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PLAN SHIELD

CHAÑE
CLUB DEPORTIVO

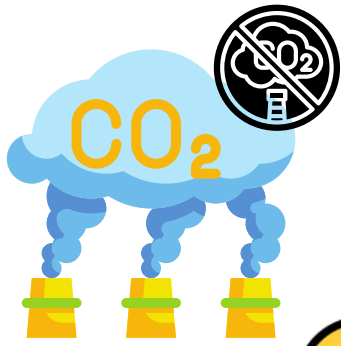
PRIVATNA EKONOMSKA I SPORTSKA GIMNAZIJA
PESG
SPORTSKO UČILIŠTE

MANO EUROPA

Eusebio Sacristán
FUNDACIÓN

DAMASISTEM


11
SUSTAINABLE CITIES
AND COMMUNITIES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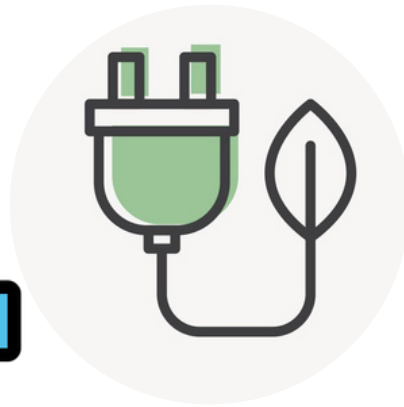
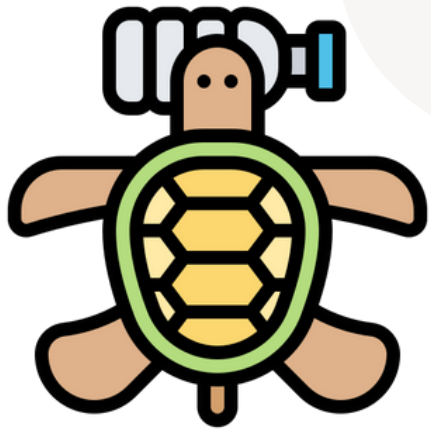
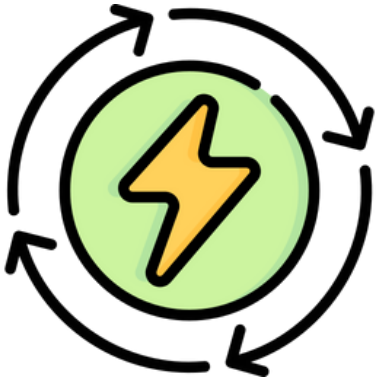
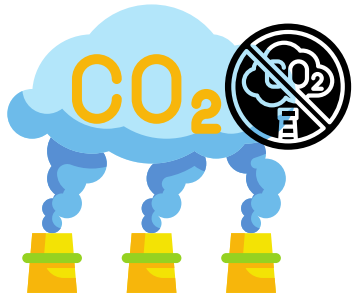




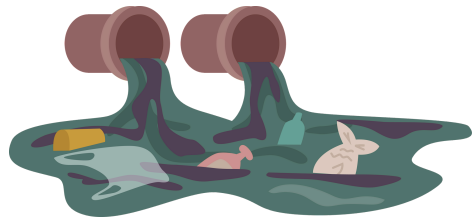



CO2
O2


12
RESPONSIBLE
CONSUMPTION
AND PRODUCTION


PLAN
SHIELD

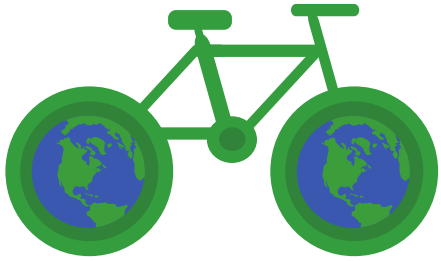

11
SUSTAINABLE CITIES
AND COMMUNITIES

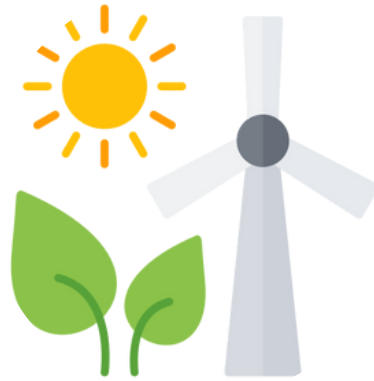



ECO


14
LIFE BELOW
WATER


ECO






11
SUSTAINABLE CITIES
AND COMMUNITIES


PLAN
SHIELD

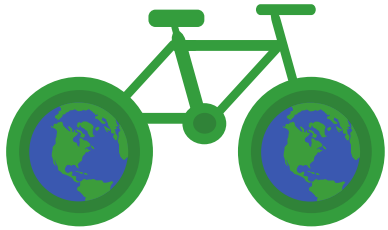

HELP


RECYCLE


GLASS


12
RESPONSIBLE
CONSUMPTION
AND PRODUCTION


13
CLIMATE
ACTION

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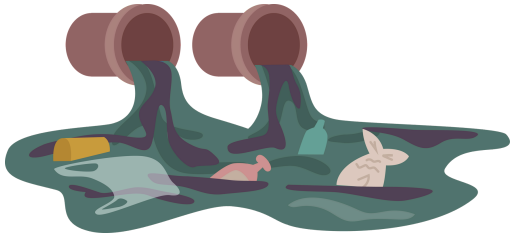
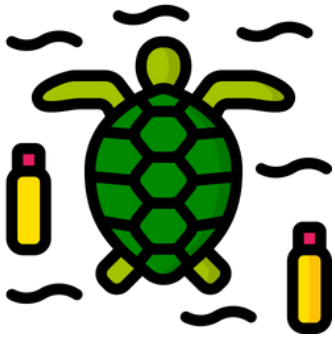
NEWS

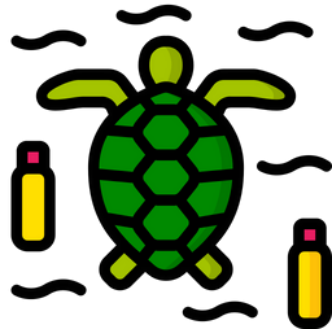

13
CLIMATE
ACTION

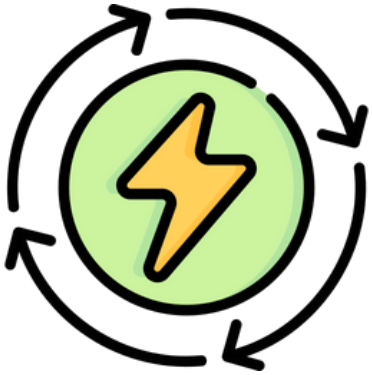





RECYCLE


RECYCLE
REUSE
REDUCE

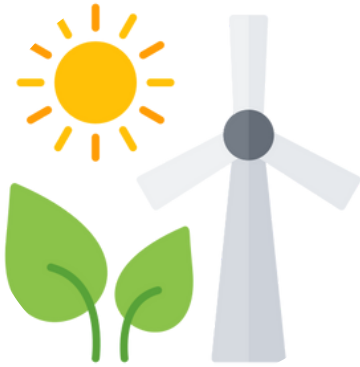


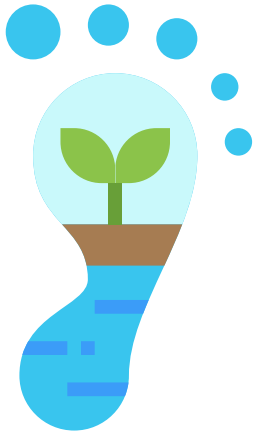


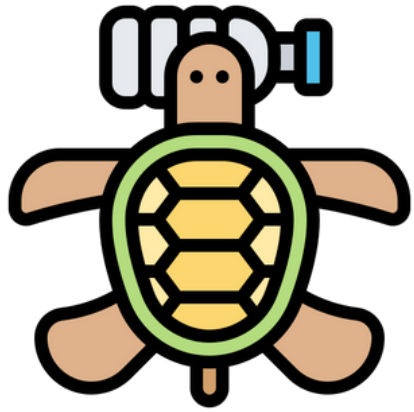

HELP


RECYCLE
REDUCE
REUSE


15
LIFE
ON LAND



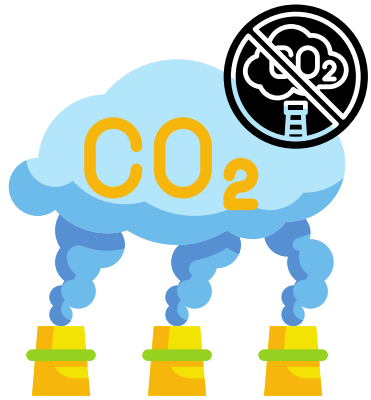


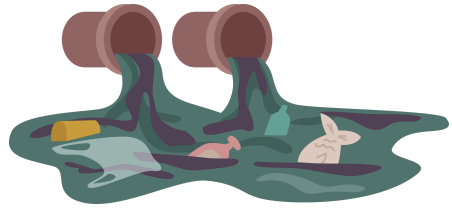


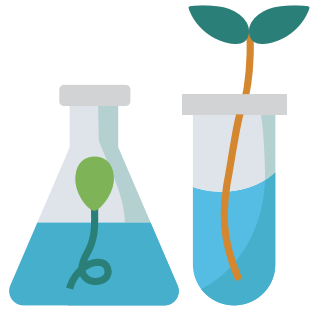

PAPER
NEWS

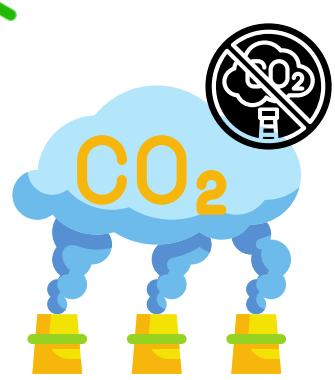

PLAN
SHIELD


15
LIFE
ON LAND


CO2
CO2






CO2


PAPER
NEWS

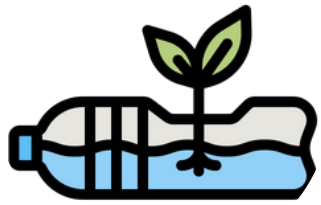

REDUCE
PLASTIC


14
LIFE BELOW
WATER


PAPER
NEWS


14
LIFE BELOW
WATER


HELP




15
LIFE
ON LAND


RECYCLE

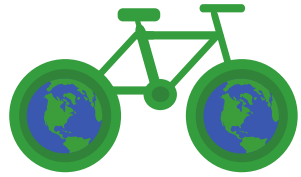

PLAN
SHIELD

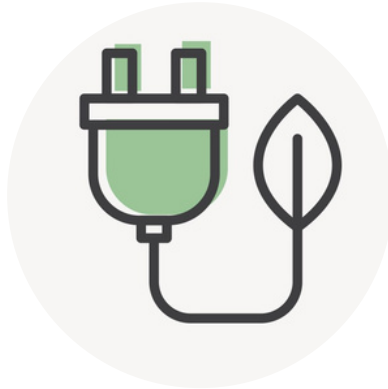

ORGANIC


14
LIFE BELOW
WATER


PLAN
SHIELD


GLASS



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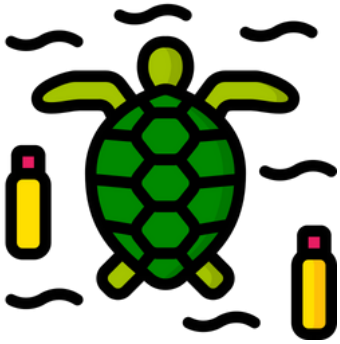


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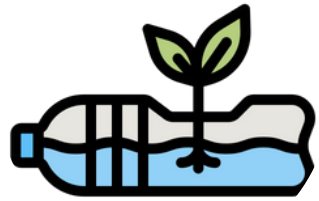
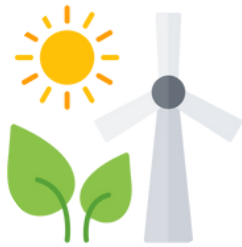


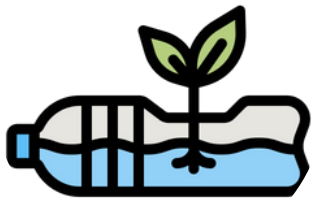

RECYCLE




PLASTIC


PLAN
SHIELD


RECYCLE
REDUCE
REUSE

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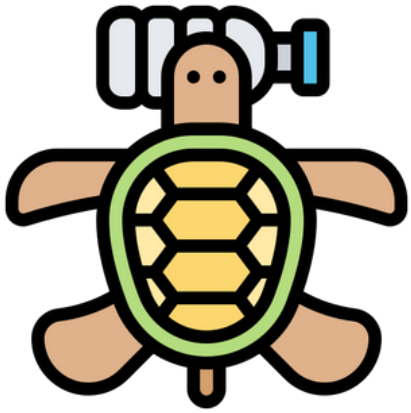
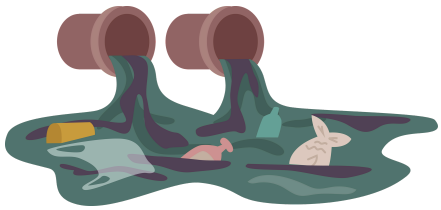
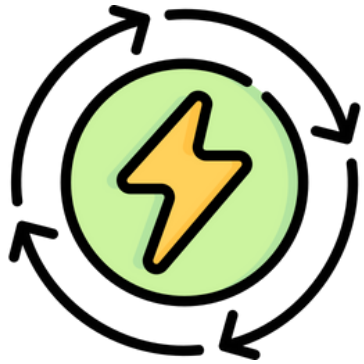
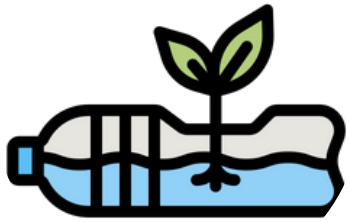


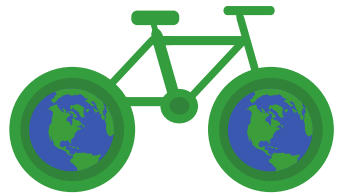




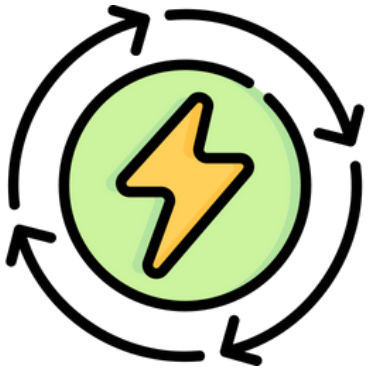

PLASTIC

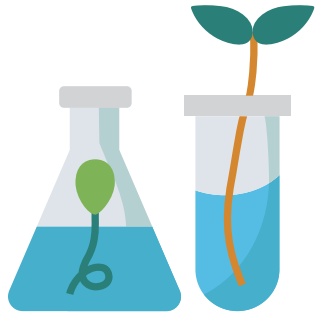

11
SUSTAINABLE CITIES
AND COMMUNITIES

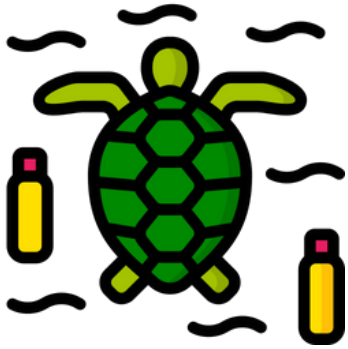





ORGANIC



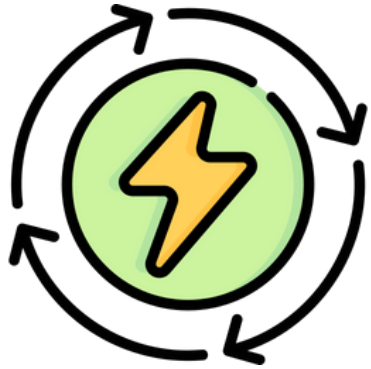




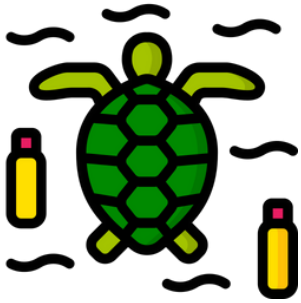

15
LIFE
ON LAND


REDUCE
PLASTIC


ORGANIC

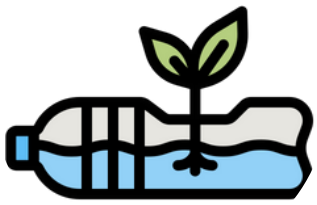


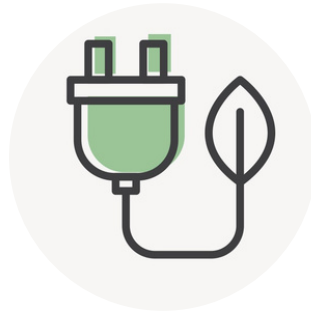

14
LIFE BELOW
WATER




12
RESPONSIBLE
CONSUMPTION
AND PRODUCTION


15
LIFE
ON LAND






PLASTIC


11
SUSTAINABLE CITIES
AND COMMUNITIES

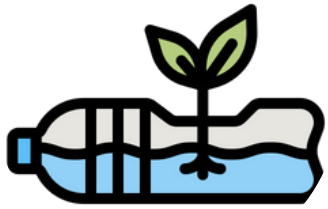

RECYCLE
REDUCE
REUSE


13
CLIMATE
ACTION

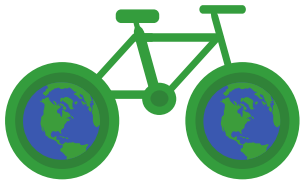

15
LIFE
ON LAND


RECYCLE
REUSE
REDUCE

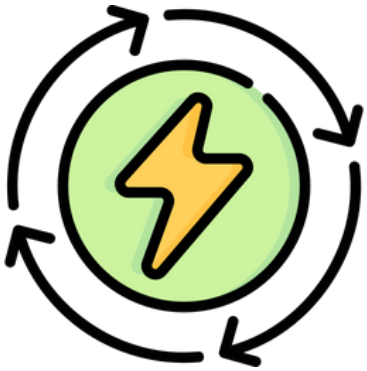

12
RESPONSIBLE
CONSUMPTION
AND PRODUCTION




PAPER
NEWS

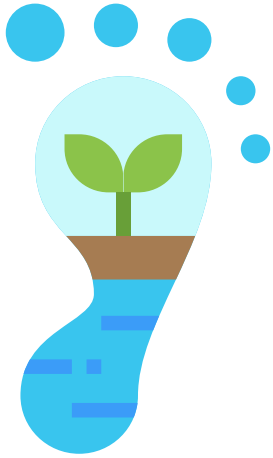



14
LIFE BELOW
WATER




13
CLIMATE
ACTION

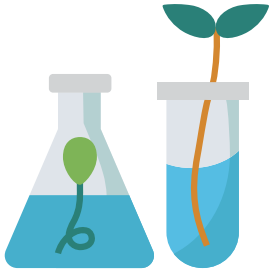

HELP

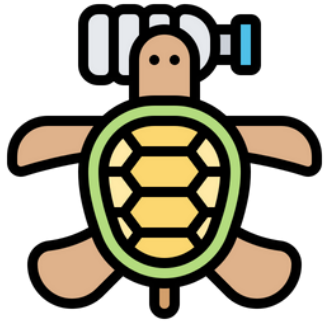


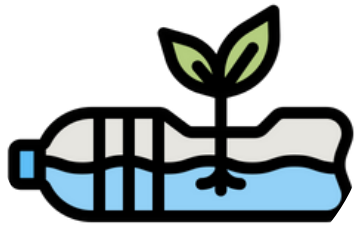

PLASTIC


14
LIFE BELOW
WATER


13
CLIMATE
ACTION



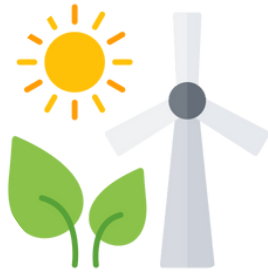





13
CLIMATE
ACTION


REDUCE
PLASTIC


PLAN
SHIELD

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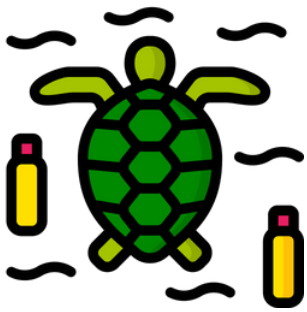



