



ACTIVITY REPORT „together...we make the way!”

Activity number 24

Title of the activity: BMI, shaping body and hiking.

Teachers Responsible	Participating Teachers	Number of participating students	Duration of the activities	Location	Method of work
Marta Rovná	Marta Rovná Lenka Šebianová	Students of lower secondary education	1 week	Slovakia	poster

Final product	Poster – Does hiking better shape your body?
Aims of the activity	Information – health benefits of hiking, physical and mental health, healthy food, junk food, regular physical activities, harmonisation between regular physical activities and healthy food.
Procedure	<ol style="list-style-type: none"> 1. Key words. 2. BMI Graph 3. Work via internet and own experience

EVALUATION SHEET

Evaluation of the activity/task

This poster is a product of PE and English lessons.