

EN



MUSEUM

TEACHING KIT

USEFUL INFORMATION



Teaching kit

URL of the page: <https://www.fesport.insep.fr/en/teaching-kit>

As part of the festival, INSEP will offer you the opportunity to view and download four educational sheets on :

- > Sport and nutrition
- > Sport and sleep
- > Sport and health
- > Sport and the fight against violence

These factsheets, drawn up in partnership with INSEP specialists and its French and European partners, provide an overview of the good habits to adopt when practising sport and the many benefits of sport in everyday life.

Aimed at young and old alike, these factsheets are worth reading and re-reading to better understand the power of sport.

Funded by the European Union. Views and opinions expressed are however those of the author(s) only and do not necessarily reflect those of the European Union or the European Education and Culture Executive Agency (EACEA). Neither the European Union nor EACEA can be held responsible for them.



DOWNLOAD

Sleep & Sport

PDF
5.5 MB



Food & Hydration

PDF
5.64 MB



Food & Health

PDF
6.34 MB



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