ORGANIC


GLASS

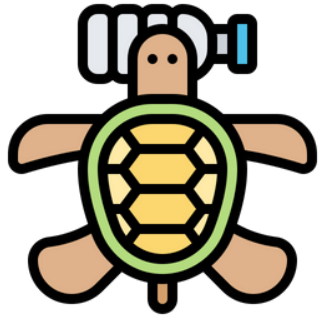

15
LIFE
ON LAND

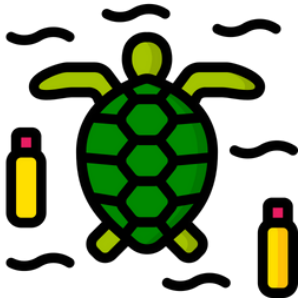

GLASS

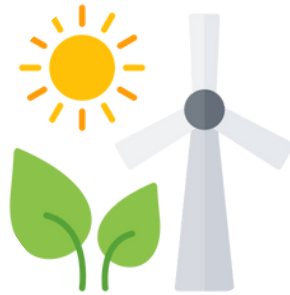

PAPER
NEWS


HELP


ECO



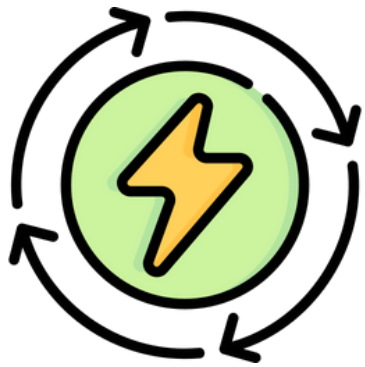





11
SUSTAINABLE CITIES
AND COMMUNITIES


RECYCLE


PAPER
NEWS

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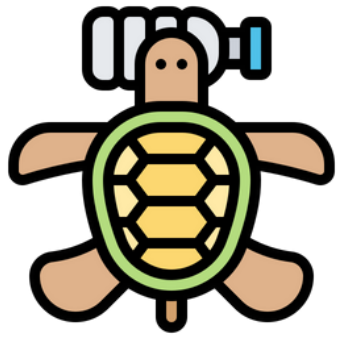
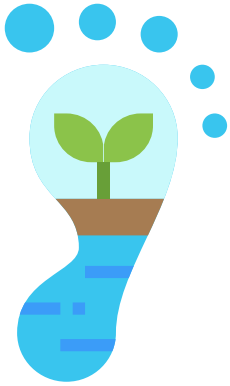



HELP


RECYCLE


PLAN
SHIELD

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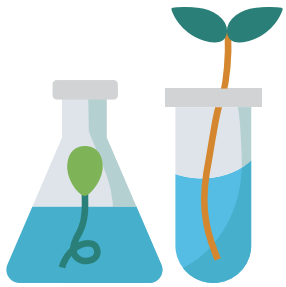



