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CEIP L'Almassil: a school physical activity, sport and health promoting experience in the Community of Valencia

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Introduction

Schools are considered to be the ideal environment for fostering physical activities, sports and a healthy lifestyle in boys and girls (Sevil-Serrano et al., 2019; WHO, 2021). However, for this a joint project is needed that involves the educational centre itself, mostly in the area of PE as well as all the other agents involved in the pupil's education (Daly-Smith et al., 2020). In the Community of Valencia, the promotion of physical activities, sports and a healthy lifestyle is carried out by the CEPAFE Project ("Centro Promotor de la Actividad Física y la Salud" -Centers Promoting Physical Activity and Health-) in primary and secondary schools.

Project experience

The L'Almassil Public Kindergarten and Primary School teaches kindergarten (3–6 years old) and primary (6–12 years old) schoolchildren in a town in the province of Valencia (Spain). Since 2017 it has been considered a CEPAFE centre and carries out a PEAFS sports, physical activity and health project every academic year. The centre applied for a grant to carry out activities in the 2017-18 school year, also to be used to help children from families with limited resources.

This PEAFS Project in which 529 boys and girls took part included the following activities:

a. Playground break activities implemented by teachers of the school: Active Playground.

b. Afternoons and mid-day:

- Continuous activities (extracurricular activities performed by sports instructors): indoor football, rhythmic gymnastics, yoga, handball, basketball, psychomotricity, motor stories and dancing.

- Intermittent activities (extracurricular activities performed by the physical education teacher): swimming, Valencian pelota and roller hockey.

- Occasional activities: intercenter league of Colpbol (organized by physical education teachers), and exhibitions of rhythmic gymnastics (performed by sports instructor).

The Project also took part in a number of sports activities organised by the different federations, including: "Esport a l'Escola" (5th and 6th year), "Esport a l'Escola +1h EF" (3rd-4th), "Aula Ciclista" (5th-6th), "Pilota a l'Escola" (4th), "Jocs Esportius" and "Campaña de Actividades Náuticas: A la Mar" (3rd-6th).

Conclusions

The PEAFS Project guarantees that all the activities in which children take part at the centre's installations are fundamentally educational, co-educational and inclusive. The activities are also equally accessible to the whole population and, apart from simply inculcating healthy lifestyle habits, in many cases they encourage students to continue with these habits in later life.

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