

Health Education (Gesundheitserziehung)

At Lars Weldy's school in Connecticut, USA teachers and pupils get active. It seems as if some schools are taking a step in the right direction when it comes to "health" education. Schools are changing their lunch menus to more healthy meals, are getting students up and active and are starting Physical Education (Sport) homework.

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Schools are now offering more of a variety when it comes to school lunch choices. There are more soups and salads instead of fried foods, more whole wheat breads and pastas and fruit varieties. Schools also show nutritional information (Angaben zu Nahrungsmittel) for their lunches on school websites like size, calories and fat.

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Health teachers, physical educators (Sportlehrer) and school administration (Schulverwaltung) are working together to get students more active during and after school. They for example take part in A.C.E.S. (All Children Exercising Simultaneously): students walk around their school to exercise together. Some schools have started with class walks, where teachers take their students outside each day to walk around sportfields to exercise a little during the day. States have also introduced *Fitness Tests* that students should pass at different times of the school year. Also, more clubs are offered like ski clubs, volleyball clubs or zumba dance classes.

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Schools now offer Health classes (Gesundheit als Schulfach) as well. It is no longer a small section, taught during science classes, but it is a complete subject with homework now. They work with activity calendars where students try something active daily. Some of these activities are *flexible alphabet* (You try to make your body look like a letter in the alphabet) or *bicycles* (You lie on your back and move your legs like riding a bike to strengthen your muscles) or group activities (You meet friends and play together soccer or something else).

WHAT DO YOU THINK ABOUT THESE IDEAS?