14
LIFE BELOW
WATER

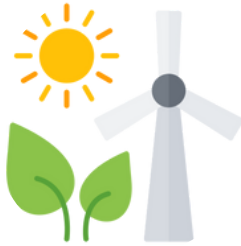

CO2


GLASS


RECYCLE
REDUCE
REUSE


13
CLIMATE
ACTION


CO2




ORGANIC

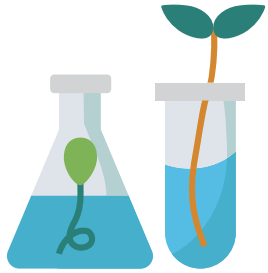

PLASTIC

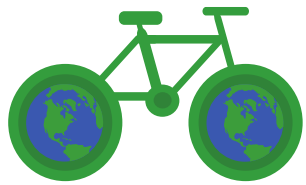

ECO


12
RESPONSIBLE
CONSUMPTION
AND PRODUCTION


RECYCLE
REDUCE
REUSE


RECYCLE





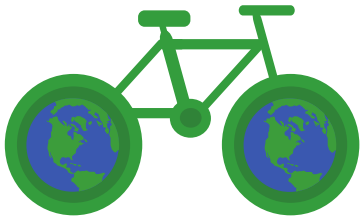

ORGANIC


PAPER
NEWS


GLASS


REDUCE
PLASTIC


PLASTIC




CO2
CO2

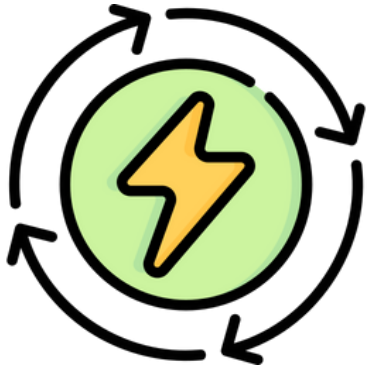

HELP


REDUCE
PLASTIC

