

PMS ERASMUS PLUS (PMSE+)

OUTDOOR RECREATION, FITNESS AND NATURE FOR A HEALTHY LIFESTYLE



PMS ERASMUS +

Organization ID: E10039300



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- **DAILY PROGRAMME:**

DAY 1 – MONDAY. LET’S PLAY: VALENCIAN PILOTA.

- Brief presentation of the course and reception of all course material.
- Nutrition: healthy breakfast.
- Networking activity: Presentation of your own school and your KA1 PROJECT.
- Networking activity: Guided session to find your best partner for a future JOB SHADOWING and/or KA229 PROJECT.
- Make our own glove (Valencian ball glove).
- Valencian Pilota (Ball): a traditional handball sport from Spain. What yours? Just play it!

DAY 2 – TUESDAY. LET’S GET WET!!

- Nutrition: healthy breakfast.
- Outdoor activities in Mediterranean (paddle surf).

DAY 3 – WEDNESDAY. LET'S ENJOY THE COAST & THE MOUNTAIN!

- Nutrition: healthy breakfast.
- Ascent to the Serra Grossa mountain in Alicante city.
- Workshop about orientation with maps and different apps.
- Week Challenge: 10K running. Do you dare?

DAY 4 – THURSDAY. LET’S GET FIT!

- Nutrition: healthy breakfast.
- Circuit Training: What You Do, Benefits, and More.

DAY 5 – FRIDAY. LET'S ENJOY THE SEA!

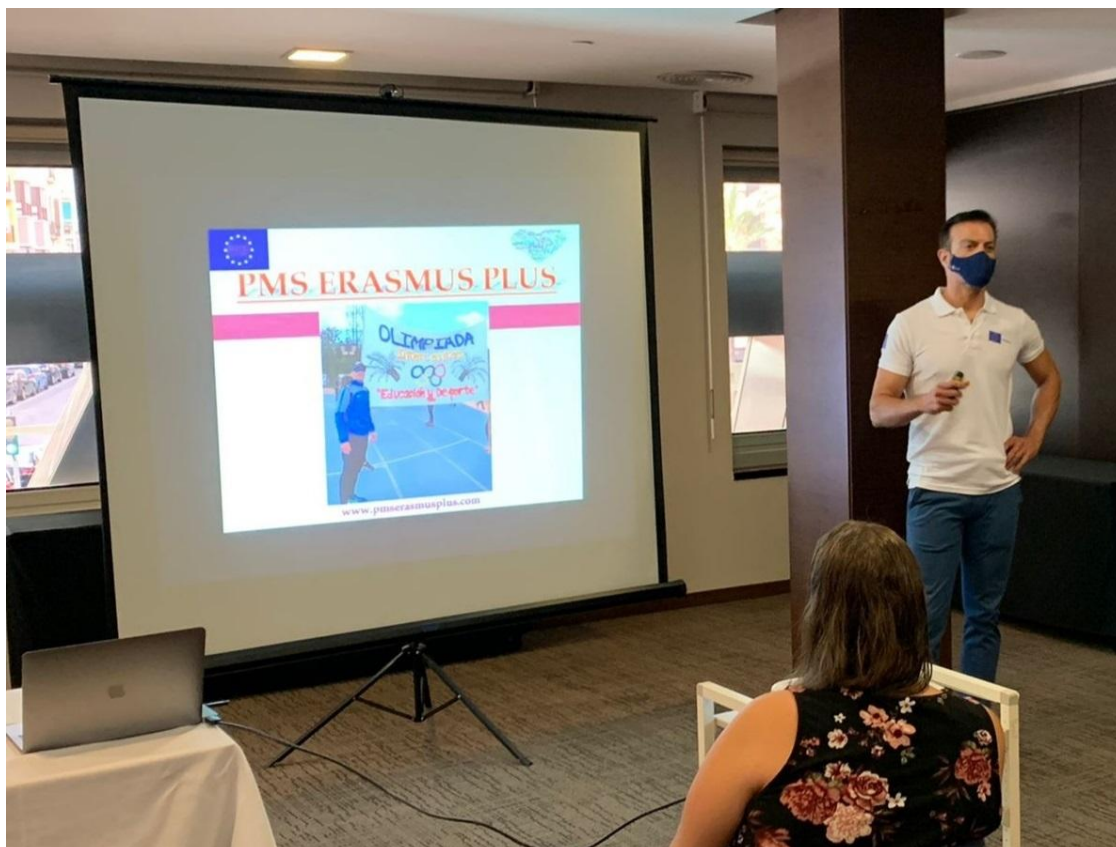
- Nutrition: healthy breakfast.
- Three hours walking close to the Mediterranean (Alicante).
- Snorkeling
- Review of the contents of the week. How would you introduce similar activities to your environment?

