and when to eat it



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Sources:

Institute of Medicine, California
Nebraska students

Journal of Pediatrics and Adolescent Medicine

Institute for Health and Care Research in Amsterdam

International Journal of Behavioral Nutrition and Physical Activity
2008