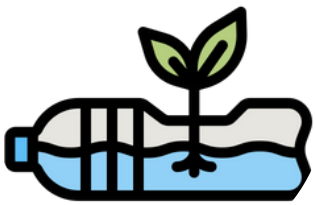

RECYCLE

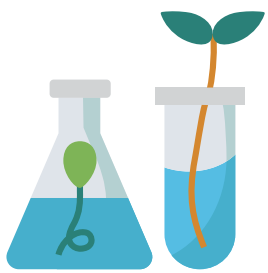

REDUCE
PLASTIC

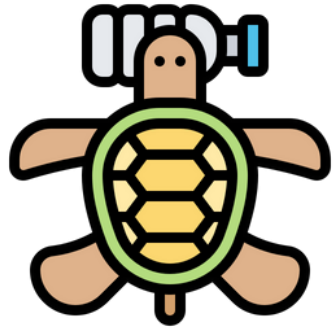

ECO




13
CLIMATE
ACTION








ECO

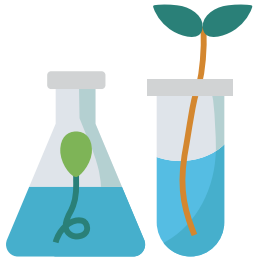

ORGANIC

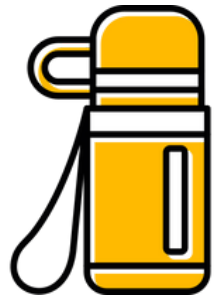

REDUCE
PLASTIC

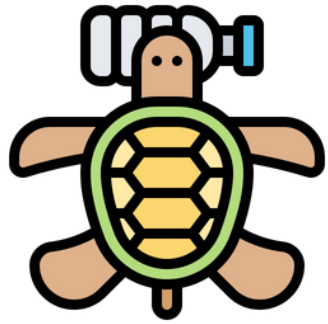

RECYCLE
REDUCE
REUSE

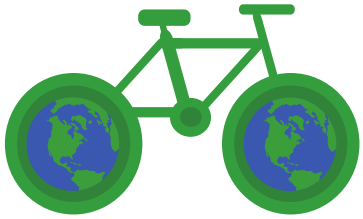

11
SUSTAINABLE CITIES
AND COMMUNITIES


GLASS



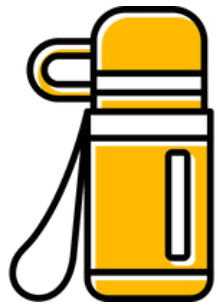


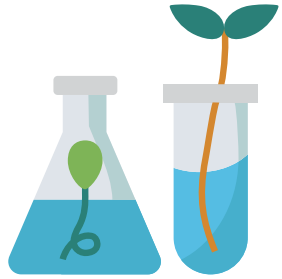





