

EVERY THING YOU NEED IS IN YOU



Erasmus+



Book of sports

Made by students from



Uşak Ayşe Ana Imam Hatip School-Turkey
Zespół Szkolno-Przedszkolny nr1 w Łodzi -Poland
Felsőtárkány Primary and Music School-Hungary

Introduction

„Everything you need is in you”- this is the title of our project which was started in 2021. The main aim of the project was the popularization of sport as an active free time activity. The teachers who conducted the programme are committed to the different forms of everyday sport.

We offered numerous alternatives to boost the physical activity and motivation and present the negative effects of using the social media.

The project was implemented with the cooperation of three countries: Poland Turkey and Hungary. The coordinator of the project was Zespol Szkolno from Łódź, Poland. Ayse Ana Imam Hatip Ortaokulu from Usak, Turkey and Felsőtárkány Primary School from Felsőtárkány, Hungary were involved to the project as partners.

When planning the activities of the project, it was an important aspect to promote communication and cooperation between the students. This digital book was created in mixed teams, Turkish, Hungarian and Polish children also took part in the work in each team. During the activity, they studied the characteristics of each sport, the necessary equipment, and discussed the possible advantages and disadvantages. The completed works were also presented to each other. You can read the completed works on the following pages.

**For more information about the project please
visit our website:**

<https://everythingyouneedisinyou.com/>

HORSE RIDING



by: Viki, Marcella, Hanna, Esma,
Fatma, Hanna, Igga

We would like to try it because it's:

-fun

-healthy

-interesting

-we like animals



The equipments what we need:



helmet



riding boots



spine
protector



gloves

Benefits:

- we can communicate with animals
- you are close to the nature
- increases patience and endurance
- improves the sense of balance and coordination skills

Disadvantages:

- dangerous
- expensive
- you can easily get hurt, injured
- you can get dirty

The background is a bright orange gradient with a sunburst effect. A large, glowing yellow sun is at the top center, with numerous thin, radiating lines extending outwards. Small, semi-transparent yellow circles are scattered throughout the scene, creating a bokeh effect. In the center, there is a solid red heart. Below the heart is a white rectangular box with a black border containing the text "THANKS FOR READING!".

THANKS FOR READING!

