



THE SUBSTITUTES

Social Studies & Arts

#MakeMoves

WELCOME

WHY #MAKEMOVES?



Hello, young champions! ✨ It's Albärt and Jamal.

Did you know that not enough kids in Europe are getting all the exercise they need? It's true! Most kids need to move more to grow up healthy and strong. 🌱

- Only 1 in 5 children in Europe do enough exercise each day.
- Playing sports like football can make you feel happier and give you loads of energy! ⚽ ✨ "
- Exercise helps you sleep better and keeps your body healthy and fit!

When we play sports, like football, lots of awesome things happen:

- You make new friends and learn how to be part of a team. 🤝
- Your heart gets stronger and your muscles grow. 💪
- You can run faster and play longer without getting tired. 🏃
- You learn communication and resilience and teamwork 🤝

Let's #MakeMoves and score goals for our health!



Join the EURO 2024 Challenge! 🏆

We need you to inspire your friends and everyone around you to #MakeMoves!

We challenge you to create a super cool poster or a 30-second video showcasing why playing football is fun and good for you.



HOW DID YOU DO?

SHOWCASE YOUR POSTERS AND VIDEOS AROUND YOUR SCHOOL CLUB OR COMMUNITY AND SHARE WITH FRIENDS AND FAMILY.

YOU CAN ALSO UPLOAD THEM TO THE MAKEMOVES PLATFORM. ALBÄRT AND JAMAL WILL CHOOSE TEN WINNERS AND ALBÄRT WILL USE THESE TO ENCOURAGE ALL THE BIG AND SMALL FANS TO #MAKEMOVES DURING EURO!