12
RESPONSIBLE
CONSUMPTION
AND PRODUCTION

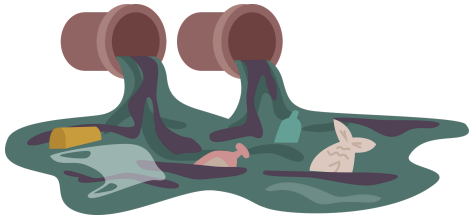

15
LIFE
ON LAND






HELP


ORGANIC

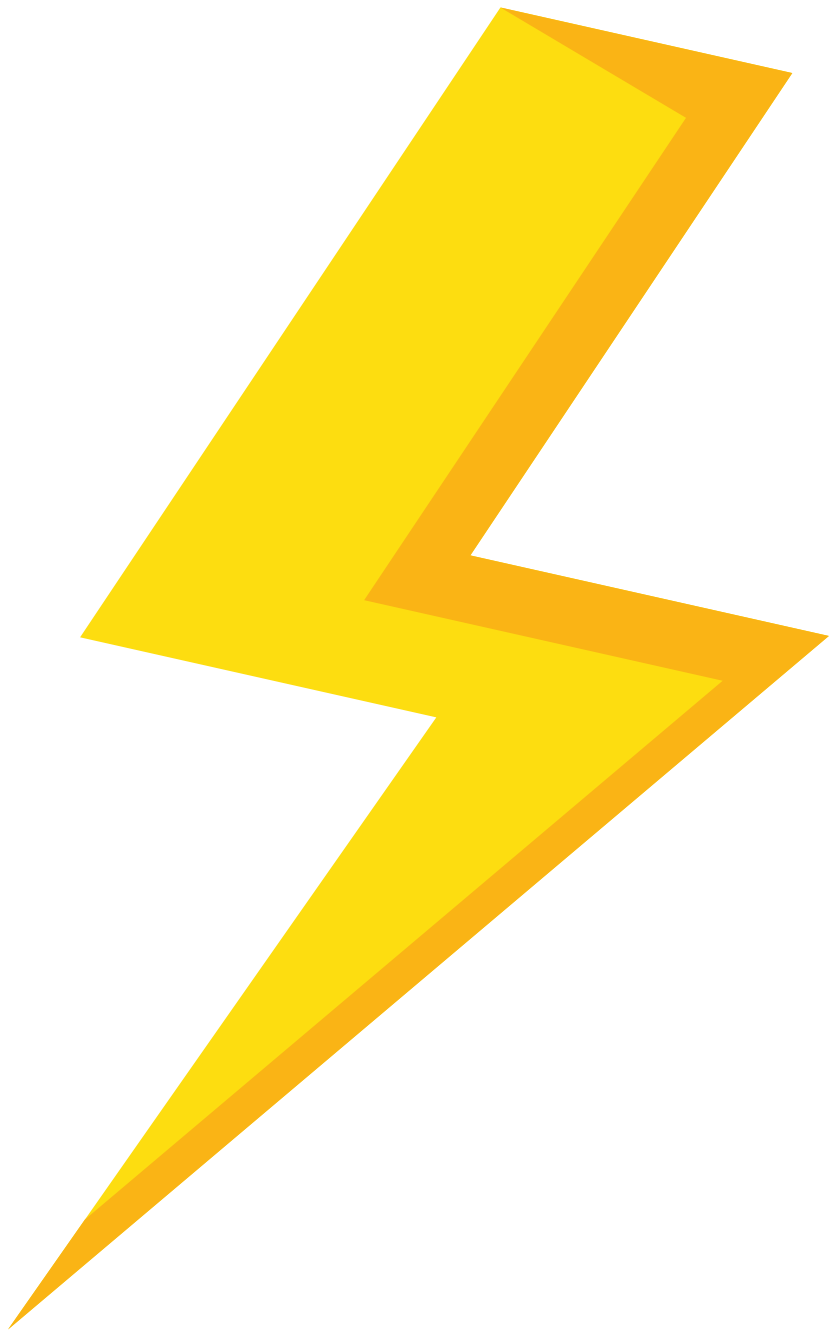


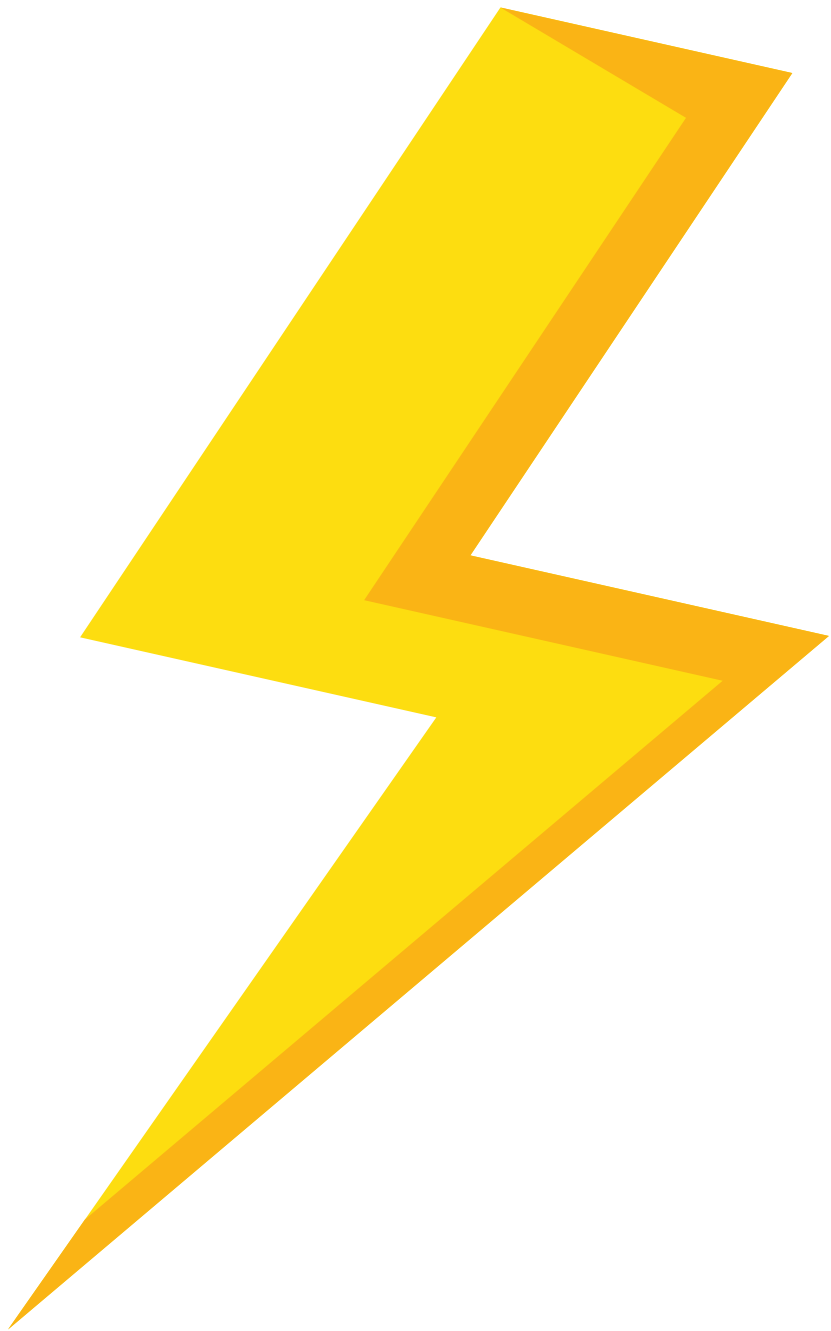

12
RESPONSIBLE
CONSUMPTION
AND PRODUCTION

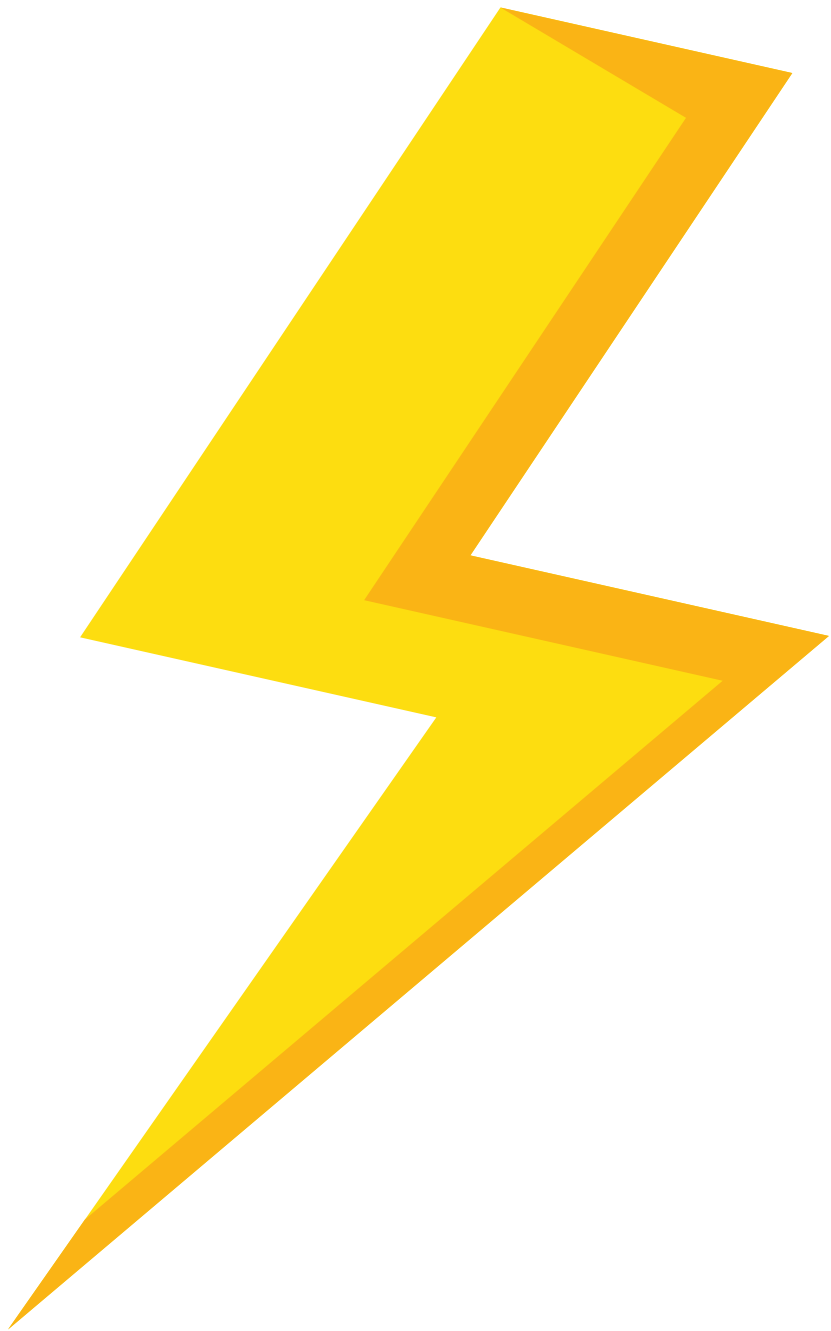

11
SUSTAINABLE CITIES
AND COMMUNITIES

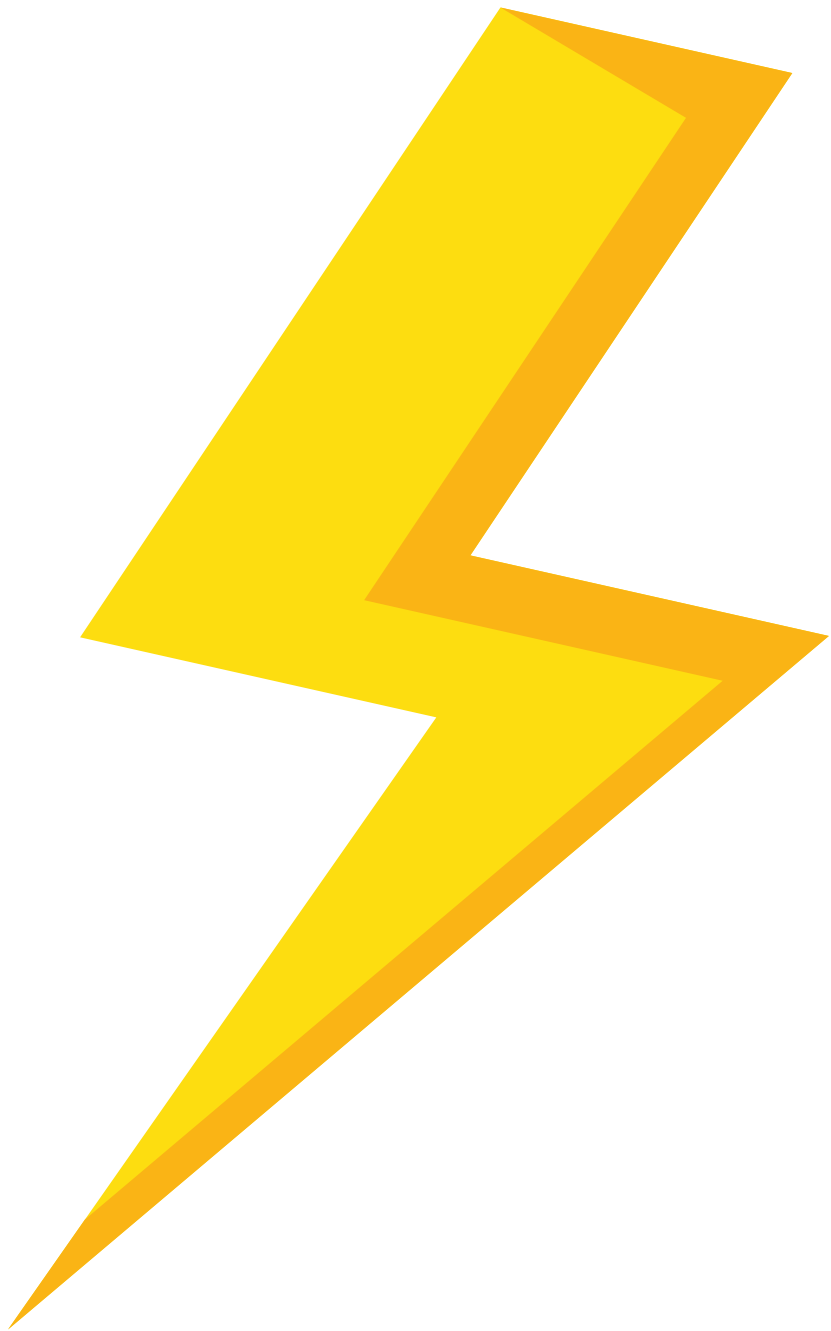

12
RESPONSIBLE
CONSUMPTION
AND PRODUCTION

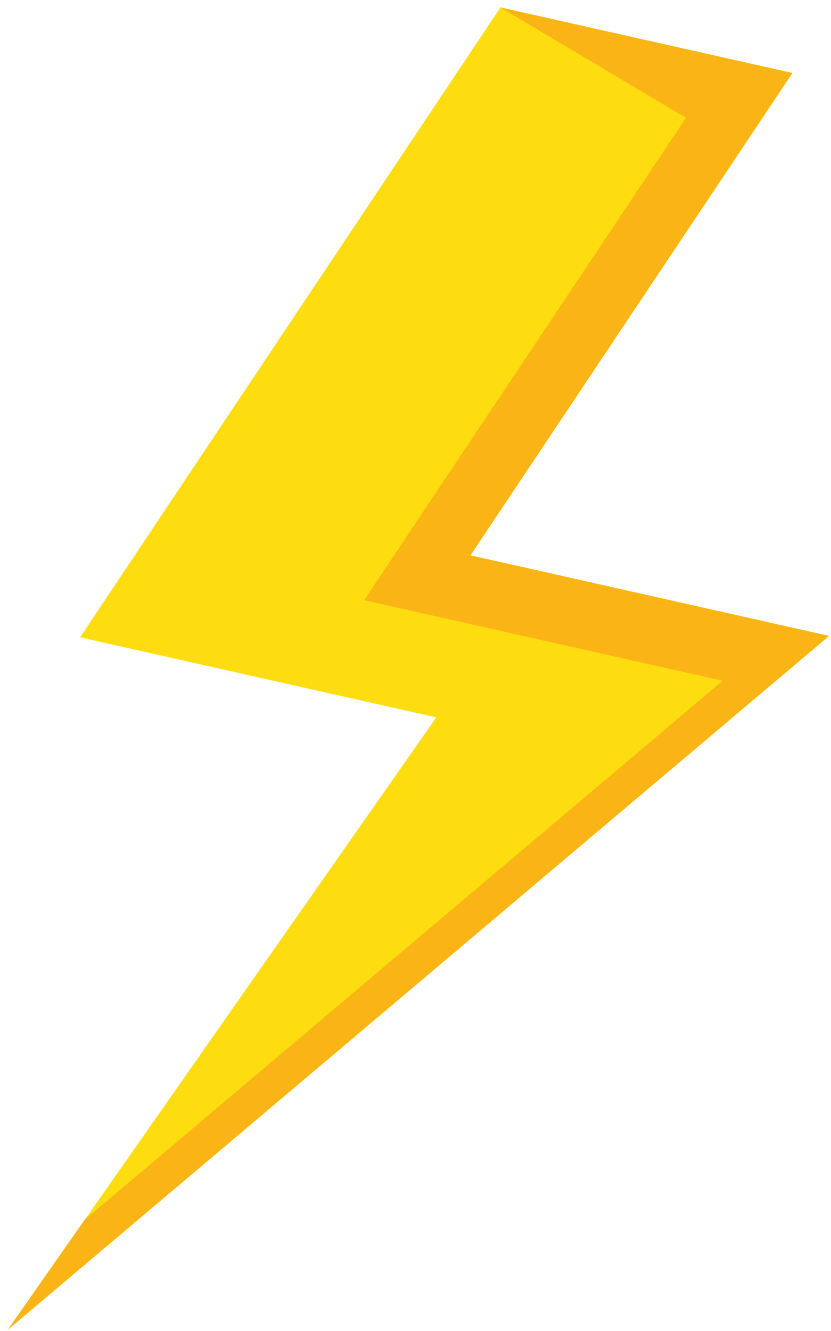

REDUCE
PLASTIC

