

Building Resilience through Equitable Active Kinaesthetic Sessions

The BREAKS is an innovative and transnational undertaking that contributes to the overall objectives of the European Commission's vision of promoting inclusive education, the development of key competences and healthy lifestyles in school education. BREAKS is an Erasmus+ project that runs from December 2024 to November 2026.



Inclusive physical activity in schools

We are excited to introduce BREAKS (Building Resilience through Equitable Active Kinaesthetic Sessions), a dynamic transnational Erasmus+ project set to run from December 2024 to November 2026. This important initiative champions the European Commission's goals of fostering inclusive education, promoting healthy lifestyles, and developing key skills and competences for children in schools.

Why BREAKS? Addressing a vital need

It's widely recognised that regular physical activity is fundamental for a child's all-round development, boosting not just physical health, but also their mental, emotional, and cognitive growth, which in turn can enhance academic performance. However, today's lifestyles, particularly in developed countries, have seen a concerning drop in children's physical activity levels. This trend, unfortunately, contributes to several negative health outcomes, including childhood obesity, poorer mental health, and inadequate sleep.



Inclusive, Active, Kinaesthetic Learning

The BREAKS project is designed to tackle these challenges head-on. We believe in the power of innovative and inclusive physical education that truly engages all students, irrespective of their abilities, starting from an early age. BREAKS will pioneer creative, kinaesthetic (hands-on, movement-based) learning sessions that make physical activity enjoyable and accessible for everyone. By doing so, we aim to instil a positive attitude towards active living that children can carry with them throughout their lives.



Who is the project for?

Empowering our school communities!

The BREAKS project is set to enervise our schools by working closely with everyone involved:

- **Teachers:** We're empowering primary and lower secondary schoolteachers, especially those without a specialist Physical Education (PE) background or those seeking new ways and confidence to promote physical activity.
- **School Leaders & Staff:** Head teachers, school counsellors, and other educational staff are vital partners in fostering a school-wide culture that supports well-being and the successful rollout of BREAKS.
- **Students (Pupils):** Our students are the main focus! They will directly benefit from enjoyable movement breaks and will also be actively involved in piloting and showcasing our new physical activity sessions.



The latest from the BREAKS project!

Successful Kick-Off in Cyprus

The BREAKS journey began with a highly productive Kick-off Meeting in Nicosia, Cyprus, on January 23-24, 2025. Partners from Greece, Cyprus, Serbia, France, and Italy came together to finalise project coordination, review our goals, and strategise on communication and dissemination, ensuring a strong start for the initiative.



Local focus groups

In March 2025, we connected directly with our communities through six local focus groups held across all partner organisations, involving 50 participants. Participants emphasised the need for active breaks distinct from traditional PE and highlighted a strong demand for practical teacher training. Key needs include guidance on age-appropriate, inclusive, and engaging activities suitable for limited classroom space. Active breaks were identified as particularly beneficial for students with special educational needs, as they aid self-expression and emotional regulation. The clear consensus was that empowering teachers through accessible training and embedding active breaks within a supportive, whole-school framework, championed by school leadership, is crucial for lasting success.



Ongoing collaboration & what's next

To ensure smooth progress and effective coordination, the BREAKS team maintains consistent communication through bi-monthly online meetings. We are also eagerly preparing for our next Transnational Project Meeting, which will be held in Rome, Italy, on November 27-28, 2025, graciously hosted by the University of Rome 'Foro Italico'.

Stay tuned for more updates as BREAKS continues to empower teachers and foster healthier, more engaged learners!



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