



Love
yourself
enough
to live
a healthy
lifestyle.

TITLE : PRECONDITIONS FOR SUCCESS IN SPORTS ACTIVITIES

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CLASS : second year (lower secondary school) 2A-2B-2C-2D-2E-2F-2G-2H

SUBJECTS INVOLVED : Art, Science, P.E., ITC, Geography

CONTENTS: Healthy Eating, Healthy Living, Ancient and Modern Olympic Games, Arcimboldo paintings (The Four Seasons), Basketball Training (Warm-Up Activity), Measures In Statistics.

FINAL PRODUCTS :

- Video about Legnano Basket Knights,
- Interview to two American Basketball Players, warm-up activity with the basketball players,
- Arcimboldo Paintings,
- Venn Diagramm,
- Survey about Healthy Habits.