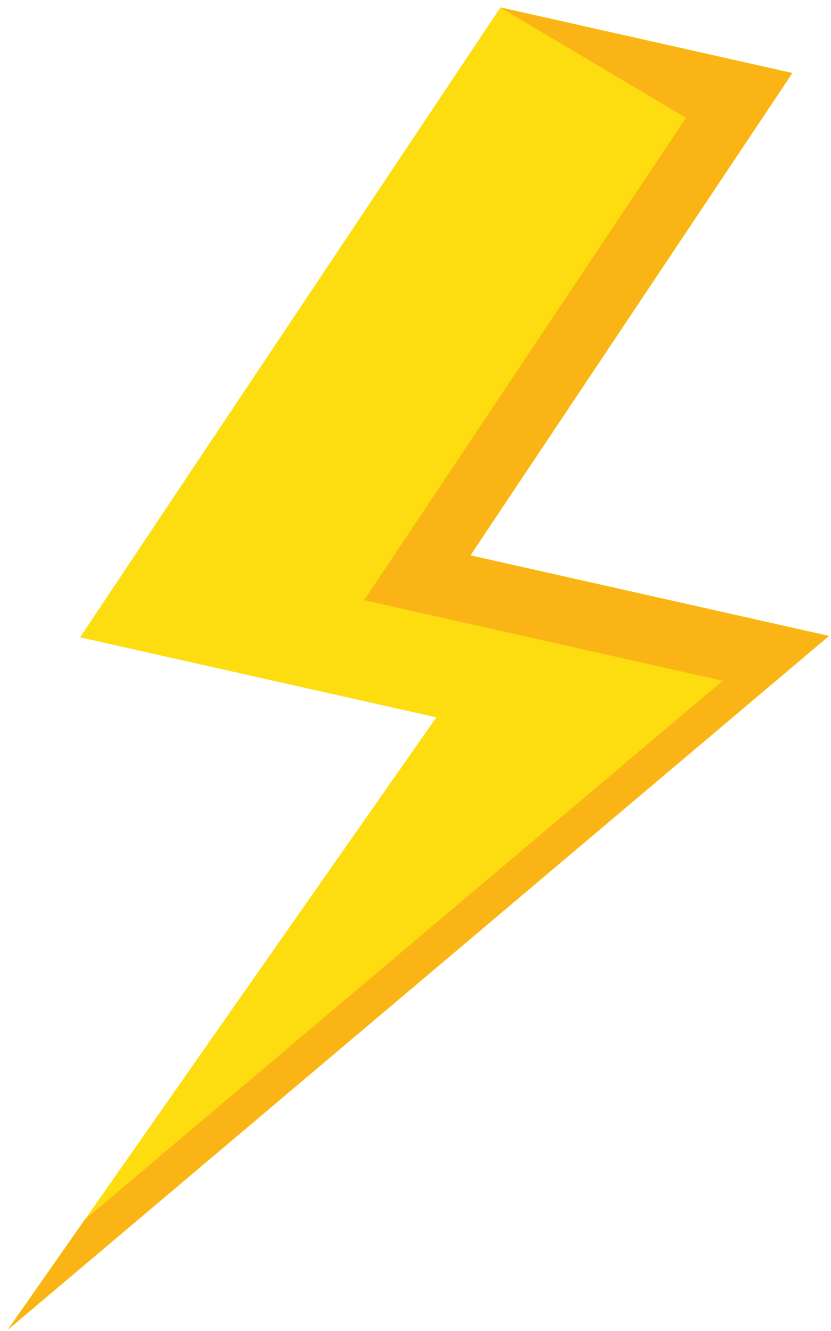


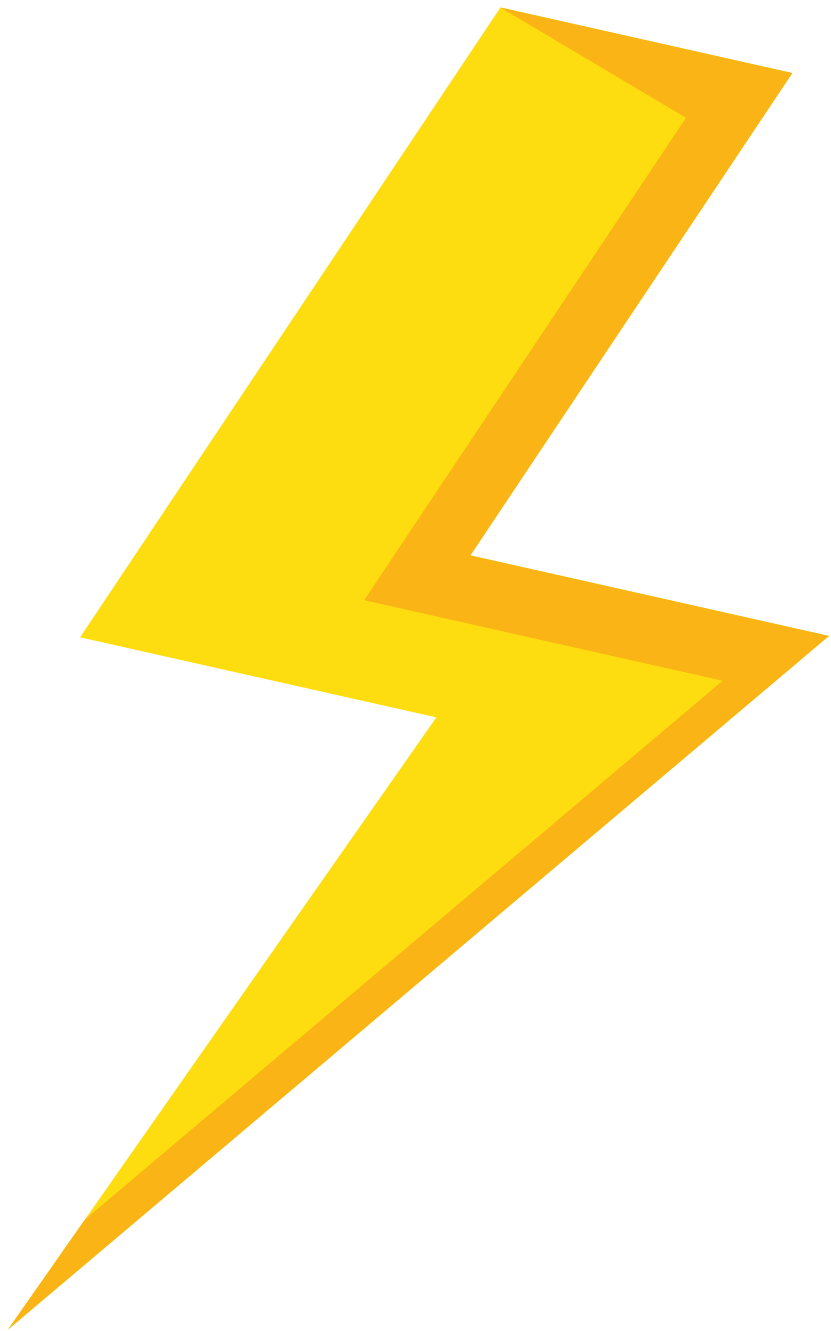


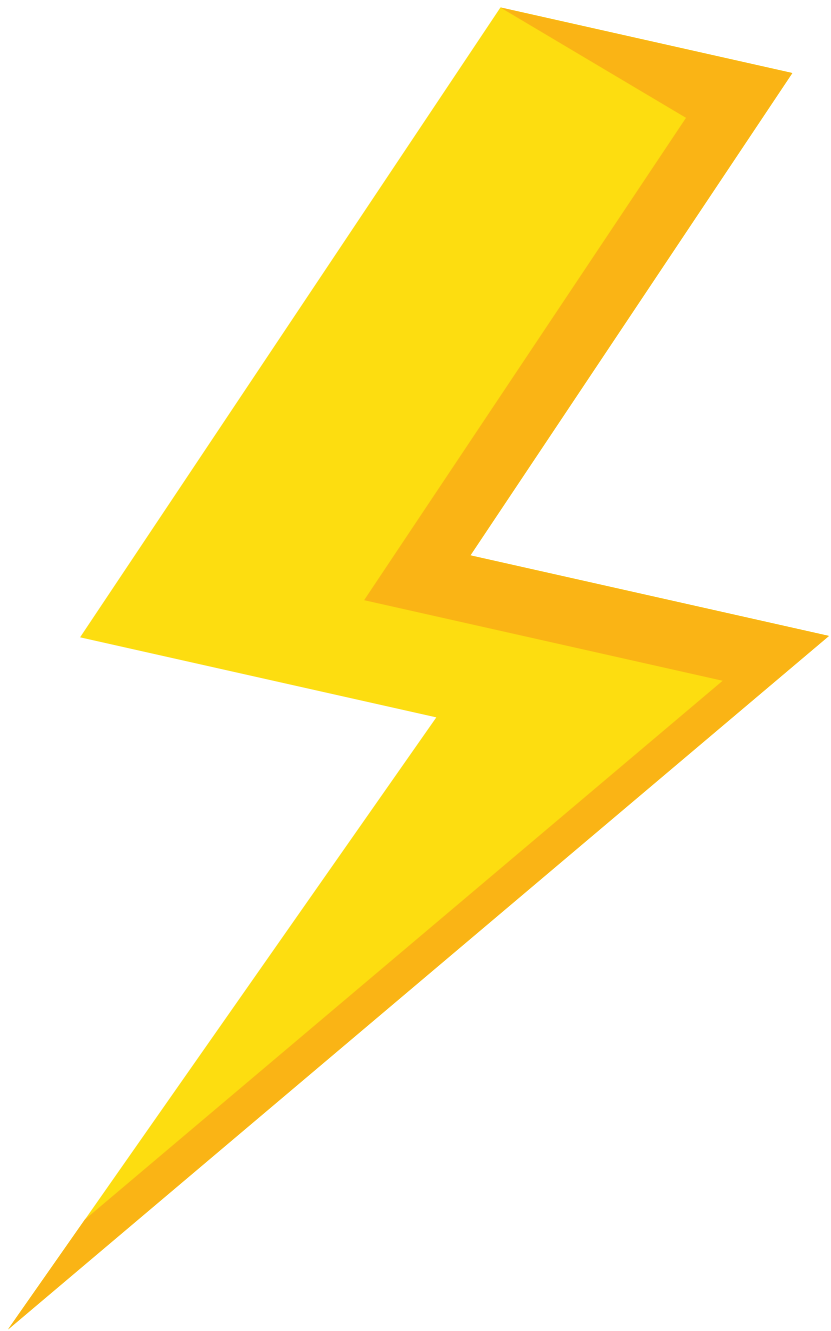


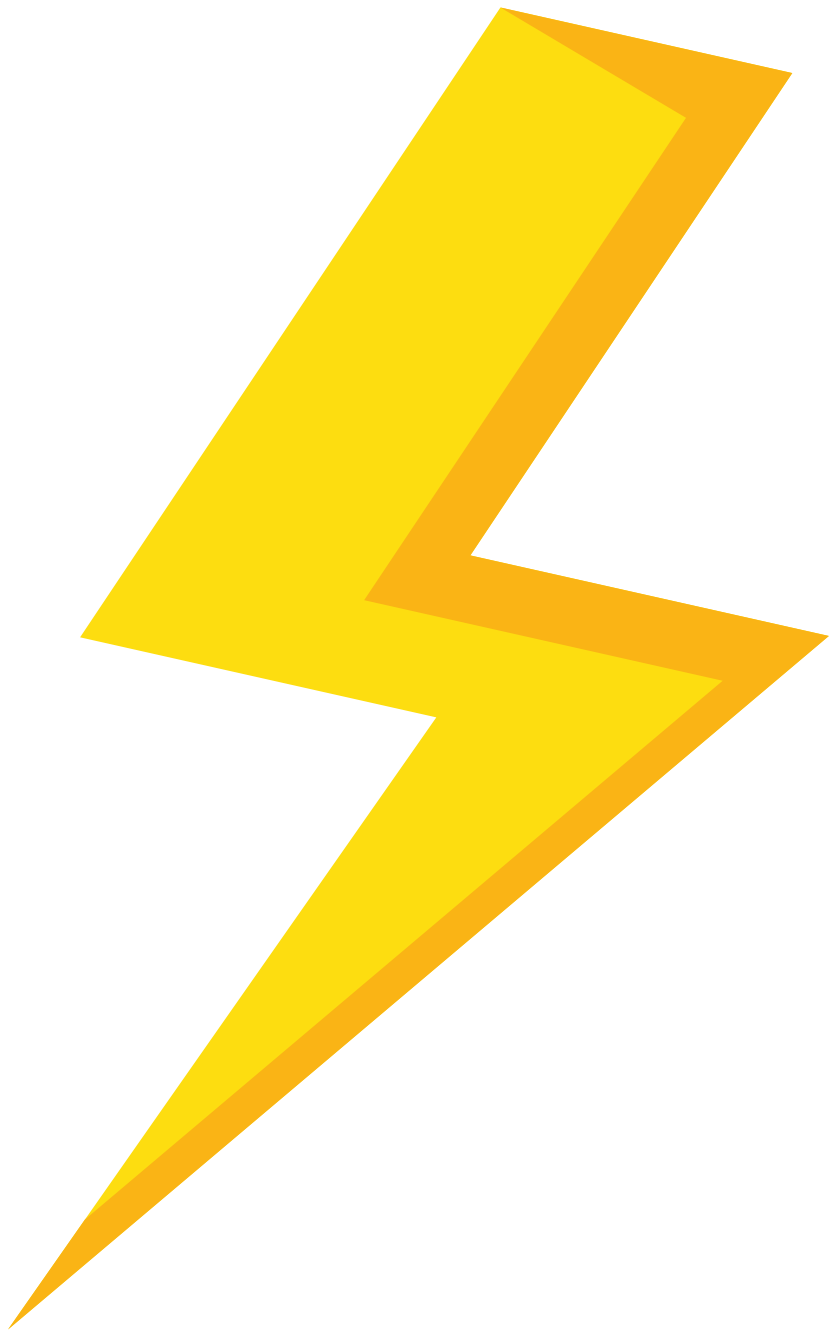


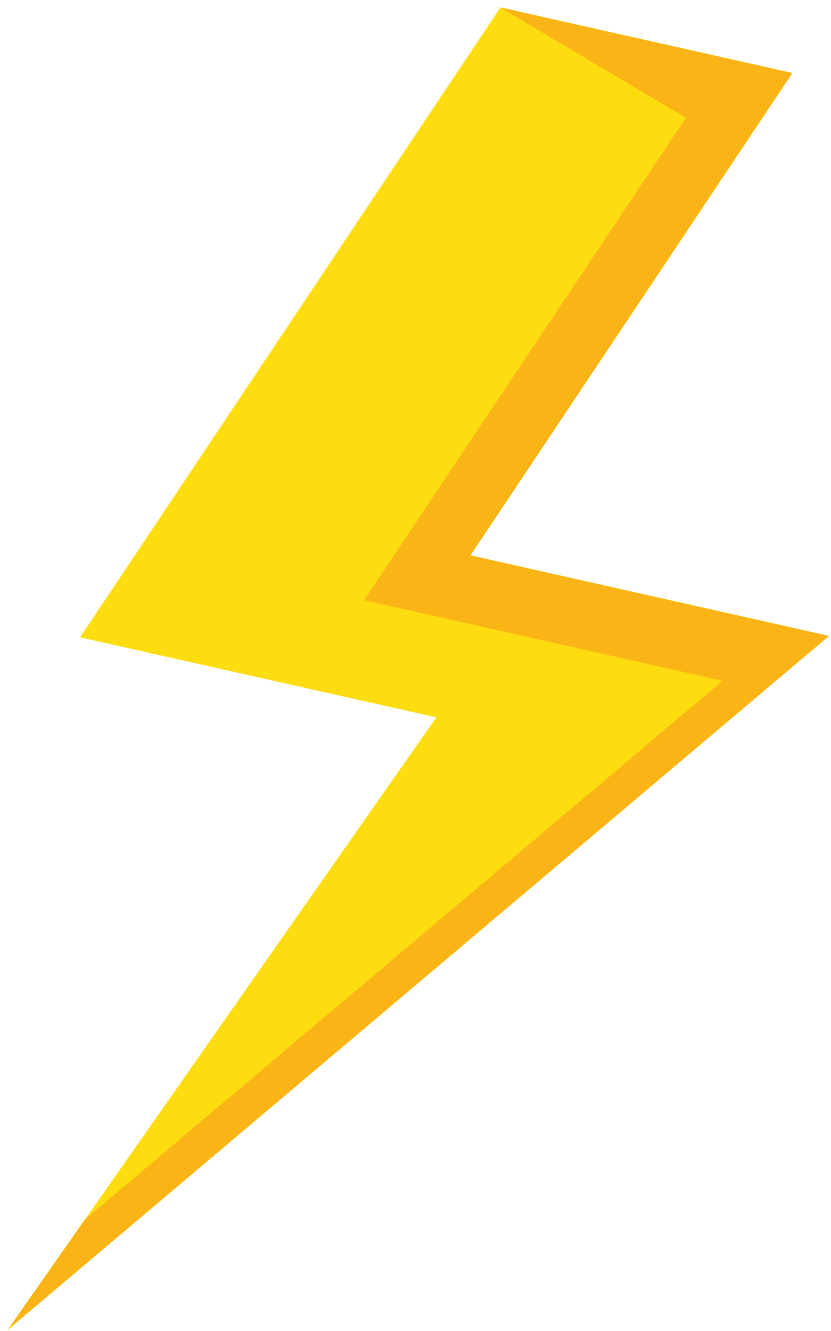


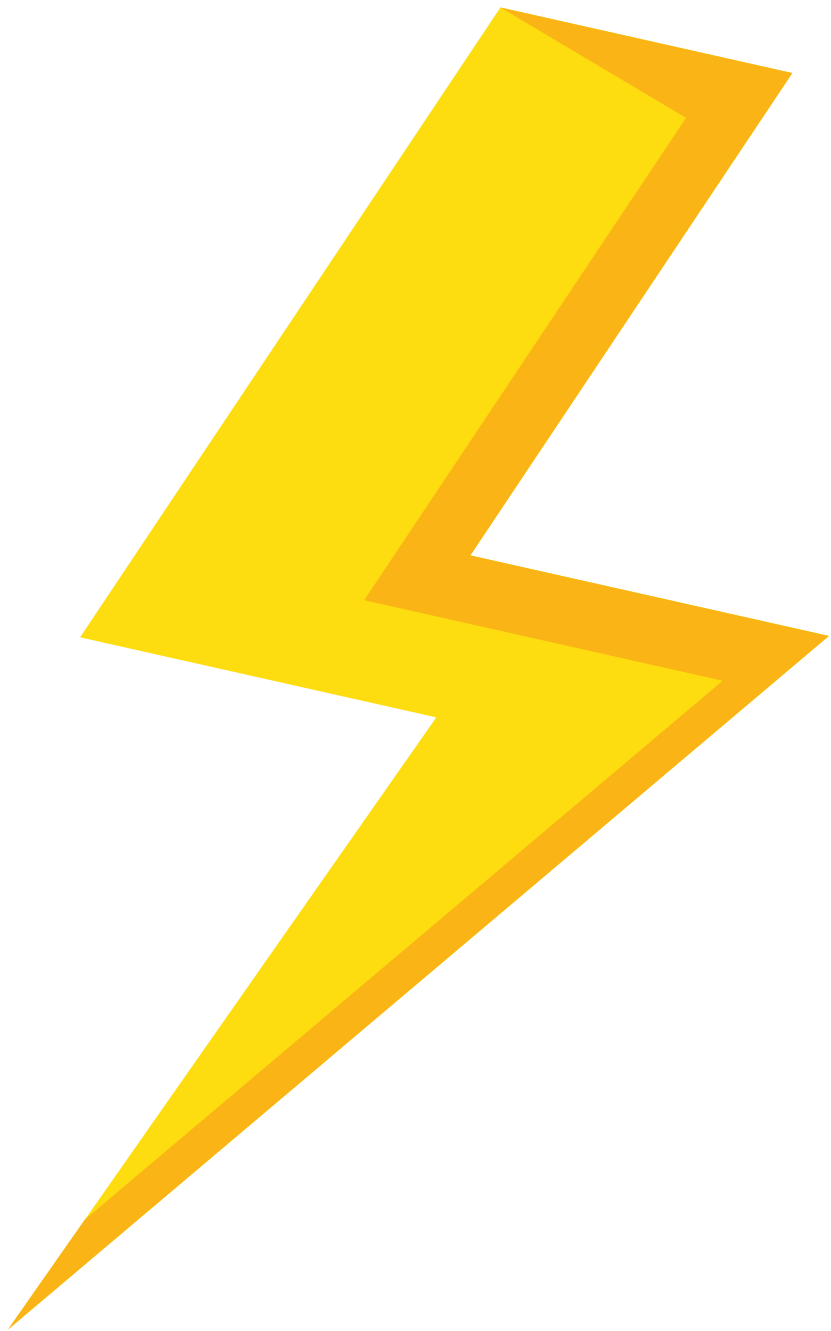


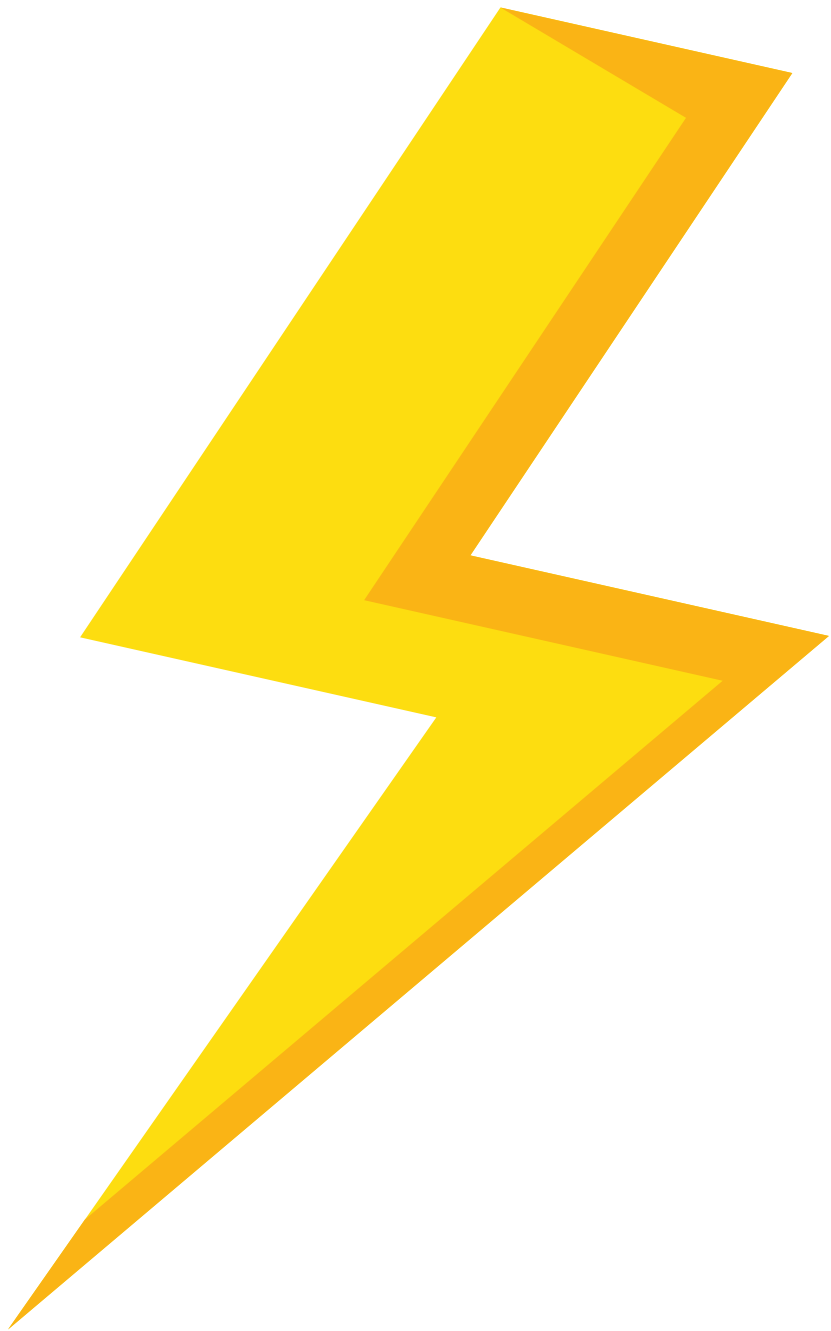


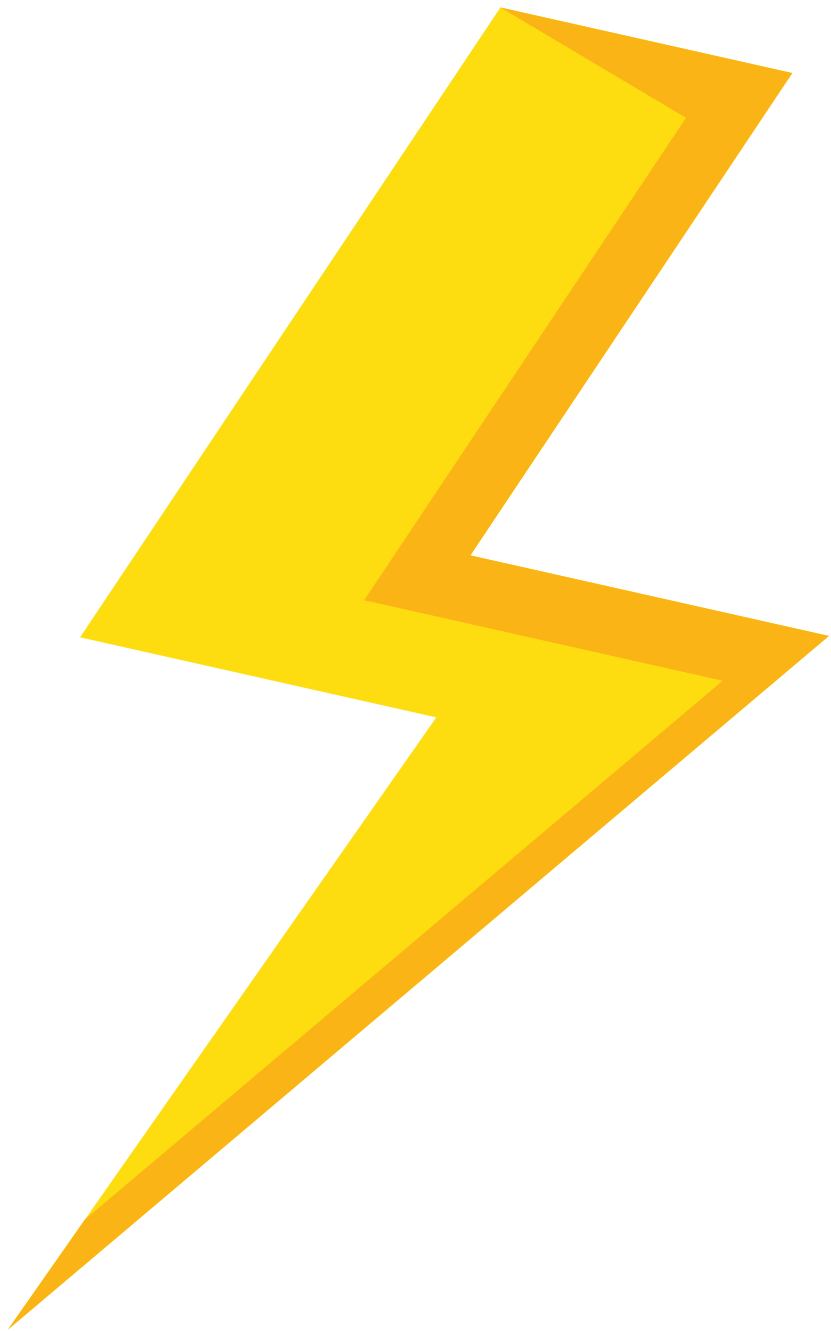


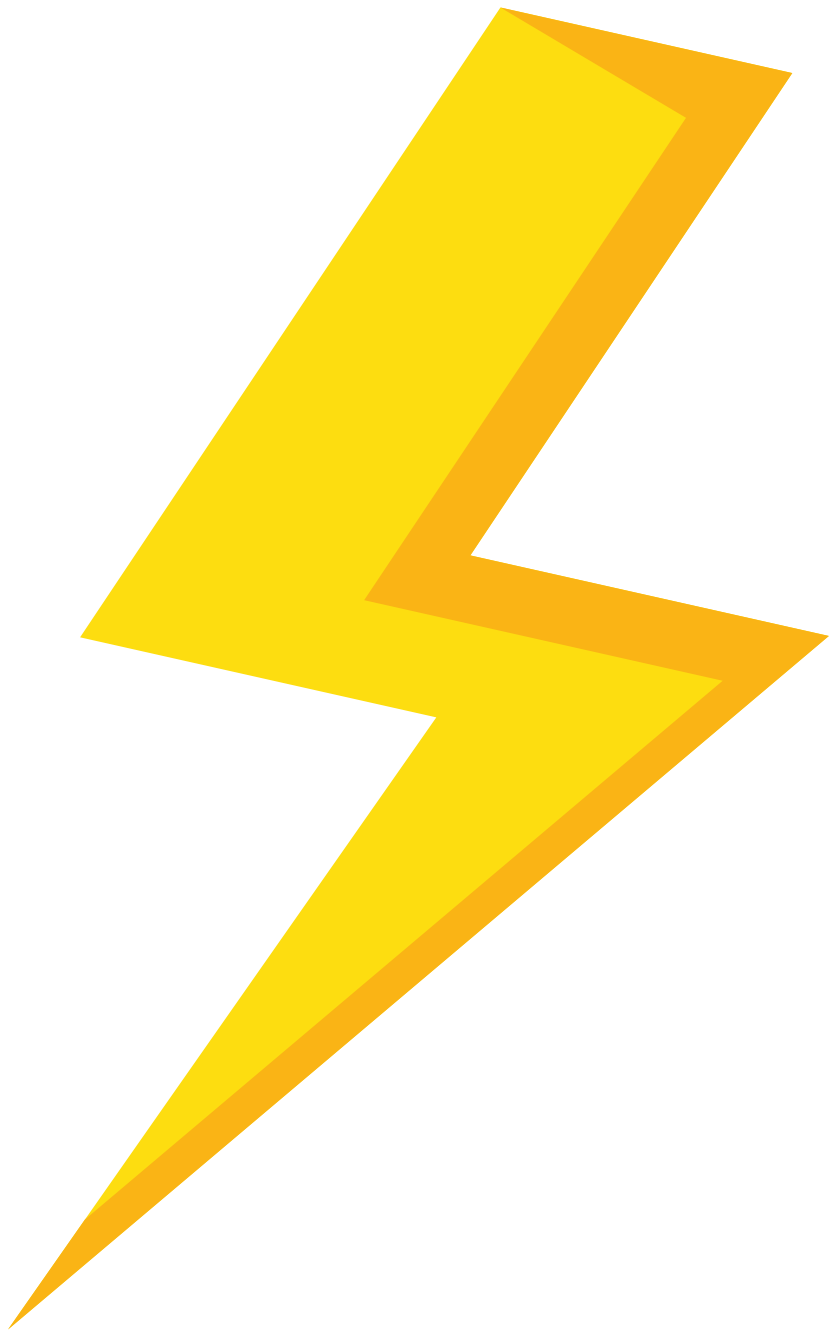


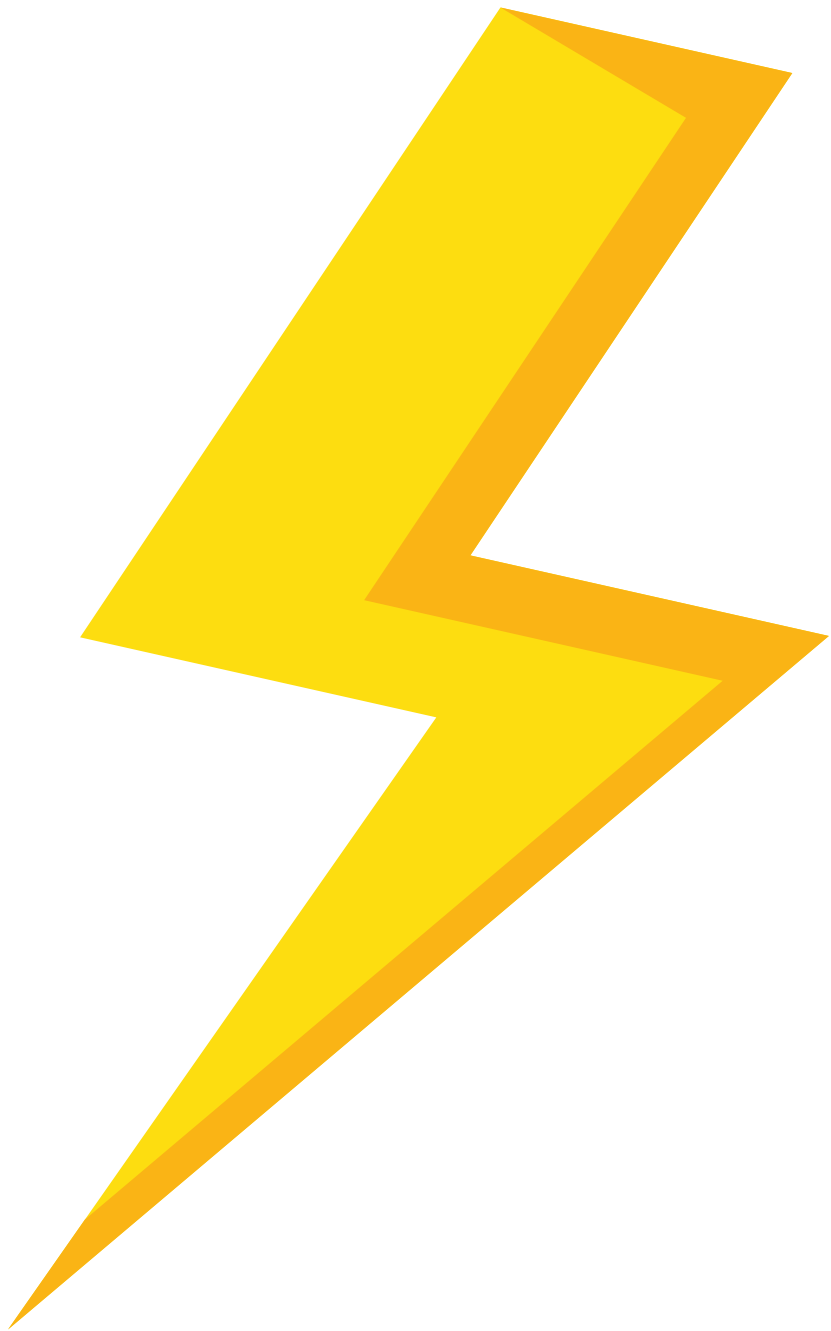


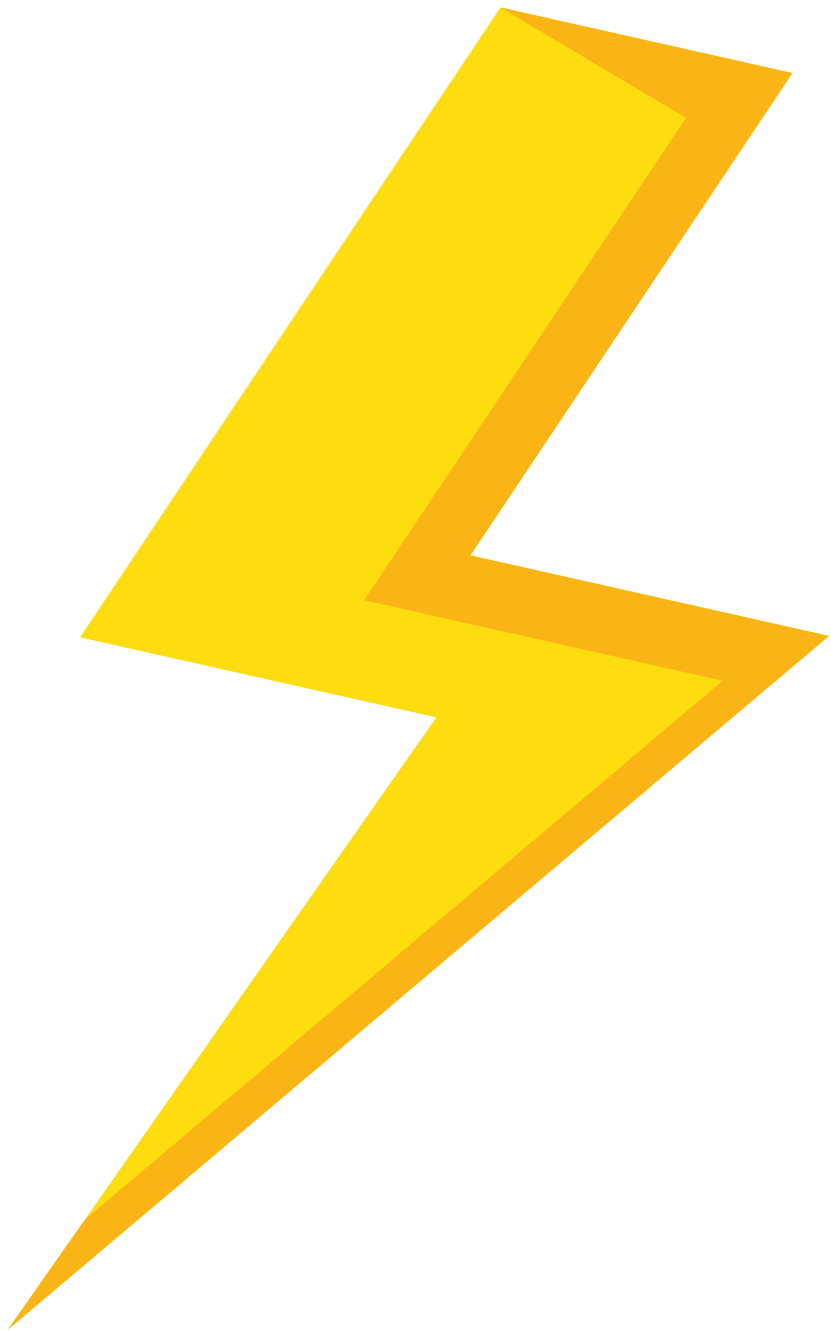


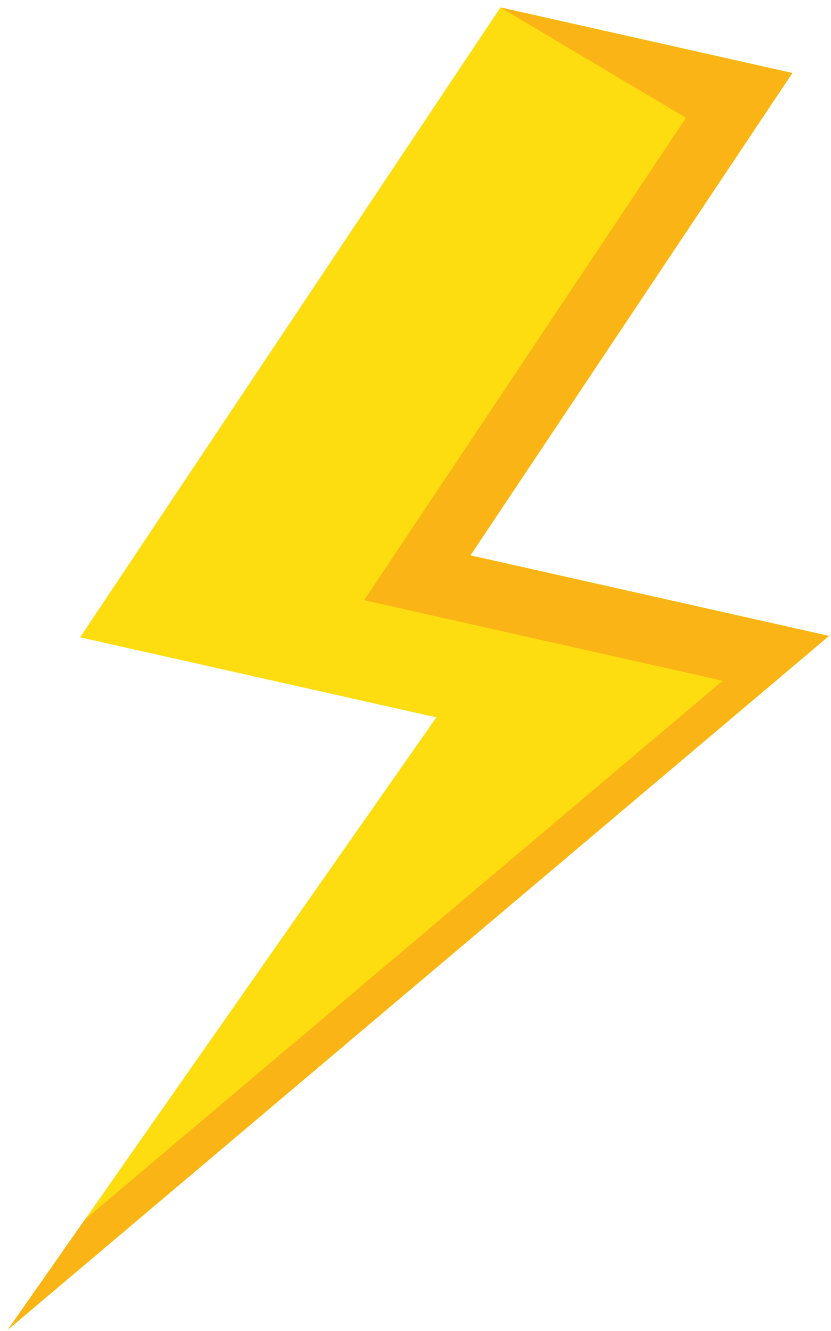


