WORK, EAT AND MOVE IN A HEALTHY WAY

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PURPOSE OF THE MICRO-GRANT

- To support in school age-children the development of knowledge and skills on how to combine work, nutrition and physical activity in a healthy way through the internet communication and the interschool contest organization "Work, eat and move in healthy way"
- To increase the attractiveness of website dedicated to children www.graoserce.pl

THE MICRO- GRANT TARGET GROUP

Students of the primary schools from 5th and 6th classes

THE PROJECT IMPLEMENTATION THE PREPARATORY STAGE

- Setting up the database for 127 primary schools
- Updating the content of the website experts in nutrition, physical activity and teaching involved
- Preparation of all documents needed for the inter-school contest execution, namely:
- Invitation letter to participate in the project an application form
- Invitation letter for teachers/carers of the contest groups
- Instruction for teachers/carers of the contest groups
- Contest regulations consulted with lawyer
- Invitation poster for children to participate in the contest
- Certificate template for teachers /carers of the contest groups
- Diploma template
- Pretest, posttest forms

TIME SCHEDULE

- 1. December 2011: dispatch of the invitation letter to participate at the project
- 2. 8th of February 2012: dispatch of the contest documents
- 3. 9th of February / 4th of March 2012: duration of the contest
- 4. 7th, 9th of March 2012 the contest works evaluation according to the standard criteria.
- 5. 14th of March announcement of the contest results and then





