

STEAM & Sports

Newsletter n^o

Ninth-grade students from Jan Amos Komenski recently explored health and fitness through **Lesson 9: “Move Smart: Using Data to Boost Health”** from the STEAM and Sports teacher manual.

As part of this engaging project, students designed and conducted a survey among their classmates to gather data about daily habits and physical activity. After carefully analyzing the results, they transformed their findings into informative and creative posters promoting a healthier lifestyle.

Through this hands-on experience, students combined science, data analysis, and teamwork to encourage their peers to make smarter, healthier choices every day.



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