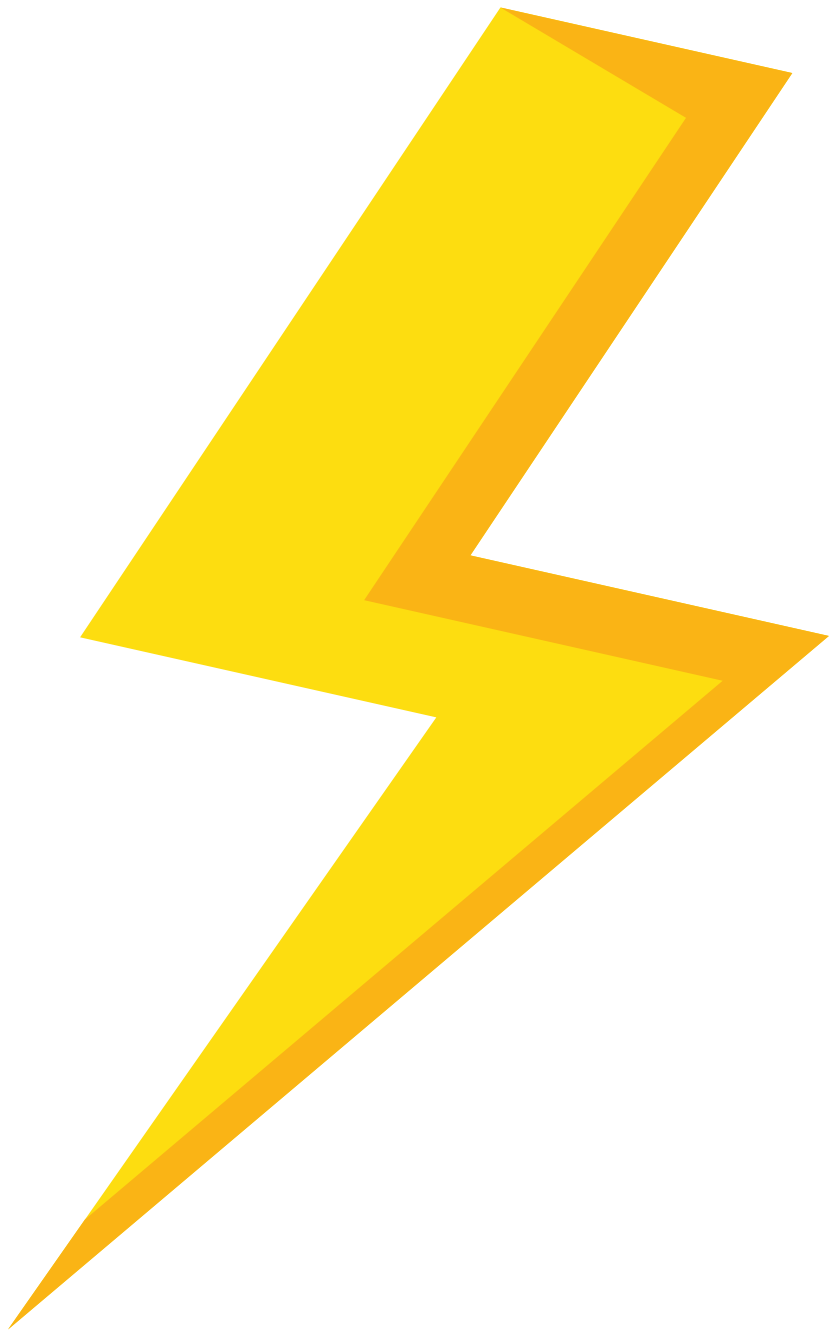


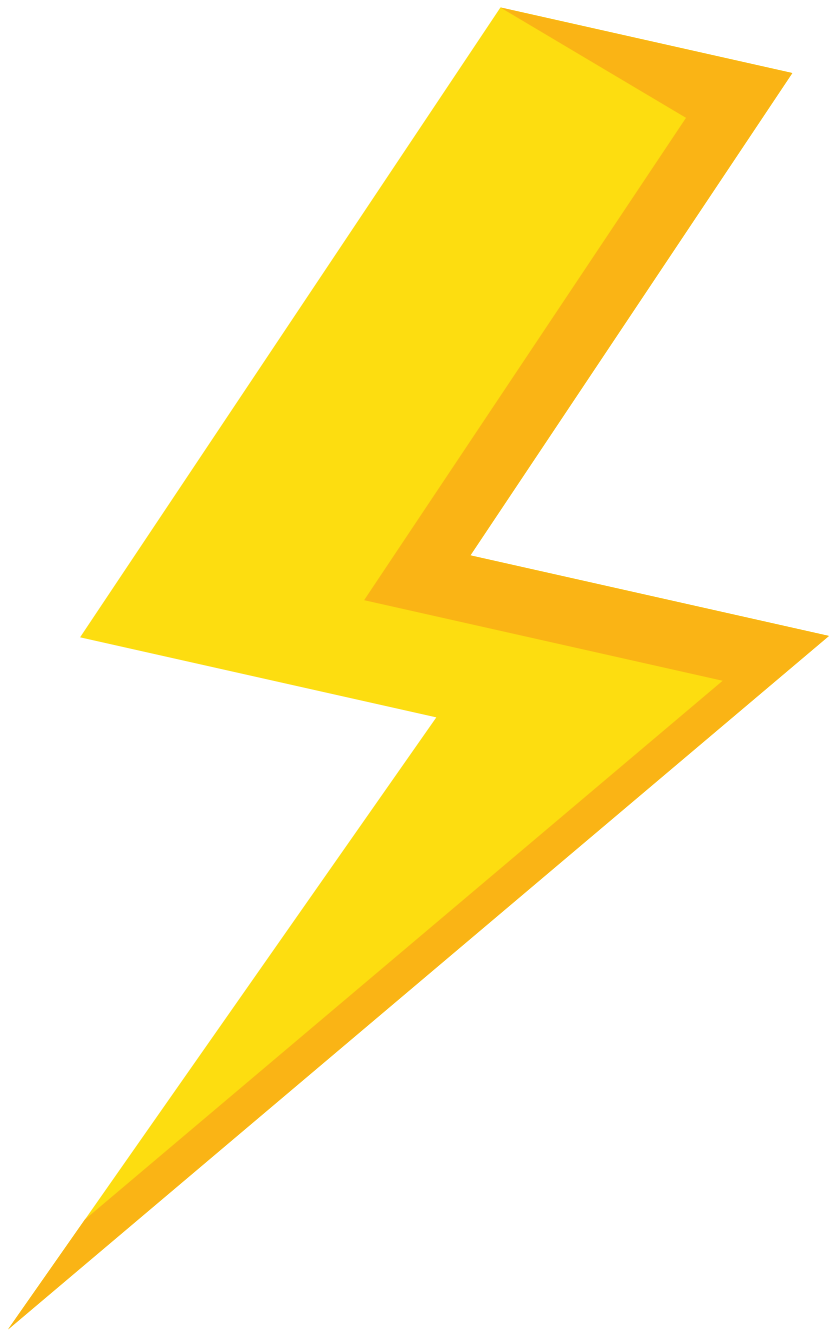


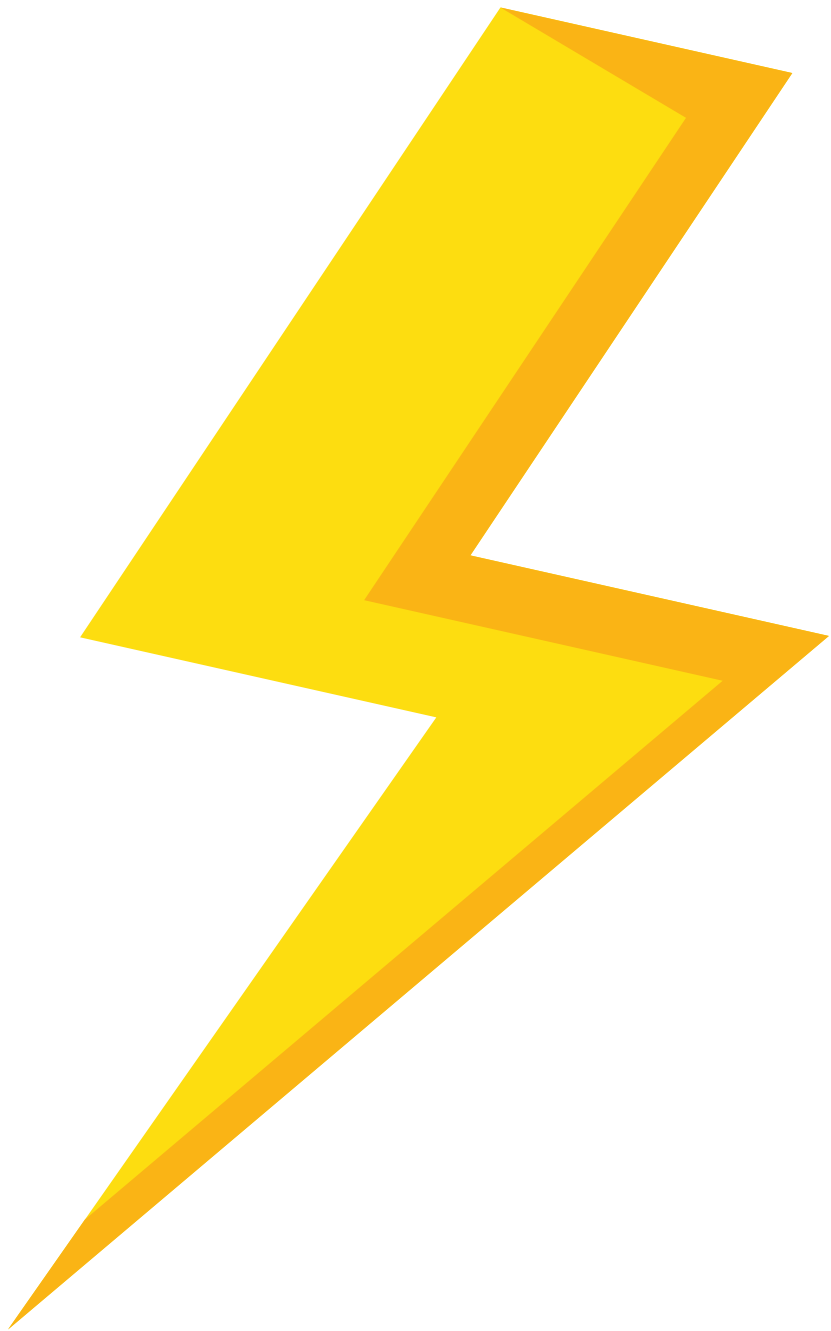


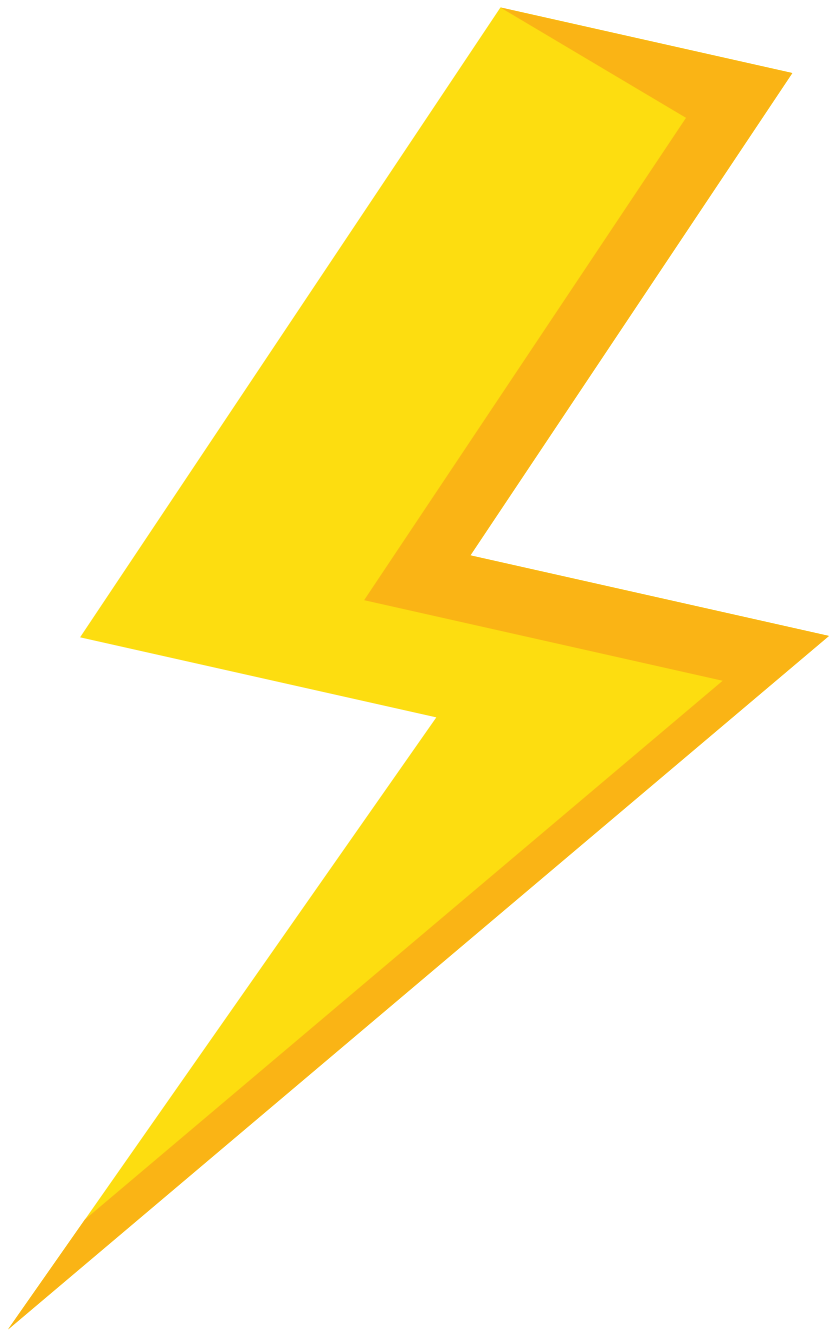


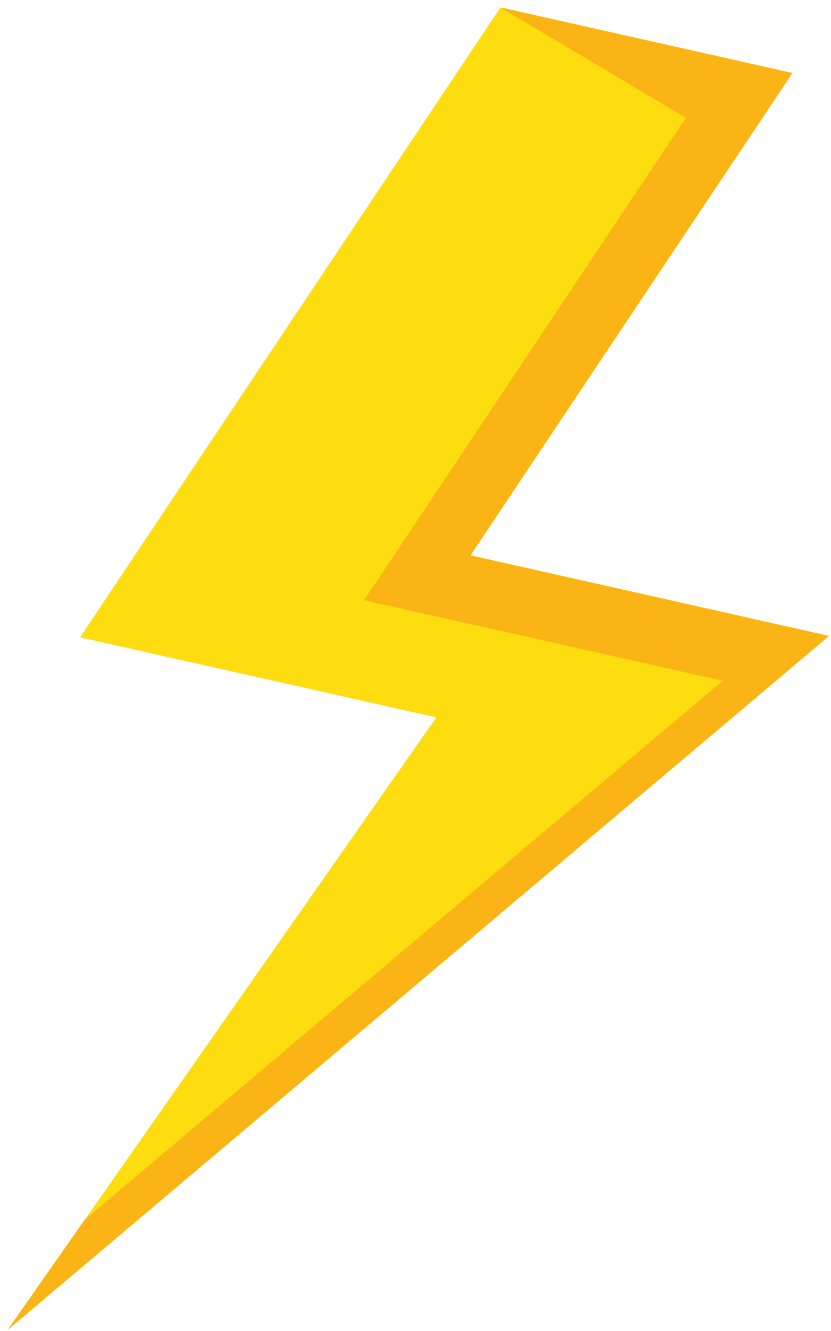


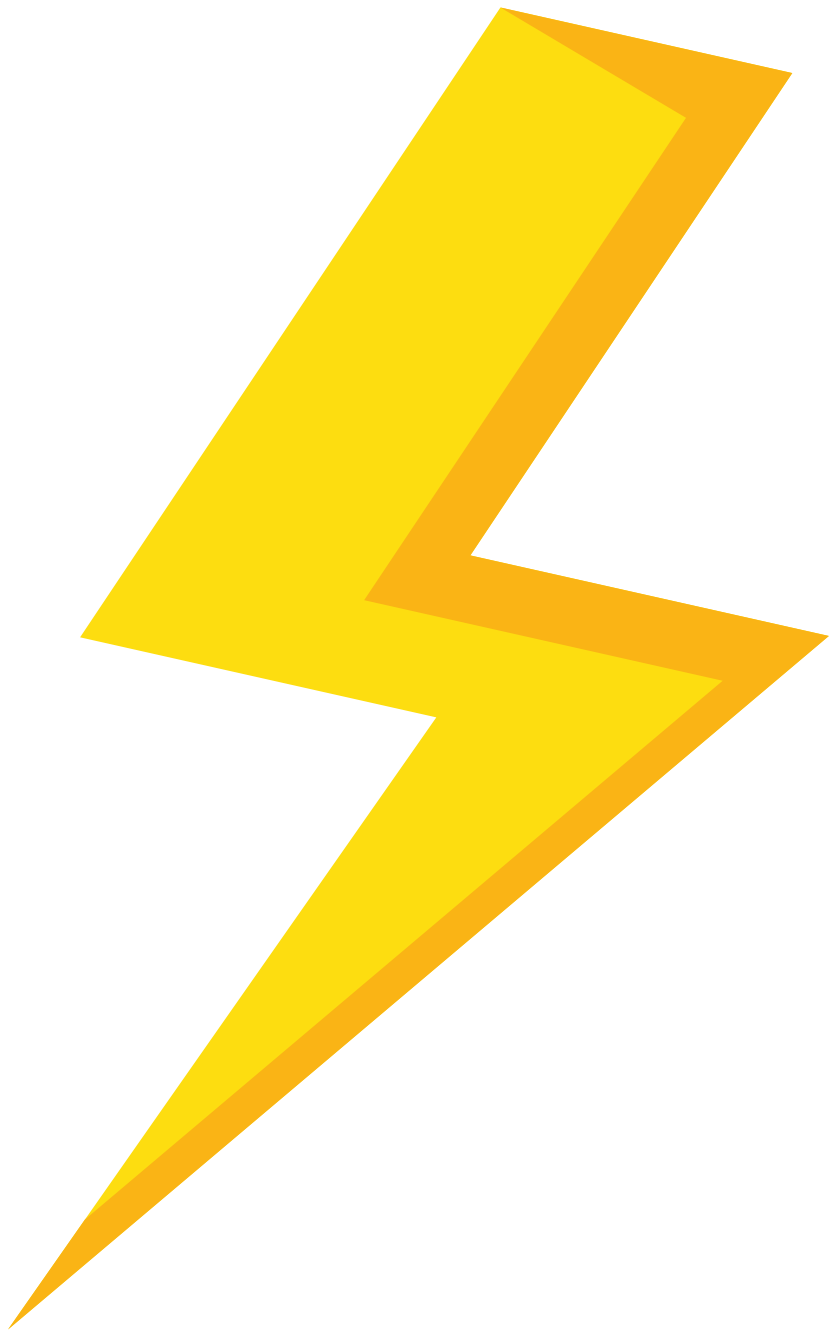


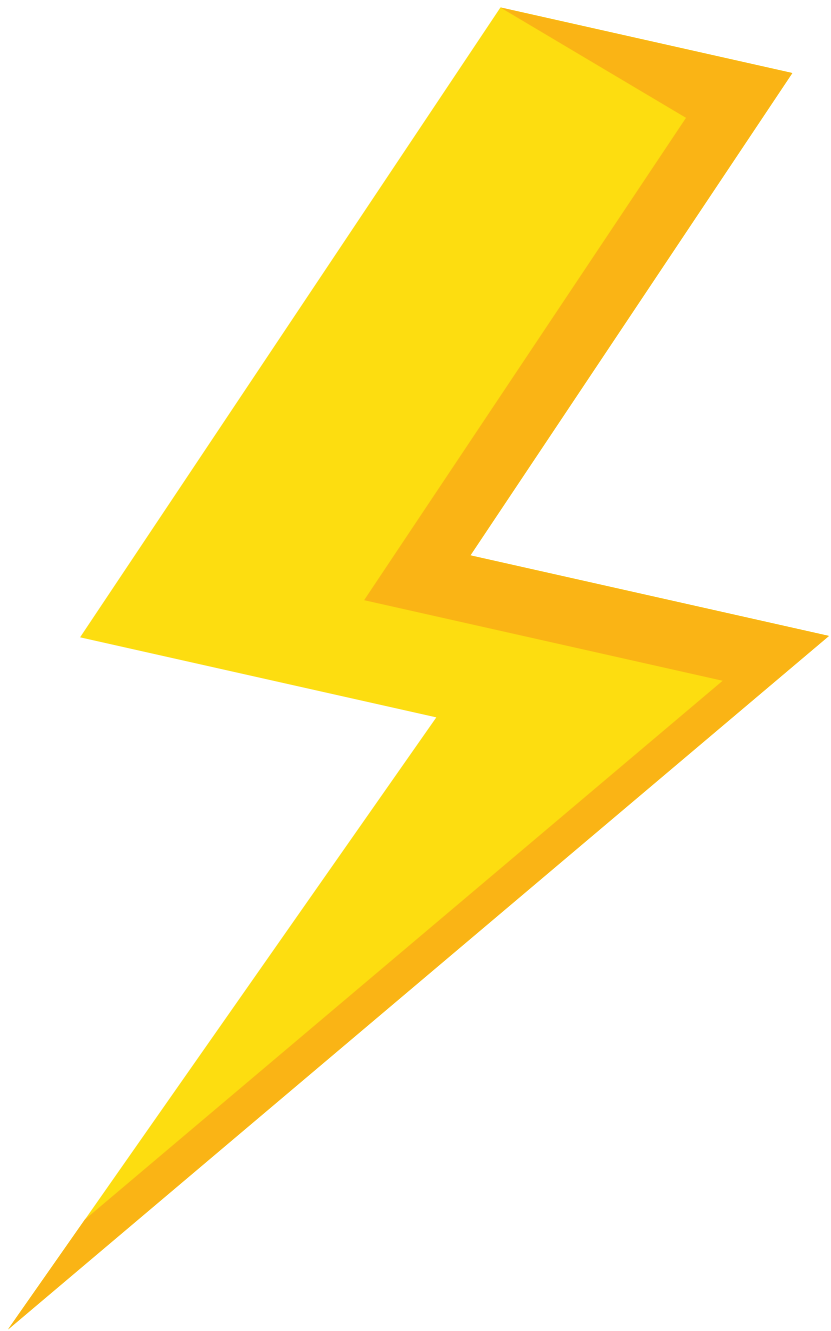


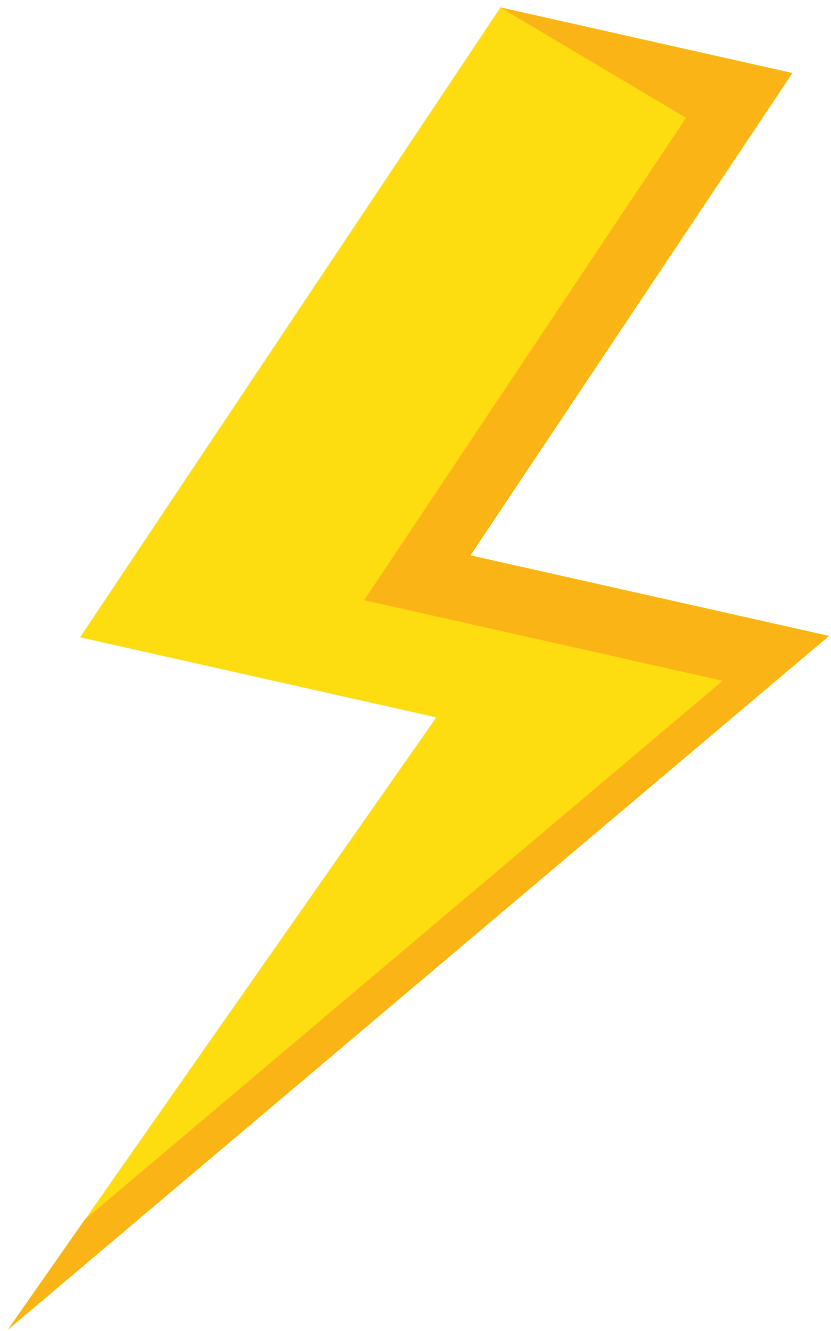


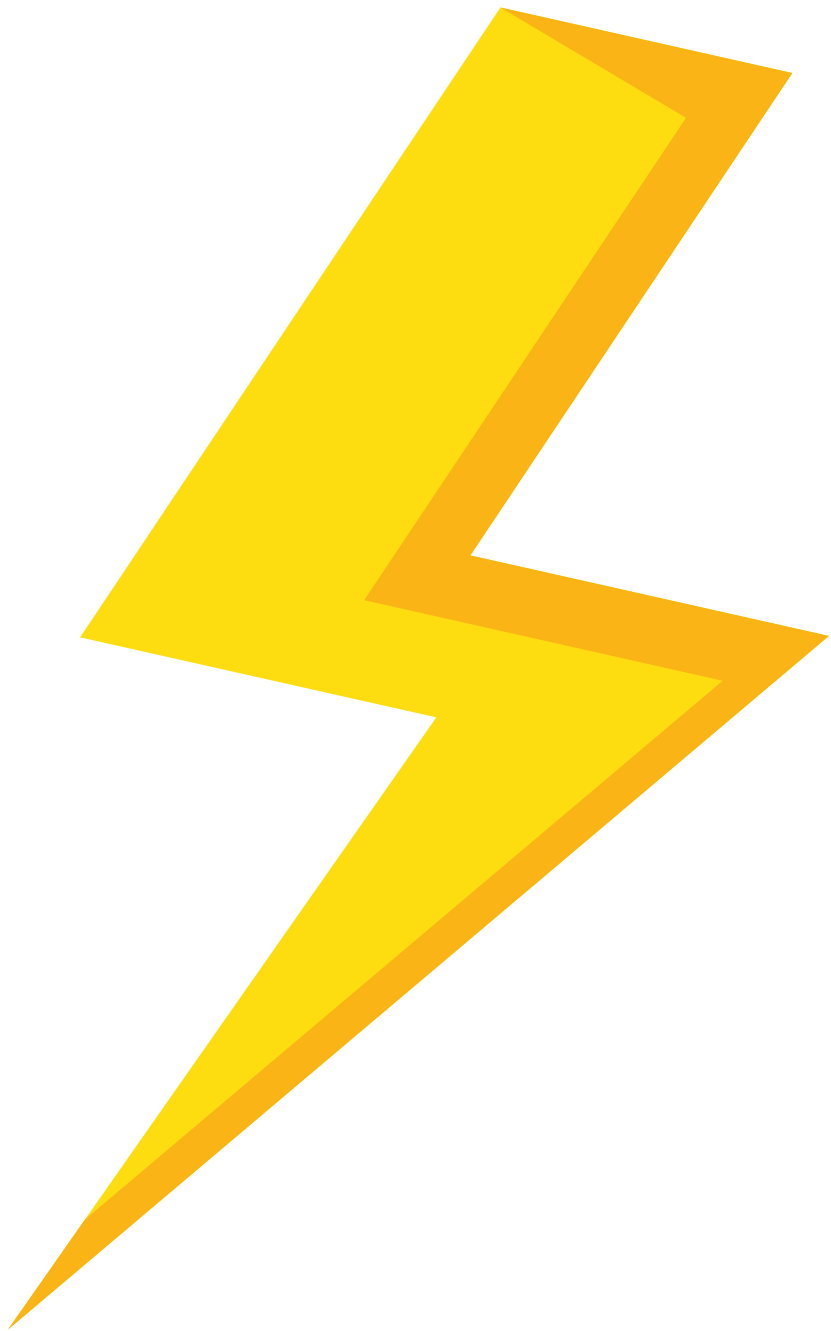


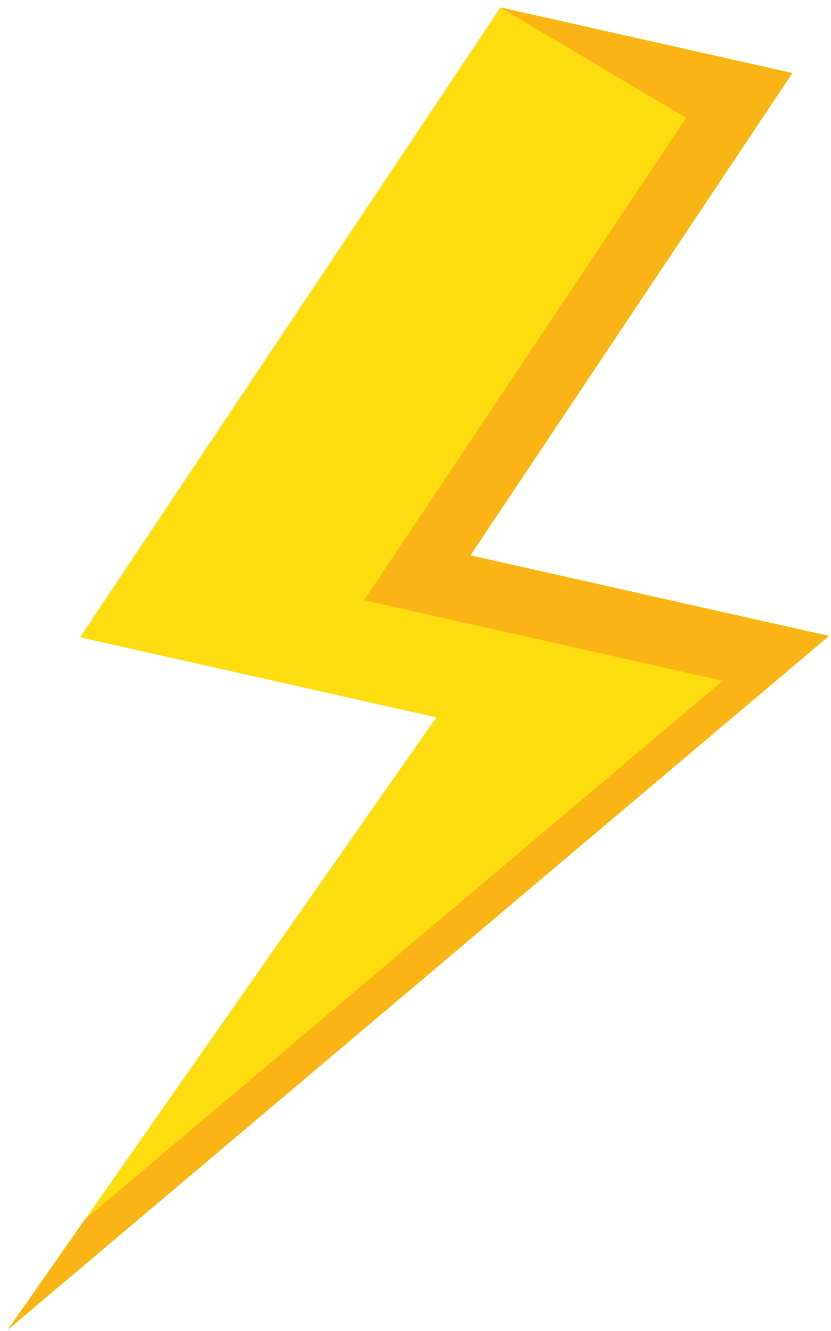


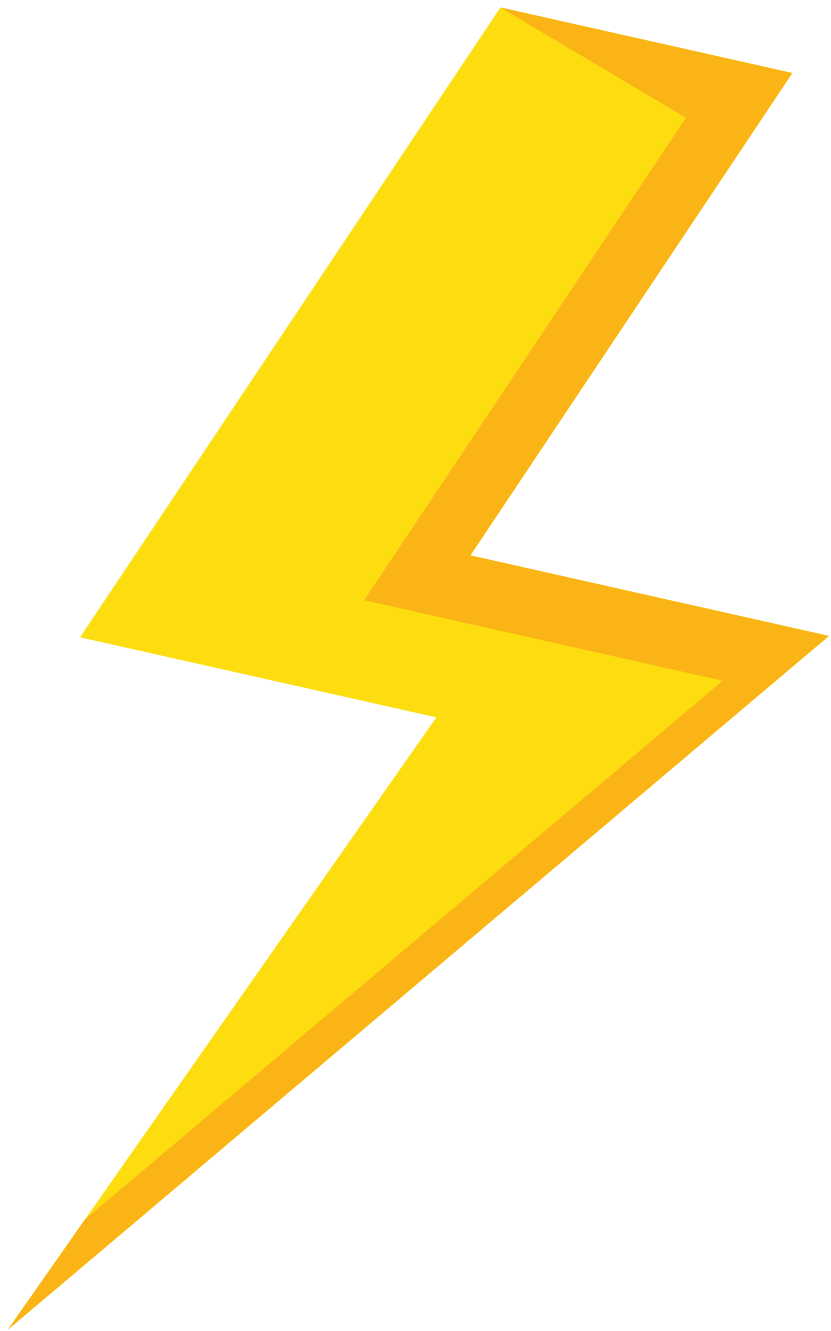


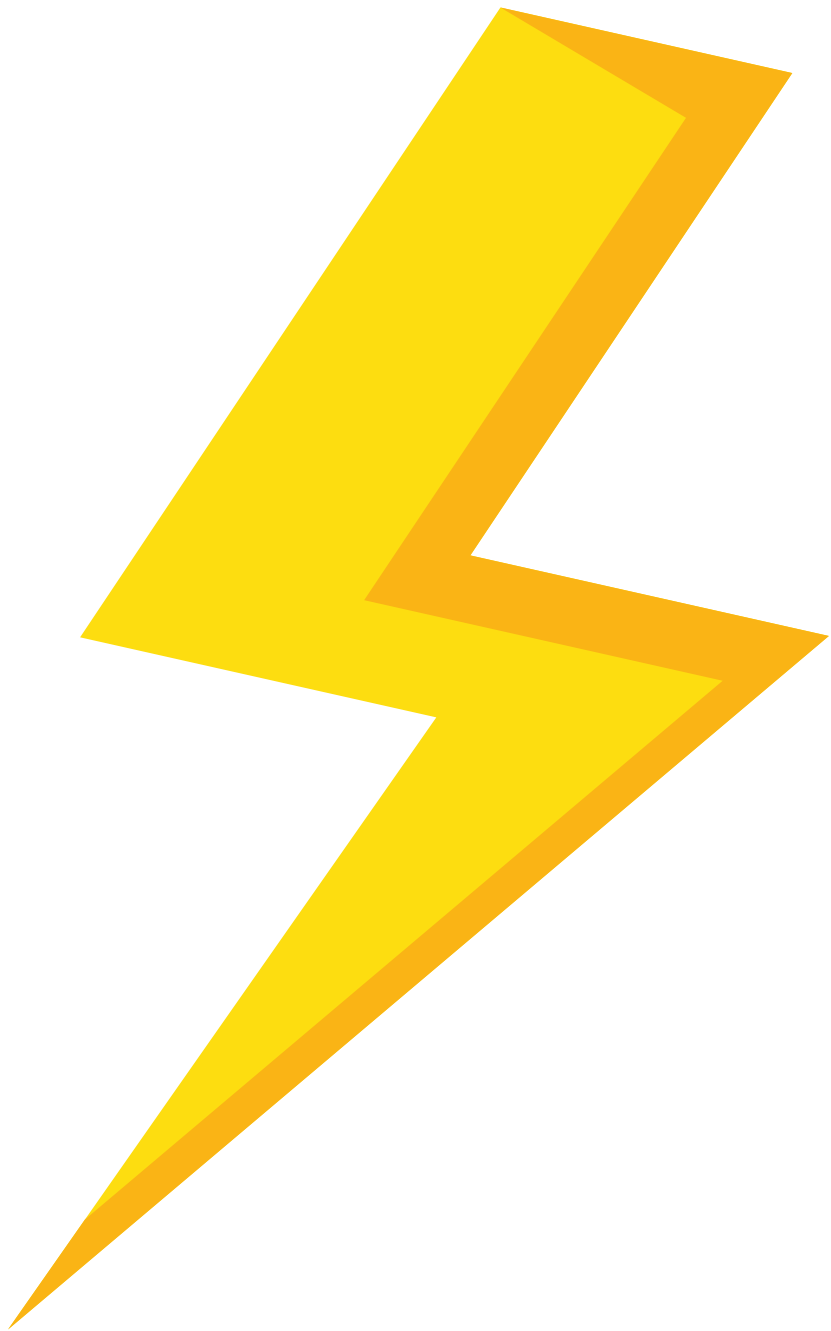