Welcome to Alicante

Alicante is the second-largest city in the region of Valencia, and the capital of Alicante province and Costa Blanca. It is also a historic Mediterranean port.

It was founded by the Romans, who named it Lucentum (City of Light) and was dominated by the Arabs in the second half of the eighth century ('Alicante' is Arabic for 'City of Light'). It was reconquered by King Alfonso X in 1246. It was incorporated into the kingdom of Valencia by King Jaime I in 1308.

Until the global recession in 2008, Alicante was one of the fastest-growing cities in Spain, largely thanks to tourism and also partly due to the second-residence construction boom which started in the 1960s and was revived in the 1990s. It has a population of around 330,000.



“Outdoor recreation’s contribution to health can be considered in the context of wellness. The World Health Organization (2003) defines health as a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity. This definition moves from a strictly medical model of health toward the concept of well-being. The Alberta Centre for Well Being (1989) finds that the concept of well-being or optimal health involves a delicate balance among physical, emotional, spiritual, intellectual and social health and then lists a wide range of dimensions, from fitness, nutrition, and stress management to meditation, education, and relationships. Outdoor recreation touches on all those aspects of health and can enhance not only physical health but also emotional well-being. Just being outdoors, for example, has been shown to confer health benefits”.

DAY 1 (4th July) – MONDAY. LET'S PLAY: VALENCIAN PILOTA.

- Nutrition: healthy breakfast.

A healthy breakfast may reduce the risk of illness

Compared with people who don't have breakfast, those who regularly eat breakfast tend to have a lower risk of both obesity and type 2 diabetes. There is also some evidence that people who don't have breakfast may be at a higher risk of cardiovascular disease.



Breakfast boosts brainpower

If you don't have breakfast, you might find you feel a bit sluggish and struggle to focus on things. This is because your brain hasn't received the energy (glucose) it needs to get going. Studies suggest that not having breakfast affects your mental performance, including your attention, ability to concentrate and memory. This can make some tasks feel harder than they normally would.

Children and adolescents who regularly eat breakfast also tend to perform better academically compared with those who skip breakfast. They also feel a greater level of connectedness with teachers and other adults at their school, which leads to further positive health and academic outcomes.

Networking activity: Presentation of your own school and your KA1 PROJECT.



Local culture and sports developed by participants: valencian ball -pilota valenciana- and other local sports in Spain. What yours? Just play it!



The pilota valenciana is a traditional handball sport played in the Valencian Community. **Annex 1.**



DAY 2 (5th July) – TUESDAY. LET'S GET WET!!

9h-10h. Nutrition: healthy breakfast.



Lunch is an important meal for everyone. It provides energy and nutrients to keep the body and brain working efficiently through the afternoon.

Dietary surveys have shown that most people need to cut down on their intakes of saturated fat, salt and sugar, and increase our consumption of dietary fibre, fruits, vegetables and oily fish.

The key to a nutritious packed lunch is variety and getting the right balance of foods to provide you with the nutrients you need to stay healthy.

Nautical
activity:
Paddle
surf.
Annex 2.



Standup paddleboarding (SUP) is a water sport born from surfing with modern roots in Hawaii. Stand up paddleboarders stand on boards that are floating on the water, and use a paddle to propel themselves through the water. The sport was documented in a 2013 report that identified it as the outdoor sporting activity with the most first-time participants in the United States that year. Variations include flat water paddling, racing, surfing, whitewater SUP, yoga, and fishing.



DAY 3 (6th July) – WEDNESDAY. LET'S ENJOY THE COAST & THE MOUNTAIN!

9h-10h. Nutrition: healthy breakfast.

Some say breakfast is the most important meal of the day, but that's only true if you get the nutrients that you actually need to fuel your body all day long. Eating doughnuts, toaster pastries or high-sugar muffins won't do much to keep you satiated; however, the right combination of protein, carbohydrates in the form of fiber and healthy fats will keep you feeling full until lunch, as well as prepare your mind for the tasks ahead.

Tip

At breakfast, make sure to eat a healthy portion of protein, carbohydrates in the form of fiber and a good amount of healthy fat to keep you full.



- 10:30h. Ascent to the Serra Grossa mountain in Alicante city.
- Workshop about orientation for Science and Geography teachers.
- *Workshop about the Mediterranean mountains for Geography teachers.*

Annex 3.

- *Studying landscapes for Arts teachers.*

Serra Grossa or San Julian Mountain in Alicante



I would like to reveal to you one of the most precious treasures of our land of Alicante, la Serra Grossa. Close to the quarry, lookout of the horizon and the beauty of the Mediterranean sea is, undoubtedly, an outstanding natural space in Alicante, since from its summit you can contemplate all the beautiful landscape that surrounds the province of Alicante.