ARCHERY

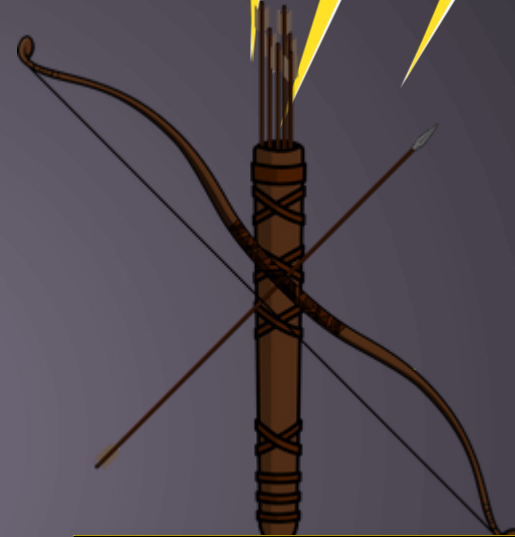
1: IT'S A VERY INTERESTING SPORT THAT'S WHY
I WOULD TRY THIS



ARCHERY EQUIPMENTS



BOW



ARROWS

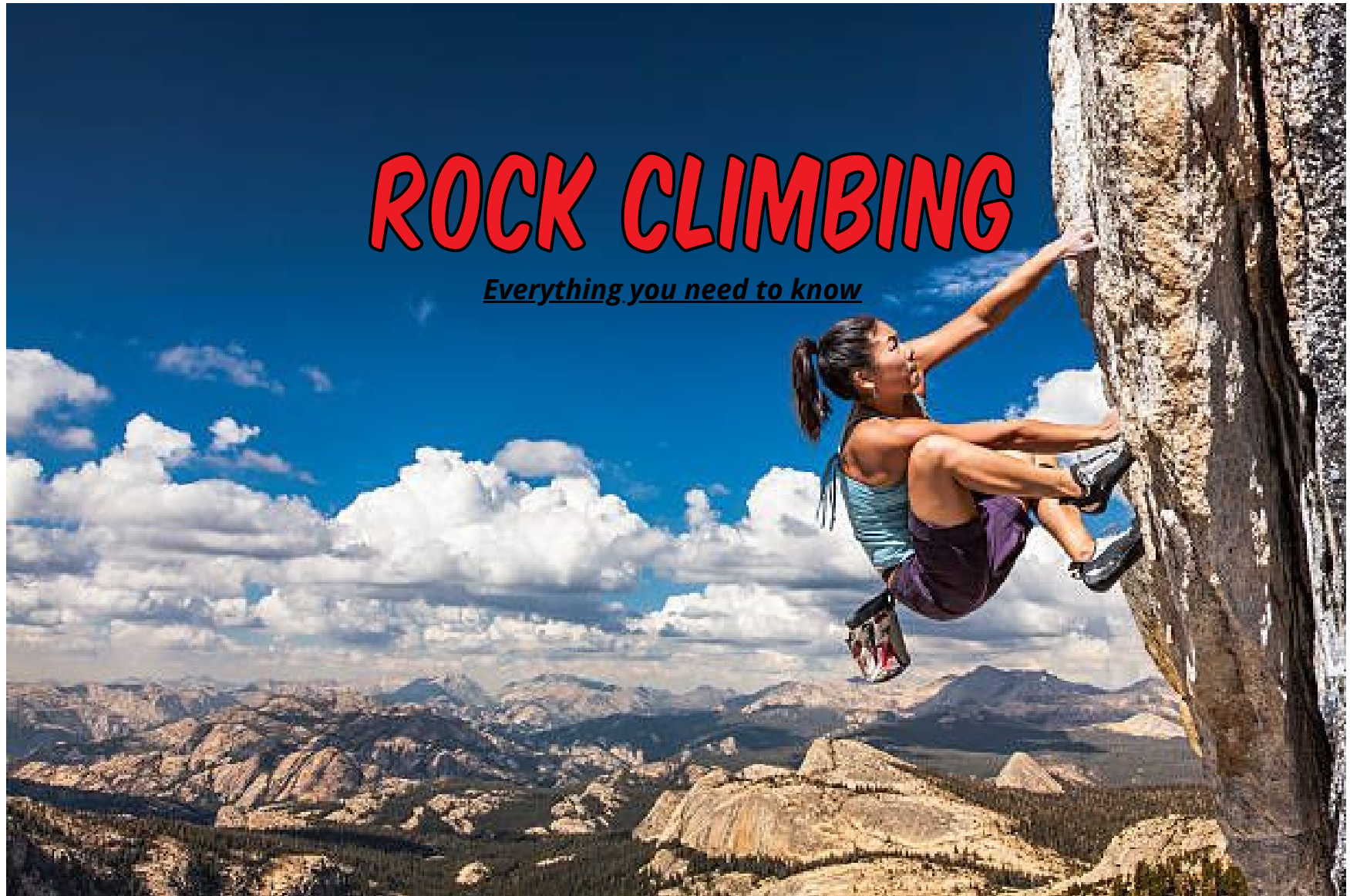


POINT

ARCHERY IS A DIFFICULT
SPORT BUT IT'S VERY
INTERESTING AND FUN.
THE BAD POINT IS COST OF
EQUIPMENT. IT CAN BE
DANGEROUS.

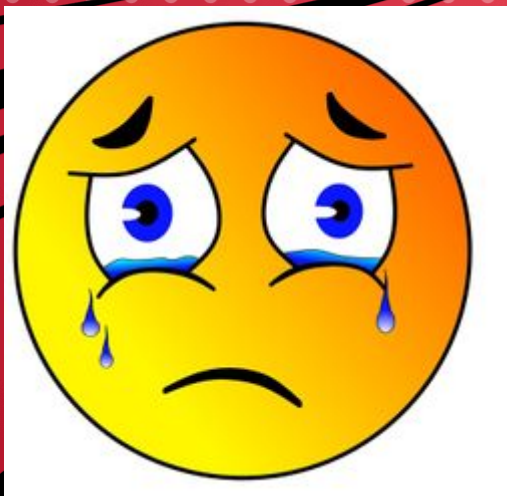
ROCK CLIMBING

Everything you need to know



**WOULD YOU LIKE TO TRY ROCK
CLIMBING? WHY OR WHY NOT?**

NO. BECAUSE IT'S DANGEROUS
AND WE'RE AFRAID OF HEIGHTS.



WHAT EQUIPMENT DO YOU NEED?



