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INFORMATION NOTE

From: General Secretariat of the Council
To: Council
Subject: The European School Sport Day
- *Information from the Commission*

Delegations will find attached an information note from the Commission on the above subject, which has been put on the agenda under 'Any other business' for the next Education, Youth, Culture and Sport Council meeting on 22 and 23 May 2018.

The European School Sport Day

The European Week of Sport is the largest European campaign for promoting sport and physical activity, encouraging people across the EU to embrace an active and healthy lifestyle. The 2017 event saw 13 million people participate in over 35 000 events across Europe, making this the most successful Week to date.

As part of the 2017 official launch in Estonia, three European Commissioners released the Tartu Call for a Healthy Lifestyle, stressing the urgent need for Europeans to change their sedentary habits and unhealthy diets to safeguard not only their health and wellbeing, but also Europe's economy and healthcare systems.

Commissioner for Education, Culture, Youth and Sport Tibor Navracsics stressed in particular the need to tackle growing rates of childhood obesity in Europe and educating children and young adults about the importance of a balanced diet and regular physical activity. **The European School Sport Day**, which will take place on 29 September 2018 during the European Week of Sport, is dedicated to 'getting schools on the move' by providing opportunities for children to be active at school.

From a pilot project in 3 countries in 2015 (led by the Hungarian School Sport Federation), it expanded to a total of 20 countries in 2016, reaching 1.5 million students. In 2017, the Day was officially linked to the European Week of Sport and to the #BeActive campaign for the first time. That year, it reached 2 million participants in 7 000 schools, as schoolchildren across Europe were encouraged to play sport. The Commission aims to reach an even bigger number of participants in 2018 and to get more children to embrace a healthy and active lifestyle. To reach this objective, the Commission invites Education Ministers to support and further promote this initiative.

The European School Sport Day (ESSD) is a school day dedicated to having fun, playing together and promoting physical activity and health for everyone. It is an opportunity for schools to:

- Raise the profile of physical education (PE) and school sport
- Create fun and enjoyment through physical activity initiatives for young people
- Promote health and wellbeing for lifelong learning
- Foster social inclusion and develop social competences among their students.

ESSD is open to any kind of physical activity that has the aim to encourage children to be active for at least 120 minutes per day or to run or walk the distance of the given year (e.g. 2018 metres in 2018). Research shows that being active makes students healthier and better learners in the classroom. Inclusive team sport is also a fun way of boosting school spirit, fostering social inclusion and developing students' social competencies.

In 2018, the ESSD will be (again) supported by Erasmus+ Sport, as it was in 2015 and 2016 (but not in 2017).

More information on the European School Sport Day is also available on the [website](#).