The Sierra Grossa or Sierra de San Julián is a small mountain of 161 meters of altitude located to the northwest of the city of Alicante and next to the

Mediterranean sea. It separates the center of the city and the coastal districts of the Albufera and Cabo de la Huerta.

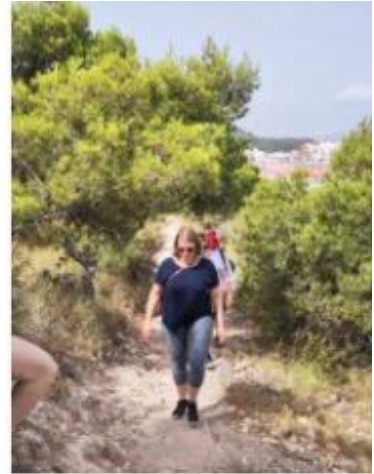
It has been a very important mountain for the city. The first settlements date from the Bronze Age, which settled on their skirts. In the 19th century was installed the British refinery that created a unique industrial complex in Spain with over a kilometer of corridors and tunnels dug inside the rock with a score of huge vaults of between three thousand and five thousand cubic meters of capacity , Which housed fuel tanks.

In addition, it has been the main quarry of the city. Many buildings of S. XX were constructed with stones extracted from this mountain range.

Nowadays, the Serra Grossa is a forest park close to the city ideal for running, cycling or just walking. It is a very simple route and with an impressive view of the city and the sea, where you can breathe tranquility. It is divided into two small saws, separated by a trough. The closest to the city is the Santa Ana hill. Inside, there are the deposits of the refinery “La Británica”.

The top of the Serra Grossa is flat, so it is worth reaching to the end and see the beautiful views of the port and the Castle of Santa Barbara. In front is the Loma de Santa Ana which we can also climb.

Without a doubt, it is a nice excursion, simple to realize and with a breathtaking view. It is also a very quiet route, since you will only cross with some hikers, runners or cyclists. A whole experience to live!



DAY 4 (7th July) – THURSDAY. LET'S GET FIT!

9h-10h. Nutrition: healthy breakfast.



Food and nutrition play a crucial role in health promotion and chronic disease prevention.

Healthful nutrition has a positive connection with both physical and mental health. Breakfast is often considered as the most important meal of the day. Despite the benefits, skipping the morning meal is highly prevalent among adolescents. Healthy eating has an effect on happiness and concentration.



Circuit Training: What You Do, Benefits, and More (Physical Education). Annex 4





Make physical activity a priority to:

1. Improve your memory and brain function (all age groups).
2. Protect against many chronic diseases.
3. Aid in weight management.
4. Lower blood pressure and improve heart health.
5. Improve your quality of sleep.
6. Reduce feelings of anxiety and depression.
7. Combat cancer-related fatigue.
8. Improve joint pain and stiffness.
9. Maintain muscle strength and balance.
10. Increase life span.



DAY 5 (8th July) – FRIDAY. LET'S ENJOY THE SEA!

- Nutrition: healthy breakfast.

Breakfast foods are rich in key nutrients such as folate, calcium, iron, B vitamins and fibre. Breakfast provides a lot of your day's total nutrient intake. In fact, people who eat breakfast are more likely to meet their recommended daily intakes of vitamins and minerals than people who don't.

Essential vitamins, minerals and other nutrients can only be gained from food, so even though your body can usually find enough energy to make it to the next meal, you still need to top up your vitamin and mineral levels to maintain health and vitality.



- Three hours walking to the Cala Canlata (Alicante), a very beautiful place close to the sea with stunning views of the Mediterranean Sea.
- Snorkeling and study of flora and marine fauna.

A short hike through Cabo de las Huertas

Cabo de las Huertas on the coast of Alicante is nothing short of the perfect mixture of tranquil natural beauty, pleasant private beaches and a great destination for practicing sports: such as windsurfing, surfing, scuba diving and snorkeling. **Annex 5.**



What you will notice very quickly about a visit to the calas is that they are a popular destination for sunbathers.

Even though we were just walking through, I could get the sense of absolute natural serenity and relaxation that the calas provide for the sunbathers.

The three most well-known calas are La Cala de la Palmera, La Cala Cantalar and La Cala de los Judíos.





La Cala de los Judíos is a small bay located in a relaxed, residential zone, with fine small sand. It is one of the most popular sections because it is only accessible by walking or by mountain bike and therefore offers a private section. La Cala Cantalar is located between the beaches and calas closest to Alicante. There are many trails and paths to go through this area, which even has a naturally protected section with native plants.