HELMET



ROPE




CARABINER



CLIMBING CRAMPONS



BENEFITS

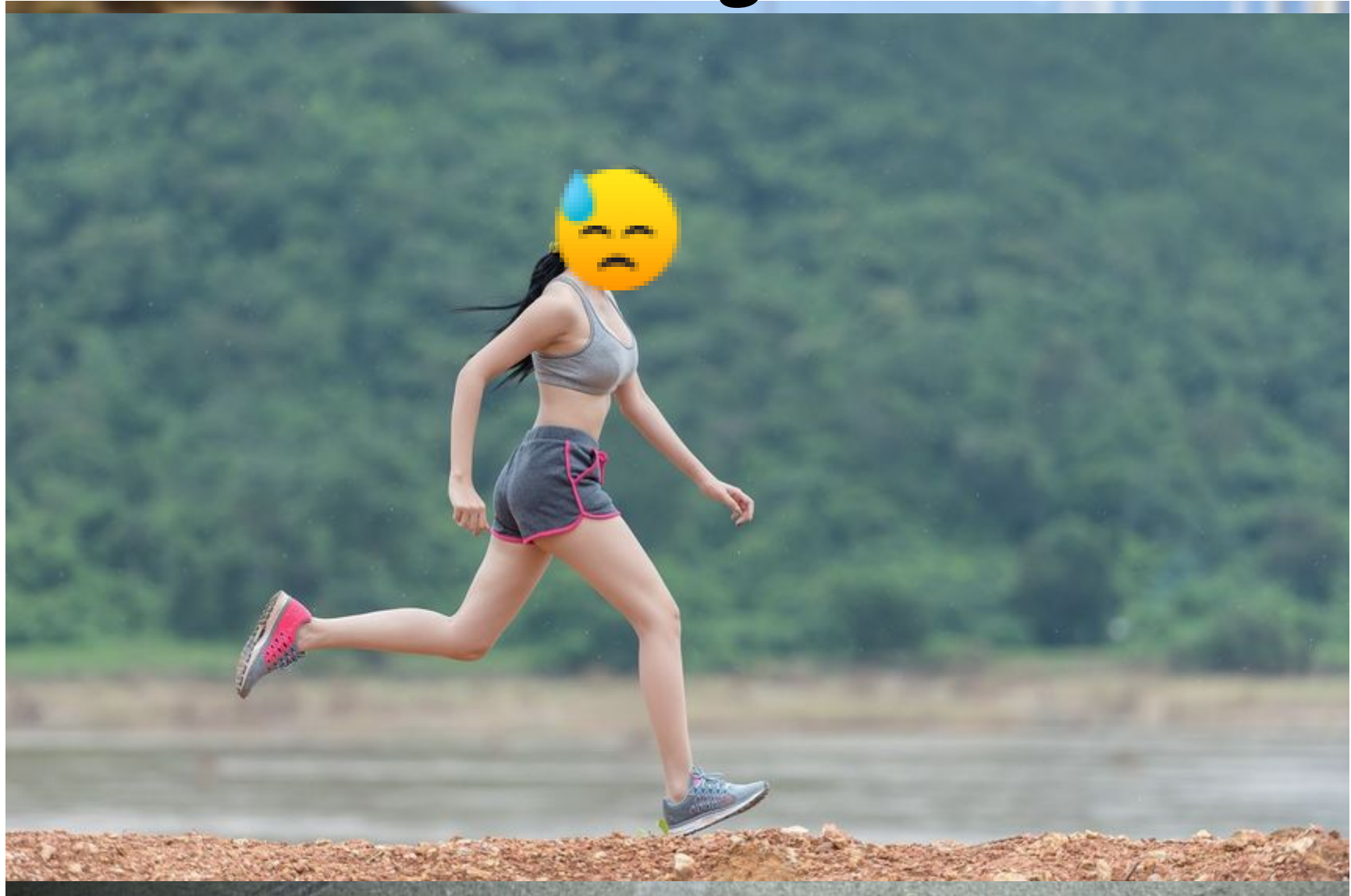
- *Beautiful views*
 - *Boosts confidence*
 - *Gives flexibility to the body*
 - *Contributes to brain development*
 - *Improves balance*
- 



DISADVANTAGES

- *It's very dangerous, especially if you are inexperienced*
 - *There is a risk of injury*
 - *It can wear you out pretty quickly*
 - *Forgetfulness happens thanks to adrenaline*
 - *It's expensive*
- 

Running



Yes I would like to try this sport because It is good for health



What kind of equipment do you need?



What are the benefits
or
disadvantages?

Benefits:

- cheap
- keeps
you fit
- healthy

Disadvantages:

- injuries
- broken
arms, legs
- hurt
arms, legs

Bookcreator books: links

Archery

https://read.bookcreator.com/pNzI5kjtWxM6epg7mBaN7bPB1f2/okt4ziMIS0m_rNA8gBm1cQ

Horse Riding

https://read.bookcreator.com/zOuR8rMcyBdxMAL1yp16gMcm1Ks2/SrEx9cJESR2T0v_5WD8Cpw

Running

<https://read.bookcreator.com/ZOo7TMLiWXY9NCKBodcWkPyeghP2/og3EMQg3QhSHwaKes4R6Uw>

Rock climbing

<https://read.bookcreator.com/a84l0lf7ltYwuUTJI7nwXzeVGRk2/-DpzTR9VTUuJE9iDOBxGjw>