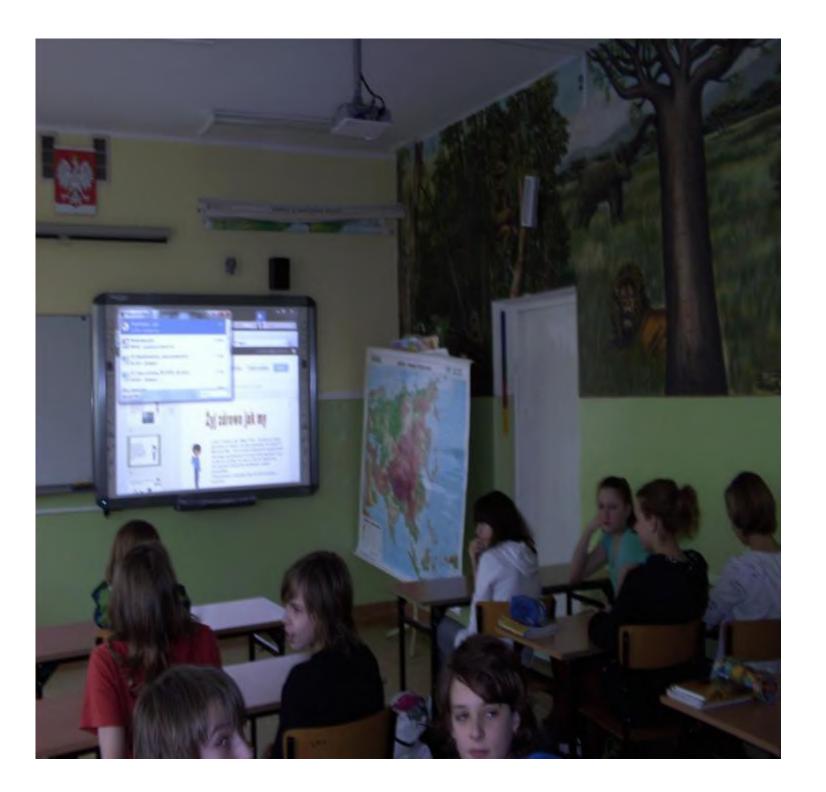


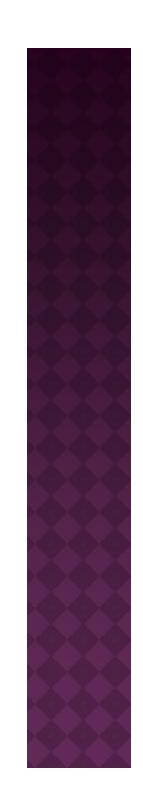


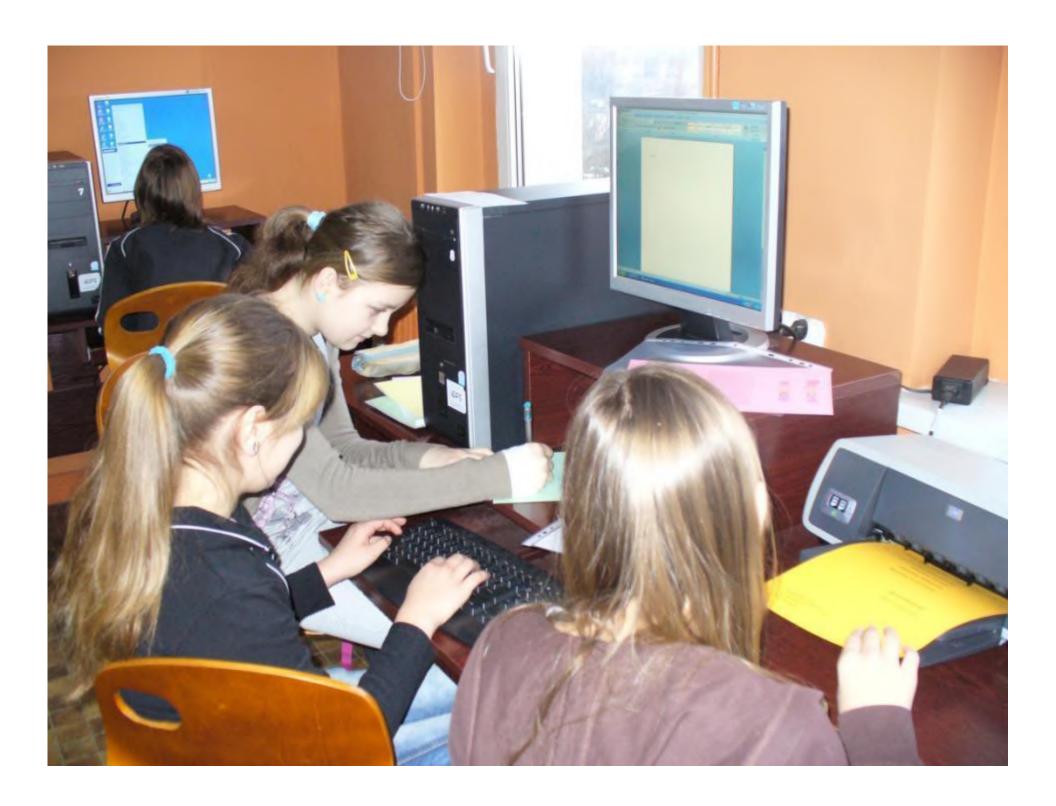












CONTEST AWARDS

I place - MPs4 II place - UEFA balls III place Board games



EVALUATION STUDY

- 30 question pretest
- 30 question posttest the same questions like in the pretest but placed in different order
- Pretests were carried out before the contest announcement and the post-tests within two days after the contest work completion and dispatch.
- 166 students were covered by two tests, including 39 students that took part in the contest

THE STUDY RESULTS: MEMBERS OF THE CONTEST GROUPS

- 51% of the students improved the test results Range of the number of corrected wrong answers from 1 to 6 (comparison pre-test, post-test)
- 15% of the students got the same results
- 34% worsened their results
- 82% of the students visited a website www.graoserce.pl in the comparison with 49,6% of those didn't participate in the contest

Paricipation in the contest	Sex	Pretest mean	Posttest mean
No	Boys (N=64)	21,0	21,2
	Girls (N=63)	22,8	23,3
	Total (N=127)	21,9	22,2
Yes	Boys (N=15)	22,8	22.3
	Girls (N=24)	23,9	24,8
	Total (N=39)	23,5	23,9

QUESTIONS IN WHICH THE WRONG ANSWERS WERE CORRECTED - % OF IMPROVEMENT

Pawel had his breakfast at home at 7:30. When should he have his second breakfast? 11/166 (6%)

To have strong bones we have to eat or drink? 23/166 (14%)

Robert and Kasia had a very reach lunch about 2 p.m. After what time they can start their carate training? 14/166 (8%)

How many hours shoud healthy school- age boy or girl practice physical activity? 25/166 (15%)

QUESTIONS IN WHICH THE WRONG ANSWERS WERE CORRECTED - % OF IMPROVEMENT CONT.

The best time for 90 minute training is: 34/166 (21%)

If you have much homework to do and have to spend a plenty of time to study, what is the best way to spend breaks? 17/166 (10%)

What is the easiest way to memorize poem? 8/166 (5%)