La Cala de la Palmera is located in the quiet residential zone. It is characterized by fine sand with a vibrant combination of rock types as well as clear waters that provide a great place to snorkel and see the various habitats.

Enjoy the characteristic flora of this Mediterranean coastal area. Where you can see a peculiar erosion of the rocks of the middle and upper Miocene.



<https://www.linkalicante.com/calas-cabo-huerta-alicante/>

<https://www.ecologistasenaccion.org/151419/por-un-centro-de-interpretacion-ambiental-en-el-faro-del-cabo-de-la-huerta/>

<http://elcabodelahuerta.blogspot.com/2014/03/flora-y-vegetacion.html>

ANNEX 1

DAY 1 – MONDAY. LET’S PLAY: VALENCIAN PILOTA

THE PILOTA VALENCIANA

HISTORY AND RULES



The pilota valenciana is a traditional handball sport played in the Valencian Community.

THE PILOTA VALENCIANA'S HISTORY

The games of ball in the street came from the antic Greece and were introduced in our country by the Roman Empire.

In the Kingdom of Aragon it was very popular and was practiced by the nobility and even the kings. The humanist Arnau de Vilanova recommended its practice in 1315.

In 1391 it was banned from the streets in the Kingdom of Valencia. But its practice continued in closed spaces known as “Trinquets”.

During the XIX century and the first half of the XX century the game of Pilota Valenciana achieves its golden age.

During the sixties, this sport started to decline due to the Increasing importance of football, the traffic, and the building expansion.

Nowadays the Game of Pilota Valenciana is being reintroduced in the schools in the Community of Valencia.

Raspall:

The raspall is a modality of Pilota Valenciana that receives its name of the fact that all the players protect their hands and scrape the ground with their hands to hit the ball.



It could be played in the street, or in a special place called “El trinquet”.



Players:

-The number of players can be 2 (one against one) 4 (two against two) and 6 (three against three).

-When they are playing three against three, the components of each group will be:

Rest: the person who throws the ball and starts the game.

Mitger: the person who stays in the middle.

Punter: the person who stays at the front.



Starting of the game:

- At the beginning of the game each team stays in a different side of the street.
- One team goes to the “Traure” Area and the other one to the “Rest” Area.
- The game always starts bouncing the ball inside the “Dau”, and throwing it to the other team.

Rules:

- Once the ball is in the air, if it hits the wall it will be returned at the first bounce. It can only bounce once. If the ball arrives rolling, it will be returned scraping the ground with the gloved hand.
- Each team will try to send the ball through the line or “ratlla”.
- The ball can pass rolling on the ground or flying.
- The first team that puts the ball in the “tambori” or “ratlla” gets the “quince”.
- If the ball gets stuck in a place where it can not be hit, the ball is then placed in the middle of the ground and it's hit using the left hand. If the player is left-handed he will use his right hand.

Scoring:

-Each match will have 5 games. Each game will be scored in the following way:

“Quinze”(15), “Trenta”(30), “Val” (advantage) and “joc”(game).
Like in tennis.

-To get a “Joc” (game) you need to be two quinces ahead your opponent. The game continues until one of the teams gets that position.

-If you make 4 “quinzes” in a row you get a “joc” (game).



Photo: Pilota el Genovés Museum

How to get a Quinze:

-When the ball passes the line or “ratlla”.

-When the street has a wall, if the ball hits the wall and it's not hit back.

-When one team hits the ball twice in a row, the other team gets the “quinze”.

-The ball can only be touched with the hand and forearm. If one player hits the ball with another body part, the other team gets the “quinze”.

Materials:

The gloves: They are the most important part of the equipment. They protect the hands. The official ones are made with sheep leather. Some players make their own gloves with the aid of steel, card or bits of sponge.



The “Didals”: Tubular pieces that protect the fingers.



The uniforms: White shorts and t-shirt using the following colours: red or blue. The players will wear a traditional belt in red or blue. The red colour is reserved for the favourite team.



The Balls:



Every version of the game uses its own kind of ball. Each kind is different in weight, size, the way it bounces and other aspects. They are all handmade by specialized crafters.

Vaqueta ball: Used for Escala i corda and Raspall, it is a very fast ball and bounces well. Players must wear protective equipment. It is made of wood and covered with leather. It weighs 40–42 grams (1.4–1.5 oz) and has a diameter of 42 millimetres (1.7 in).



Mathematical Competence is defined in the European Recommendations for learning as “the ability to develop and apply mathematical thinking to solve a range of problems in everyday situations” and is considered to be of key importance for lifelong learning within European countries.

