

Although many school children are actively involved in sports, some of them do sports only at school. It is very important to be active and do sports at school playgrounds.

We often organise sports days at school which aim at:

- \* improving physically
- \* enhancing student health, nurturing beauty of the body and gracefulness
- \* developing the knowledge and skills necessary for the practice of various forms of physical culture and sport
- \* taming their own health and physical perfection
- \* learning how to adapt to different forms of exercises.

## SPORTS DAY

Wake up, Shake up.  
In a healthy body – a healthy mind.





***There are 3 reasons why students should be engaged in sports:***

- 1. You will be full of energy and enthusiasm.***
- 2. You will improve your health.***
- 3. You will give a good example to others.***



The pictures illustrate some moments of school sports festivals designed to promote school children's self-expression, search for talented athletes, organize students' leisure as well as develop their physical culture and promote healthy lifestyle.