

ASIA-EUROPE CLASSROOM NETWORK (AEC-NET) PROJECTS FOR 2007/2008



PROJECT FACTSHEET

NAME AND CONTACT DETAILS:

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NAME AND MAILING ADDRESS OF HIGH SCHOOL OR SECONDARY SCHOOL:

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21 Jurong West St 81
Singapore 649075

COUNTRY:

Singapore

PROPOSED PROJECT NAME:

Fit and Easy

SUMMARY / BRIEF DESCRIPTION ABOUT THE PROPOSED PROJECT

Healthier lifestyle choices can be divided into the following aspects:

1. Mental
2. Physical

Amenities that may promote healthy lifestyle in the participating countries:

1. Campaigns
2. Arts
3. Laws; smoking restricted areas
4. Public Infrastructure (Facilities, etc)
5. Work and School Environment

Groups of 4-5 students from at least 2 participating schools will fix a period to exchange information on how their countries promote healthy lifestyle.

(A) The host will first gather information on existing sources that foster healthy lifestyle in their country.

1. Campaigns (sports for life, ask for vegetables and less oil, recycling projects)
2. Arts (performance arts, visual arts, entertainment and leisure activities)
3. Laws (smoking areas, no littering, ban of chewing gums)

4. Public Infrastructure (e.g parks, swimming pools, playgrounds, neighbourhood shopping centres, libraries)
 5. Work and School Environment (no deep fried food in school, sports carnival, baby room in working places, flexible working hours)
- (B) After exchanging information, the participants will choose two ways shared by the other country and try to adapt/adopt it for use in their own country. Students will have to give a write-up on this.
- (C) Following the write-up, students will conduct a survey to see which of the two ways are more effective and feasible if they were to be implemented in their own country.
- (D) Based on the results of the survey, students will then devise ways to implement it.

RATIONALE FOR THE PROJECT:

With the project, we hope to achieve the following objectives:

1. To allow participants to share knowledge from different backgrounds, cultures and geographical regions.
2. To allow participants to be aware of both aspects of healthy lifestyle i.e. mental and physical.
3. To acquire knowledge about the various infrastructure or amenities put in place in their respective countries to promote healthy lifestyle.
4. To engage the pupil participants in authentic learning and creative thinking.
5. To initiate pupils to take ownership of their learning.
6. To acquire collaborative skills through working in a team to achieve common goals.
7. To help forge lasting friendship and understanding amongst participants.

EXPECTED CONTRIBUTION FROM ASIAN SCHOOLS/STUDENTS:

The pupils will have to contribute information about the various aspects of their countries via the following:

- Write a self-portrait to introduce themselves
- Provide information on the ways in which healthy lifestyle is promoted in their country
- Do a write-up on two ways that they find interesting from the participating country
- Conduct a survey to find out which of the two they can implement in their home country
- Devise ways to implement the selected option (eg develop a campaign, propose laws or other infrastructure)

EXPECTED CONTRIBUTION FROM EUROPEAN SCHOOLS/STUDENTS:

The pupils will have to contribute information about the various aspects of their countries via the following:

- Write a self-portrait to introduce themselves
- Provide information on the ways in which healthy lifestyle is promoted in their country
- Do a write-up on two ways that they find interesting from the participating country
- Conduct a survey to find out which of the two they can implement in their home country
- Devise ways to implement the selected option (eg develop a campaign, propose laws or other infrastructure)

MINIMUM NUMBER OF SCHOOLS/STUDENTS INVOLVED:

2 Schools
40 Students

PROPOSED DURATION OF PROJECT (PLEASE STATE TENTATIVE START AND END DATE):

3-4 months

ICT TOOLS / SOFTWARE REQUIRED:

Online Chat

ADDITIONAL RESOURCES NEEDED:

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