If a ball weighs 40-42 grams.
How many ounces does it equal?

$$1 \text{ gram} = 0.035274 \text{ oz}$$

$$1 \text{ ounce} = 28.3495 \text{ grams.}$$

- a. 0.9-1.0 oz
- b. 2.2-2.4 oz
- c. 1.4-1.5 oz

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Mathematical Competence

If a ball has a diameter of 42 millimeters.

How many inches does it equal?

1 inch is equal to 25.4 millimeters

1 millimetre is equal to 0.03937008 inches

- a. 0.9 in
- b. 2.4 in
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Mathematical Competence

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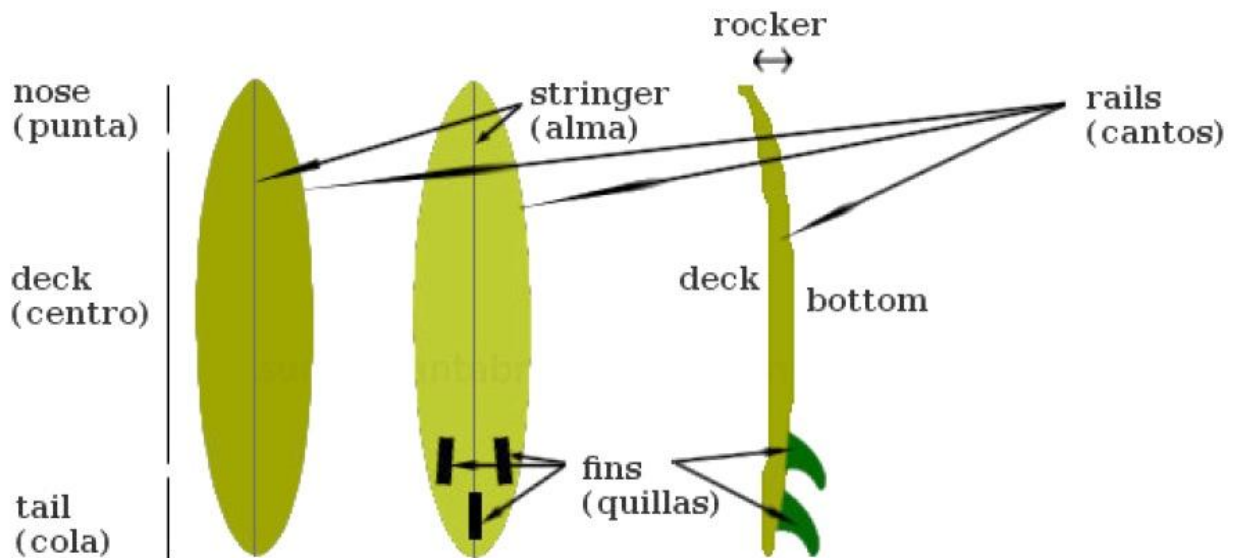
1 millimetre is equal to 0.03937008 inches

- a. 0.9 in
- b. 2.4 in
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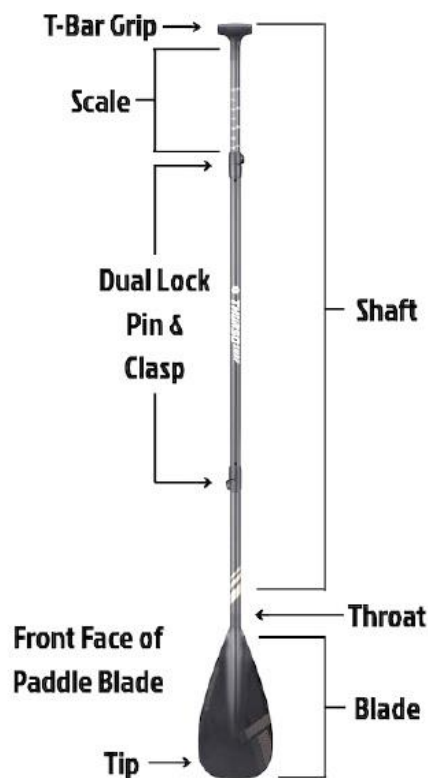
ANNEX 2

DAY 2 – TUESDAY. LET'S GET WET!!

PARTS OF A SURFBOARD



PARTS OF A PADDLE



PADDLING

KNEELING & MID SHAFT PADDLE

The next technique involves the SUP rider finding their standing paddle position on the board. The easiest way to find this is by first kneeling. Look for the SUP carry handle position or look where the SUP manufacture has placed the center deck grip designed to protecting your knees and additional grip when standing. Once you find your standing position kneel down and straighten your upper body, open your knees placing them as comfortably as possible nearest the side of the boards (rails). Pick up your paddle, grip the middle of the shaft and place your other hand just above the blade. This is commonly known as ‘mid shaft paddle’ position. You can now start to take short paddle strokes by fully submerge the blade of the paddle in the water as far as you can reach.



