

I MOVE – I HELP

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Abstract:

In today's time, sport is one of the forms of healthy relaxation. Regular movement brings several positive benefits through all age groups, including, protecting and strengthening our health, both physical and mental. School is a place where we have many opportunities to encourage students to a healthier way of spending time, whether it's free time or time at school. Therefore, at Petrovče Primary School we make sure that our students have a wide range of different activities related to movement and sports. For many years now, we have been devoting some time to the intergenerational socializing, based on movement. Every year in May, we organize a socializing event with parents. Sporty coloured morning is intended for charity and World Health Day. School workers, the Health Promotion Centre, pupils, parents as well as the grandparents participate together. A lot of parents take part in a charity event – a short run, which raise contributions in the form of "registration fee" for the school fund.

This article presents this year's Run of generations under the slogan "I move - I help". Through socializing, we learn, we care for our health, we build values, and especially we devote our time to each other.

Keywords: *intergenerational socializing, charity event, good practice example, movement, health.*