**“Prevention is better than Cure, as Hippocrates said”**

**C3 “Trexalitsa and Kolympitsa”**

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| **Activity report of virtual C3 activity** | **Date: 22-26/2/2021** |
| **Country** | **Lithuania.** |
| **School** | **Kindergarten „Buratinas“, Vilkaviškis, Lithuania.** |
| **Class** | **All groups of the kindergarten are involved in the project activities.** |
| **Activity name:** | **Trexalitsa and Kolympitsa** |
| **Objectives** | **To develop a positive students‘ attitude towards sports and Olympism through innovative experimental actions, encouraging children's participation, initiative and creativity.****To reveal the universal values of the ideas of the Olympic Games, Olympism and sports.****To help understand the importance of the Olympic Games (both in the past and in the present) and to get acquainted with the sports of the Olympic Games.****Explain the Hippocratic Aphorism "Food and exercise, although they have opposite properties, help each other maintain health."****To develop positive children‘s attitude towards physical exercise and sports as a way of life.****To teach about the spirit and high ideals of Ancient Greece: "A healthy soul in a healthy body."****To develop children's self-expression through interaction with students from other countries (project partners).** |
| **Development activity** | **Teachers organized activities for children related to the promotion of Olympic values, the history of the Olympic Games, their symbols.****Teachers and parents gave opportunities for children to try out Olympic sports, encouraged children to eat healthy showing their own example.****The community of the institution created Olympic vases, braided Olympic wreaths.****The story "Disc Thrower" was created.****The Olympic Games events were organized during virtual mobility: children participated in the opening of the Olympic games ceremony, the ignition of the Olympic flame also.** **We organized activities to strengthen emotional and physical health, and created new spaces to improve well-being in the outdoor area of the institution.** |
| **Conclusion** | **The students got acquainted with the meaning of the Olympic Games, Olympic symbols, Olympic sports, most of them tried in practice.****We all together created a virtual exhibition of the Olympic symbols and comics on the topic "Hippocratic Ideas in Lithuania".****While playing theater games children got acquainted with the development of the Olympic movement, Olympic values, and learned to compete honorably.****In the course of the project, new spaces have been installed in the outdoor area of the institution to strengthen emotional and physical health. During the C3 activities children discovered what can help them feel fresher, happier, stronger, formed a habit of living a healthy life.****Together with the project partners, a virtual story about Olympic sports and the Paralympics was created.** |

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