HOW TO STAND UP & PADDLE

The progression from lying on your board to kneeling, then standing on your board should be slow and controlled. Take 4 or 5 arm paddles to create moment and balance, before sliding up to your knees in the middle of the board where you find the best balance between front and back, again take 4 or 5 mid shaft paddles on both sides. The position you place your knees will be the same position you place your feet once fully standing.

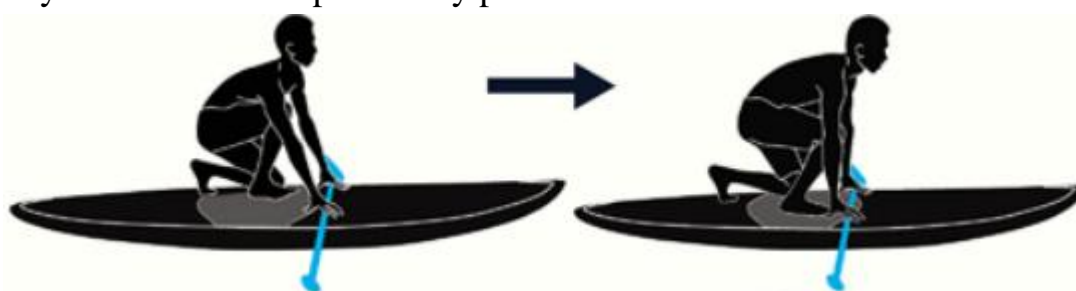
Find your balance on your board by sitting on your knees and taking several mid shaft paddle strokes on both sides of the board.



Once board has good momentum and you are ready to stand on your feet place paddle diagonally across the nose of the board in front of your knees, holding on to the shaft with both hands.



Keep your eyes up and slowly stand up one foot at a time placing your feet where your knees were previously positioned.



Ensure your feet are minimum shoulder width apart and as close as is comfortable to the rails of the board. Keep the inside of your feet parallel with each other, your toes pointing forward and knees slightly bent.



PADDLING

STANDING

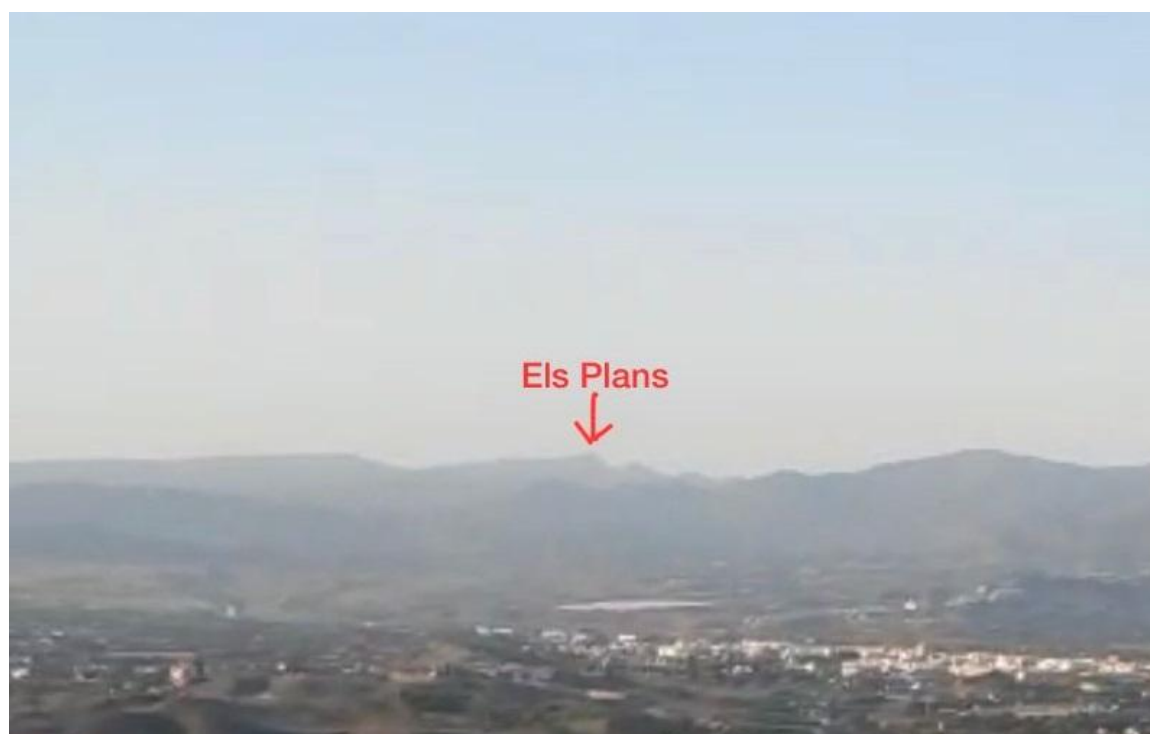
Now slowly raise your upper body and pick up the paddle as you stand up tail, the sooner you continue to paddle, creating momentum easier it is to balance. Place one hand on the top of the paddle (T-grip) and your other hand midway down the shaft of the paddle. Your top arm should remain straight at all times.



Keep your eyes up, focusing over the nose of the board, fully submerge the blade of the paddle as close as you can to the nose of the board on the opposite side of the board to your top hand on the paddle and pull the paddle with your lower hand through the water towards the tail of the board, rotating the paddle away from your board as you reach the end of your stroke. Repeat 5 to 6 paddles.

ANNEX 3

DAY 3 – WEDNESDAY. LET'S ENJOY THE COAST & THE MOUNTAIN!



Mitjorn

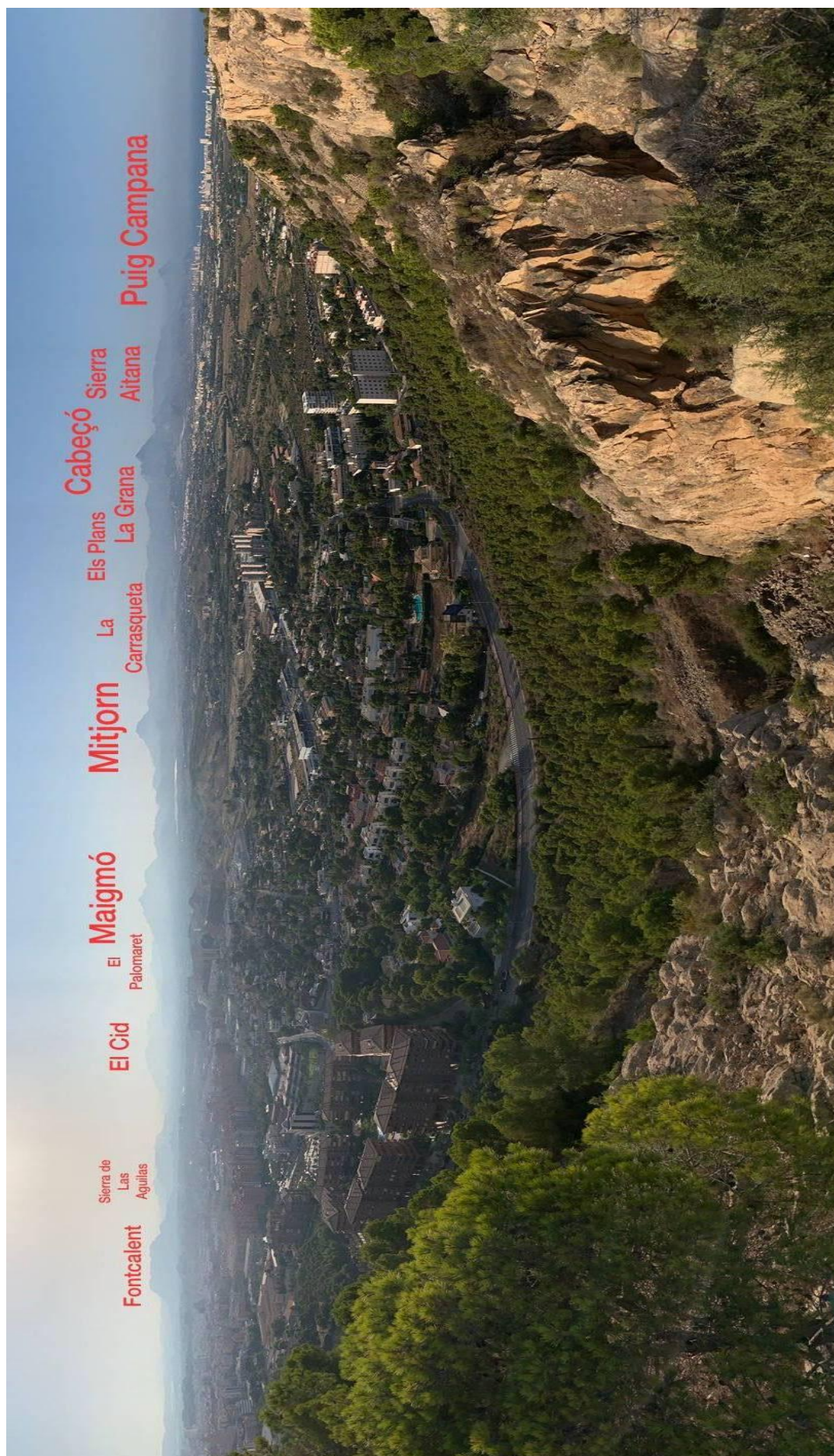


Maigmo









Fontcalent
Sierra de Las Aguilas
El Cid
El Maigmó
Palomaret
Mitjorn
La Carrasqueta
Els Plans
La Grana
Cabecó
Sierra Aitana
Puig Campana

FLORA





ANNEX 4

DAY 4 – THURSDAY. LET’S GET FIT!

Exercises for workout

1

Squats



2

Push-ups



3

Burpees



4 - INCLINE PUSHUPS



5

Lunges



6

SHOULDER TOUCH



7

Adductor exercise



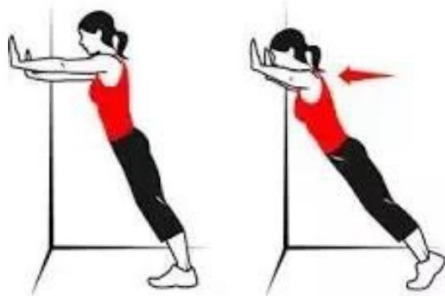
8

SKIPPING



9

Wall Pushups



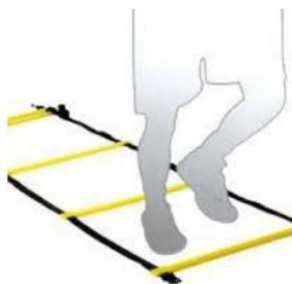
10

Balance



11

Coordination



12

Squat Jump



13

Plank



15

TRICEPS



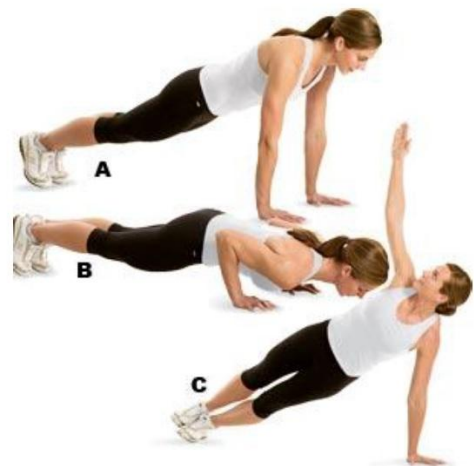
14

Quadruped Dynamic Lumbar Exercise



16

Push up + lateral isometric



ANNEX 5

DAY 5 – FRIDAY. LET'S ENJOY THE SEA!



FLORA



Lantana camara (common lantana) is a species of flowering plant within the verbenace family (Verbenaceae), native to the American tropics.

Salvia rosmarinus, commonly known as **rosemary**, is a shrub with fragrant, evergreen, needle-like leaves and white, pink, purple, or blue flowers, native to the Mediterranean region.



Suaeda maritima is a species of flowering plant in the family Amaranthaceae known by the common names herbaceous seepweed and annual seablite.

Salado - Suaeda vera

Suaeda vera, also known as shrubby sea-blite, shrubby seablight or in the USA sometimes as alkali seepweed, is a species of flowering plant in the family Amaranthaceae (formerly classified under the Chenopodiaceae).



Sedum sediforme is a succulent plant of the Crassulaceae family.



Etymology

The genus name *Sedum* is the old Latin name of Houseleek which was planted on roofs to protect houses from lightning. The specific epithet *sediforme* derives from Latin and means "shaped like a sedum", because the first name (*basiforme*), given by von Jacquin, was *Sempervivum sediforme*.

Synonyms

Sedum nicaeense All.

Sedum altissimum Poir.

Sempervivum sediforme Jacq. (basionym)

Description

The *Sedum sediforme* is a succulent, perennial plant, 30 to 50 cm high, glabrous and glaucous. The sub-woody strain gives rise to sterile suckers, bearing in their upper part imbricated leaves in 5 rows. The stems are fleshy, robust and erect.

The sessile, ovate-lanceolate, mucronate leaves are very bulging, crassulescent. They are bluish gray (glaucous). The cauline leaves are arranged less densely on the upper part of the fertile, floriferous, erect stem (bearing the inflorescence).

The inflorescence is a dense corymb of arching branches bearing very pale yellow flowers. The 5 sepals are oval and obtuse, and the 5 to 8 petals are spreading, lanceolate and obtuse in shape, 2 to 3 times longer than the calyx. The 10 stamens have hairy filaments.

Flowering occurs in June-August.

The fruits are small follicles that release a dust of seeds.