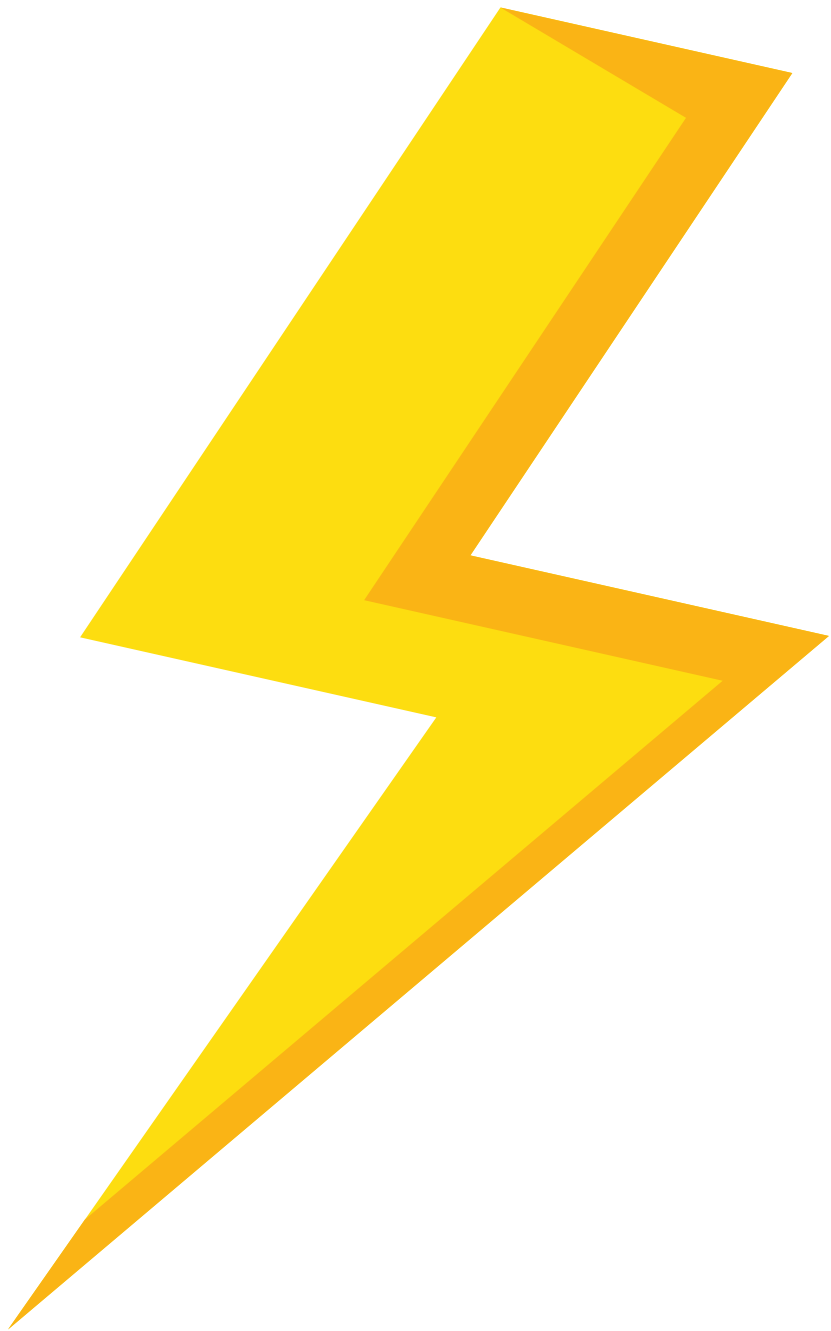


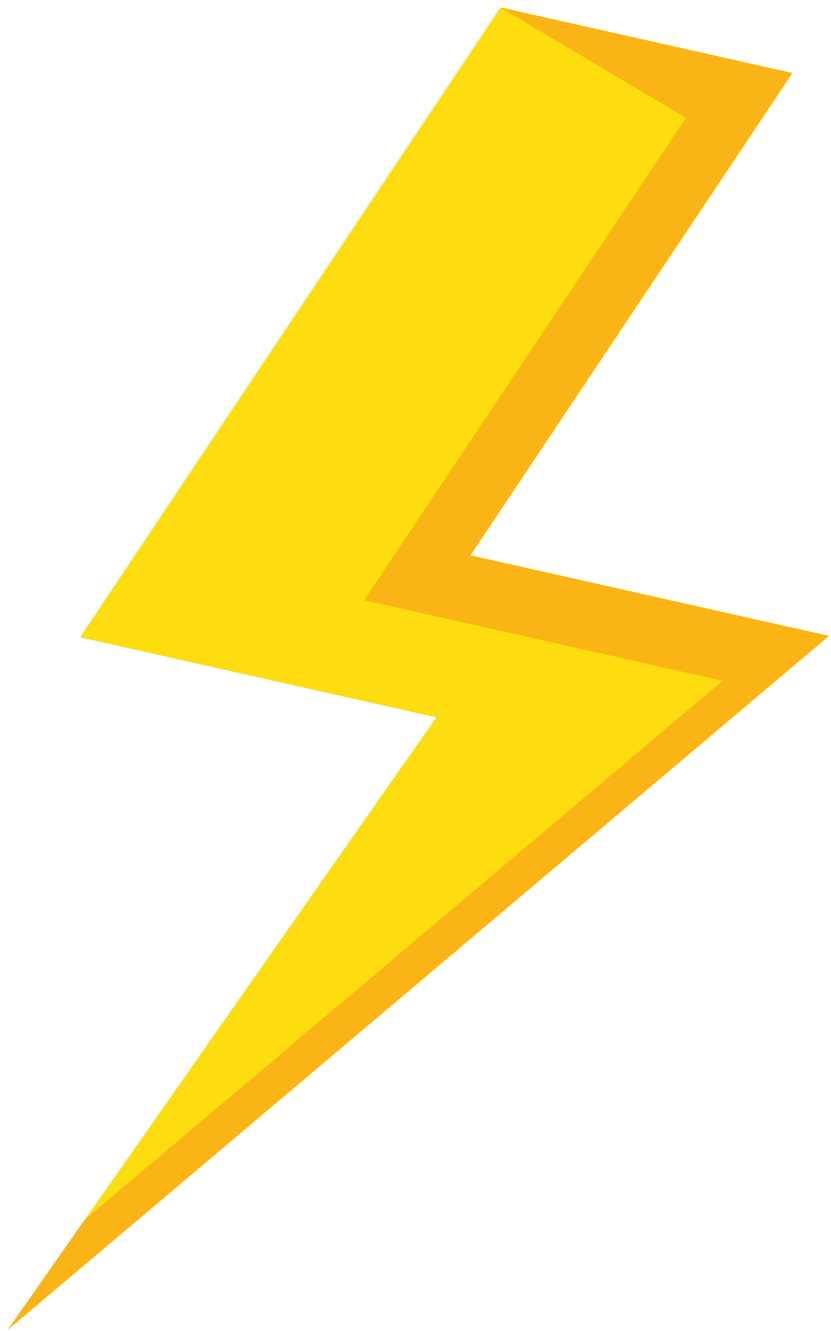


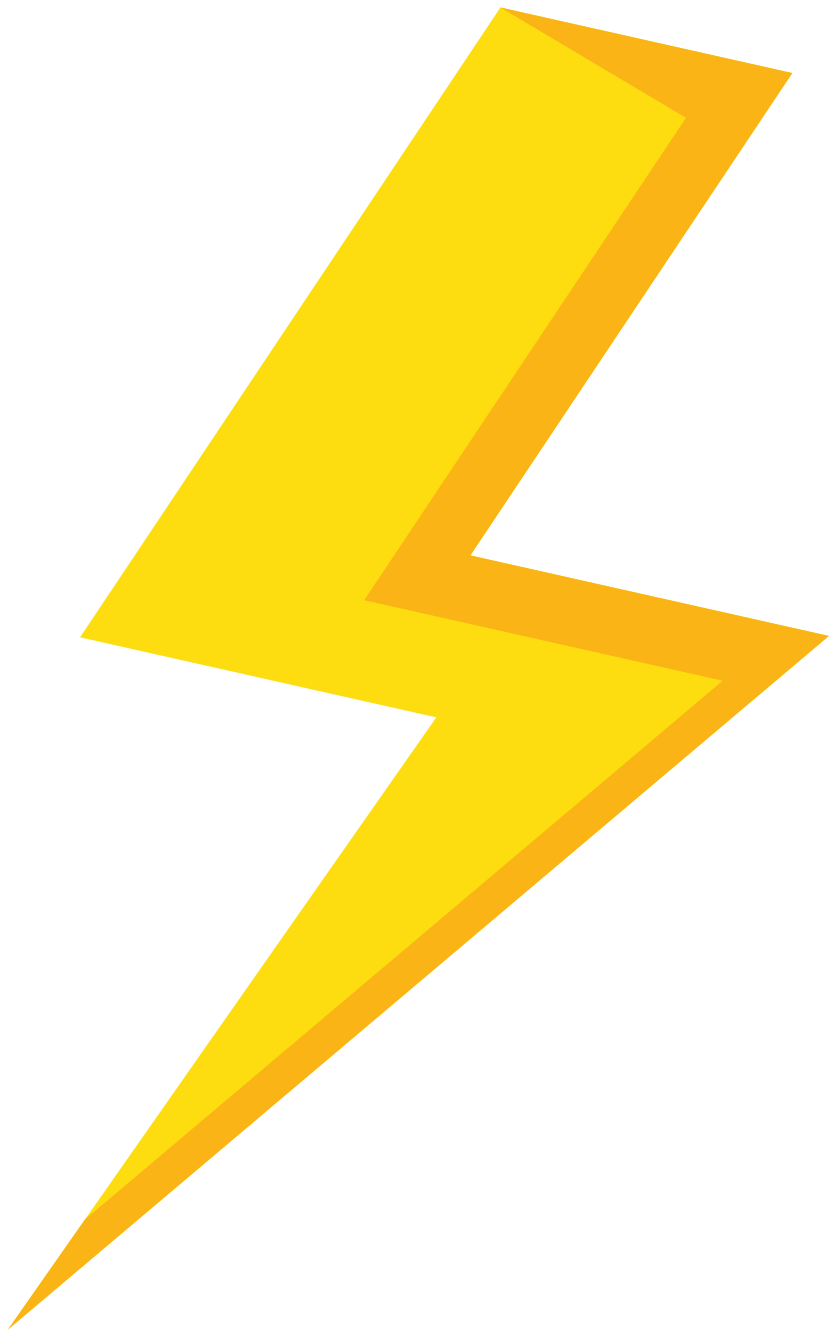


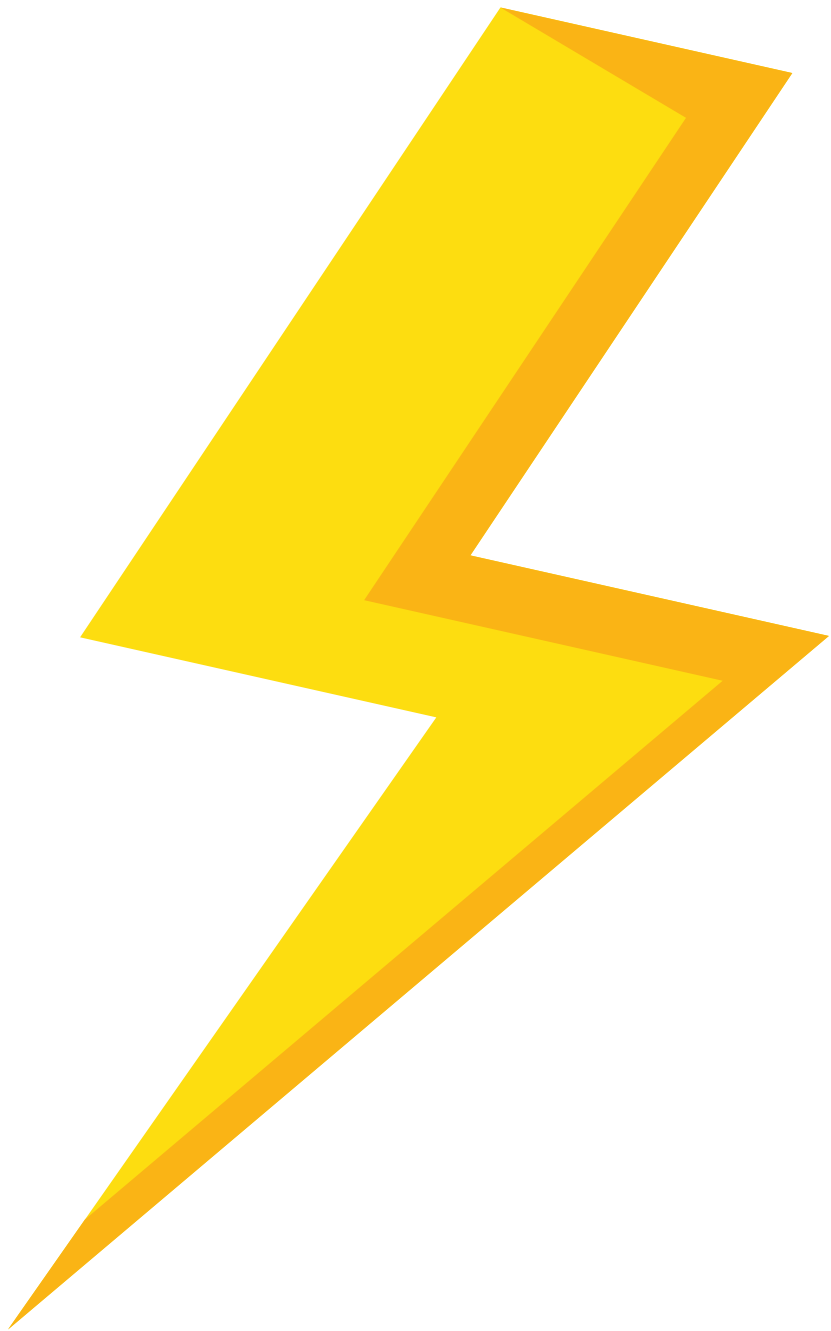


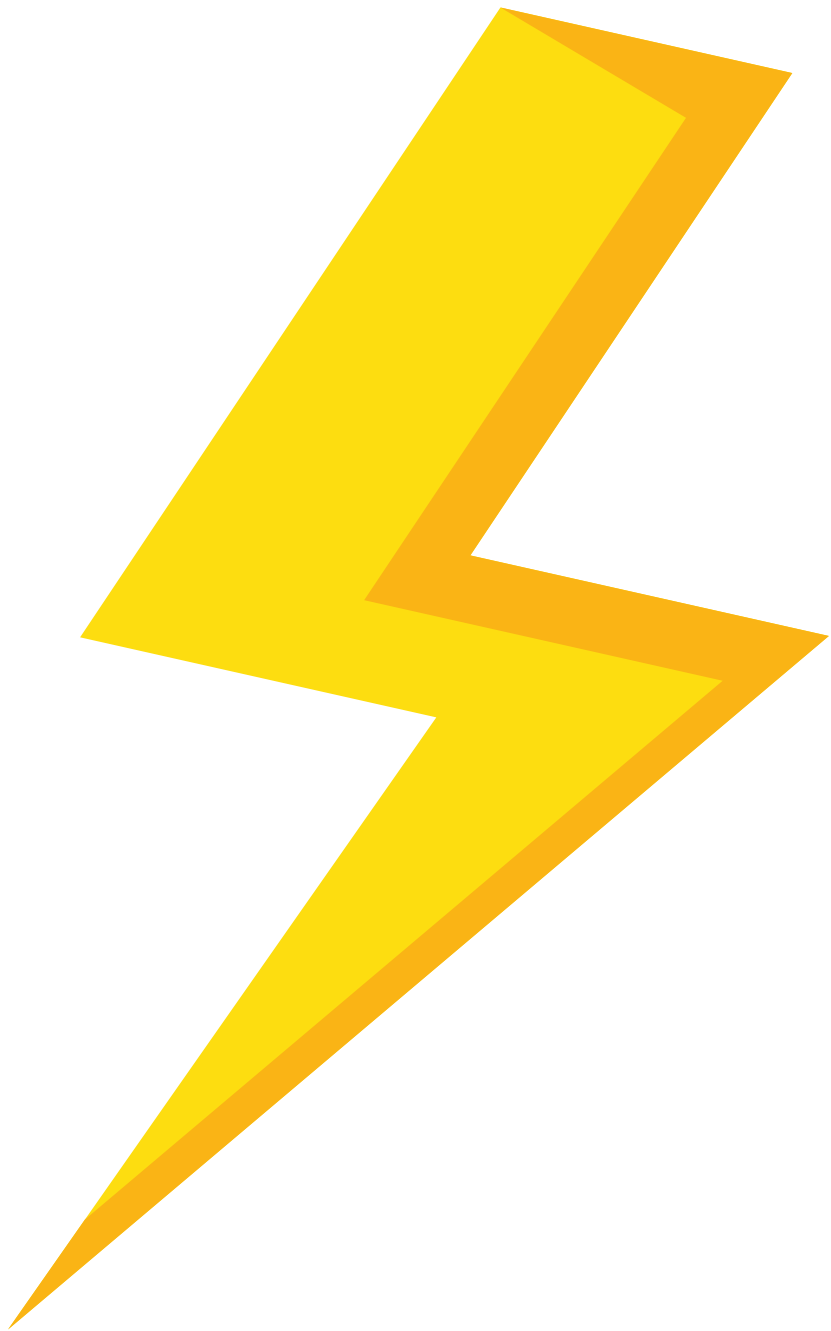


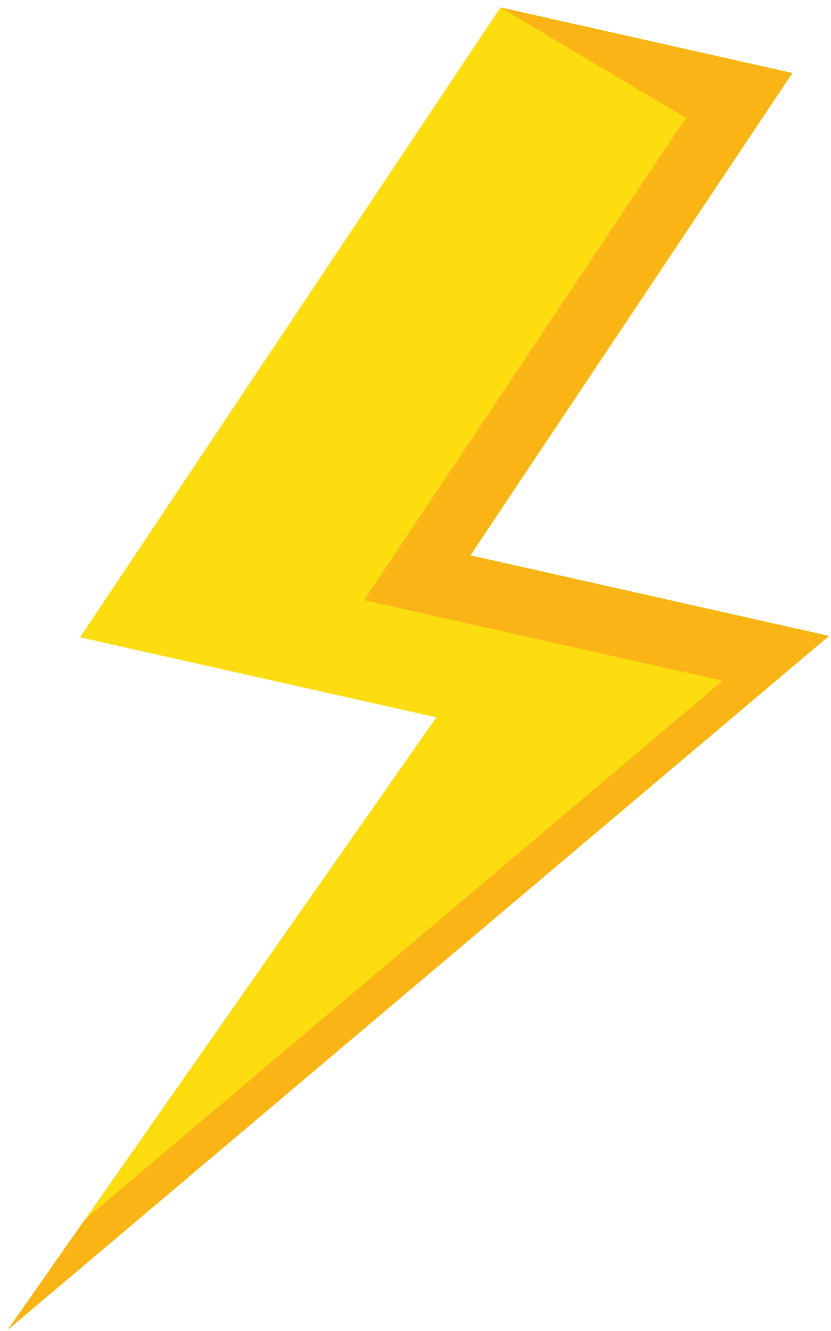


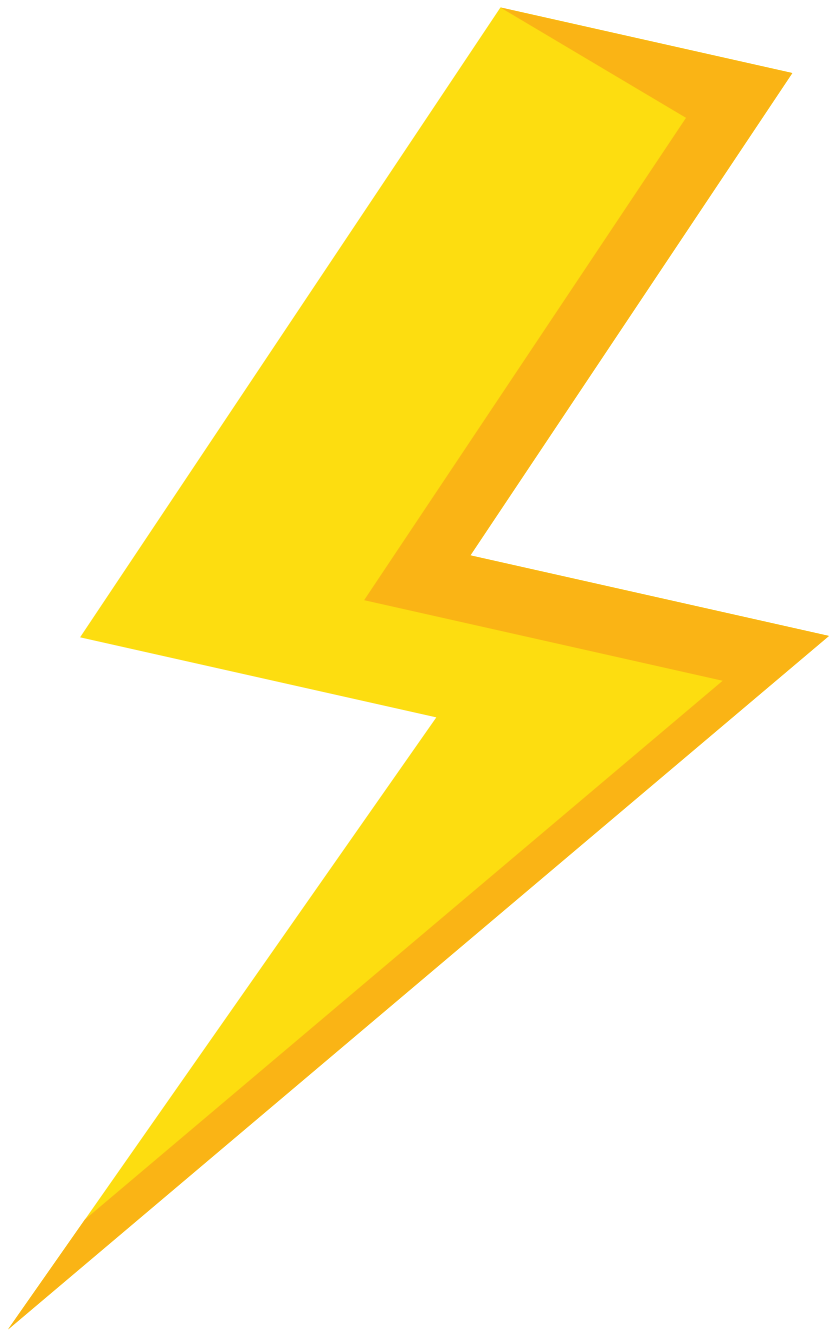


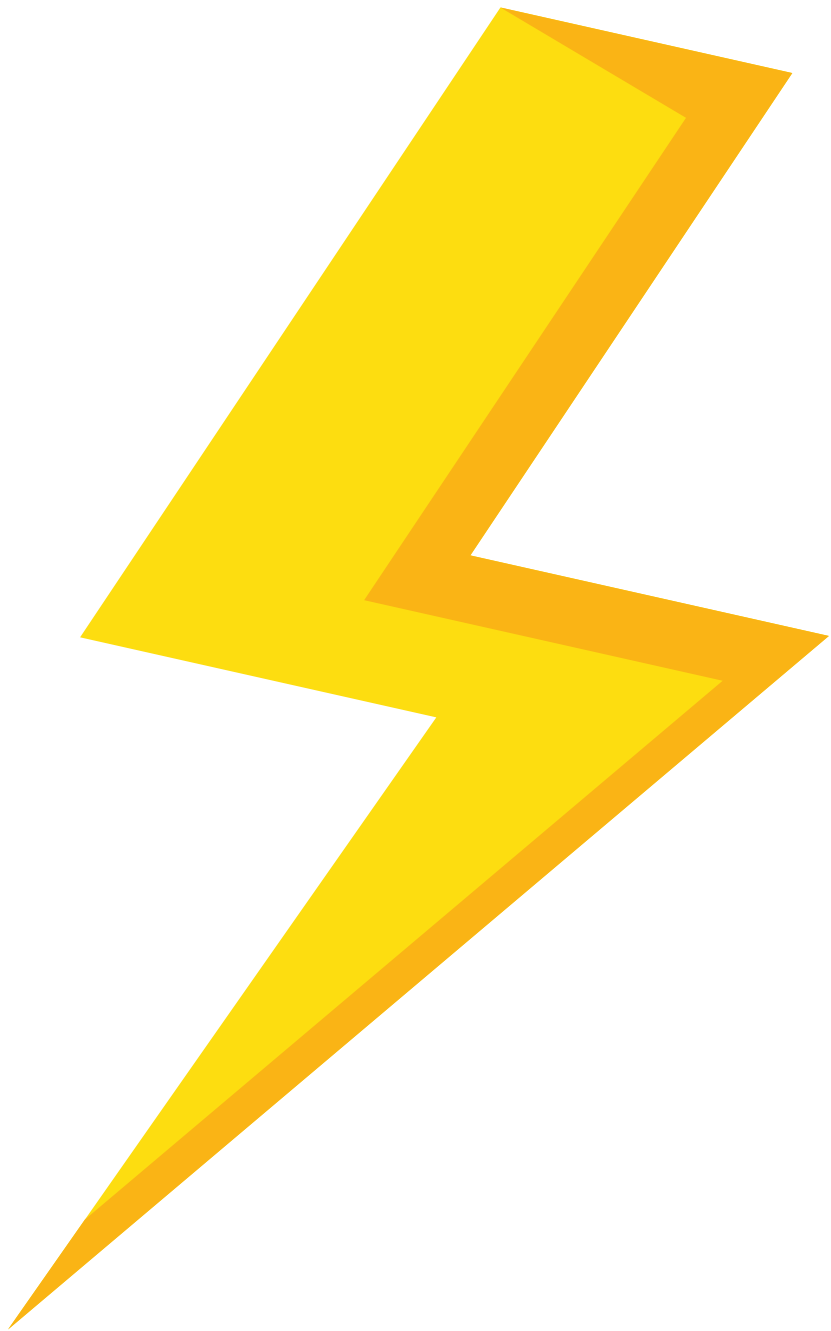


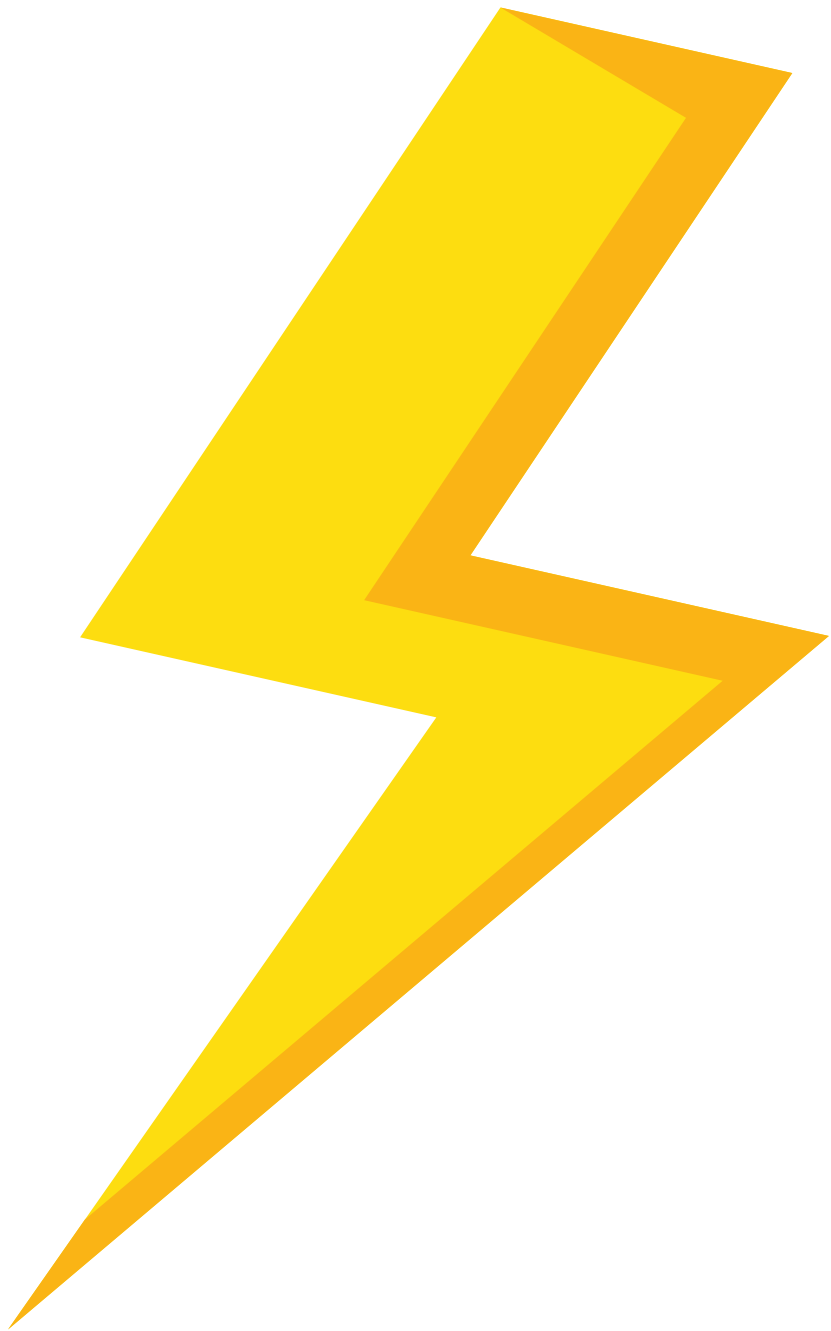


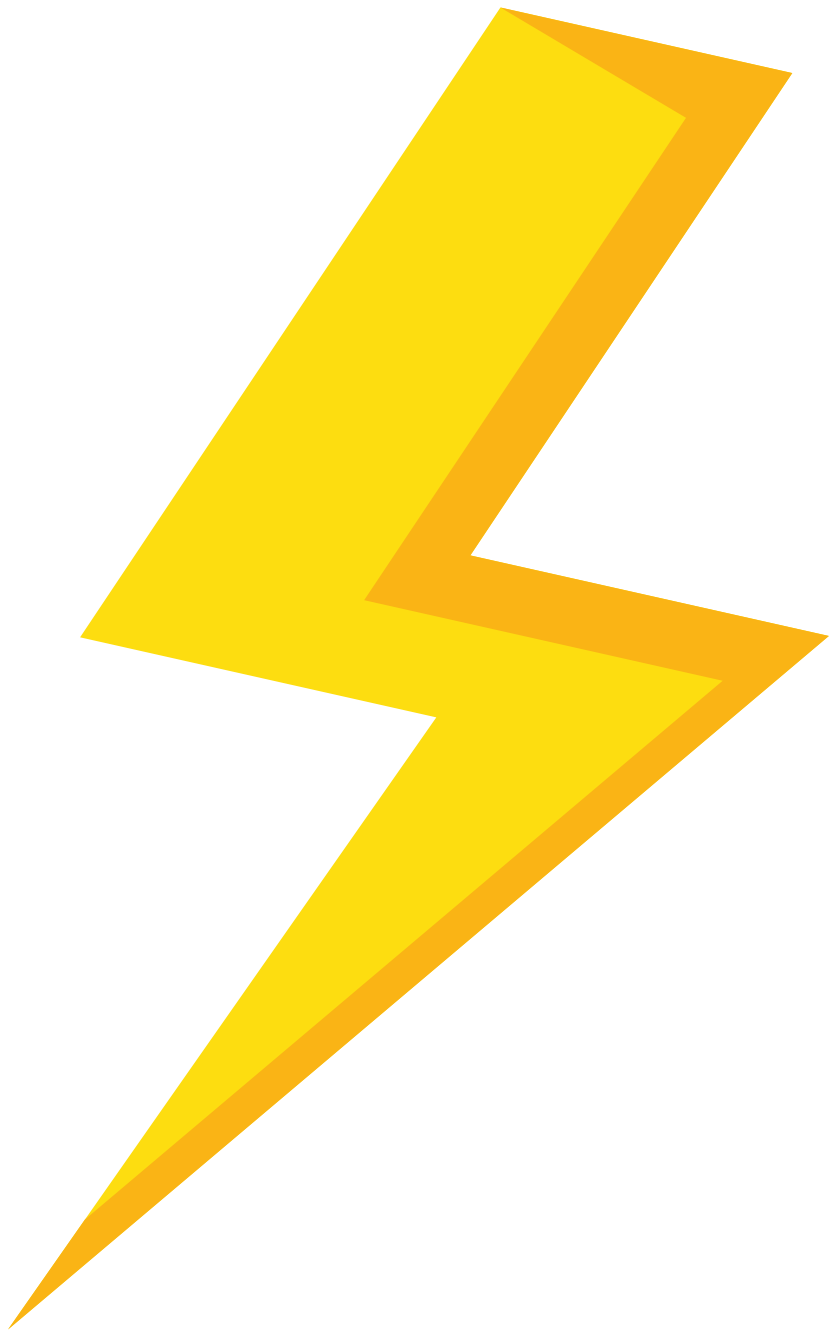


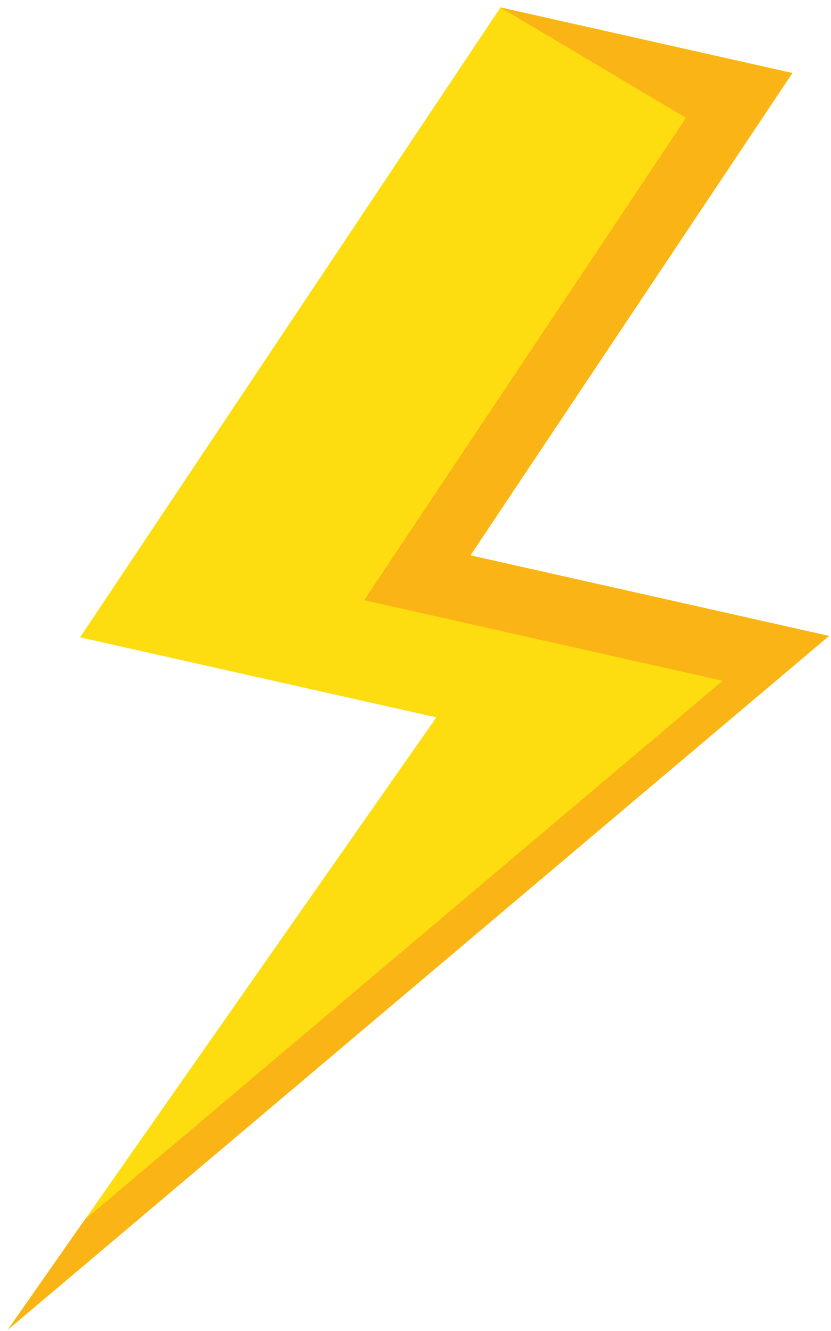


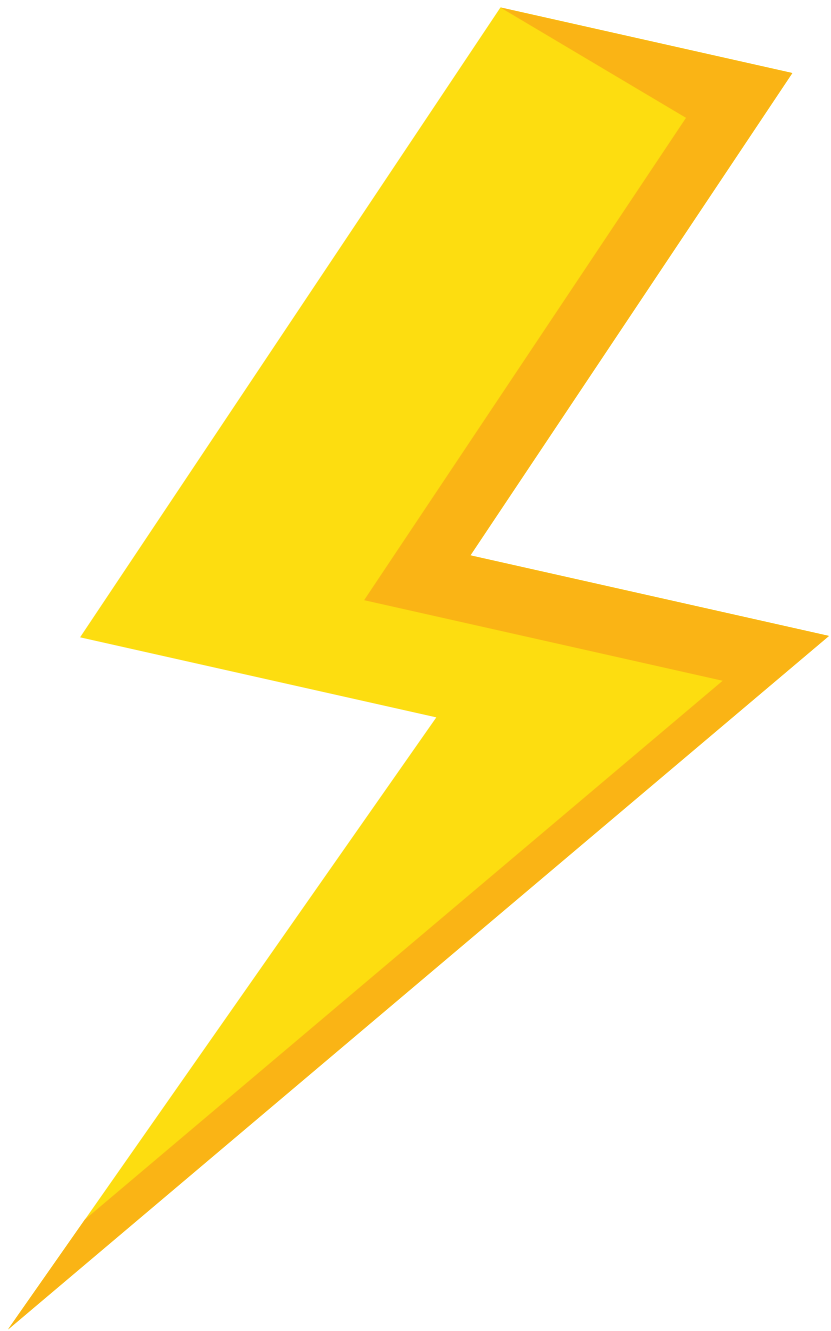


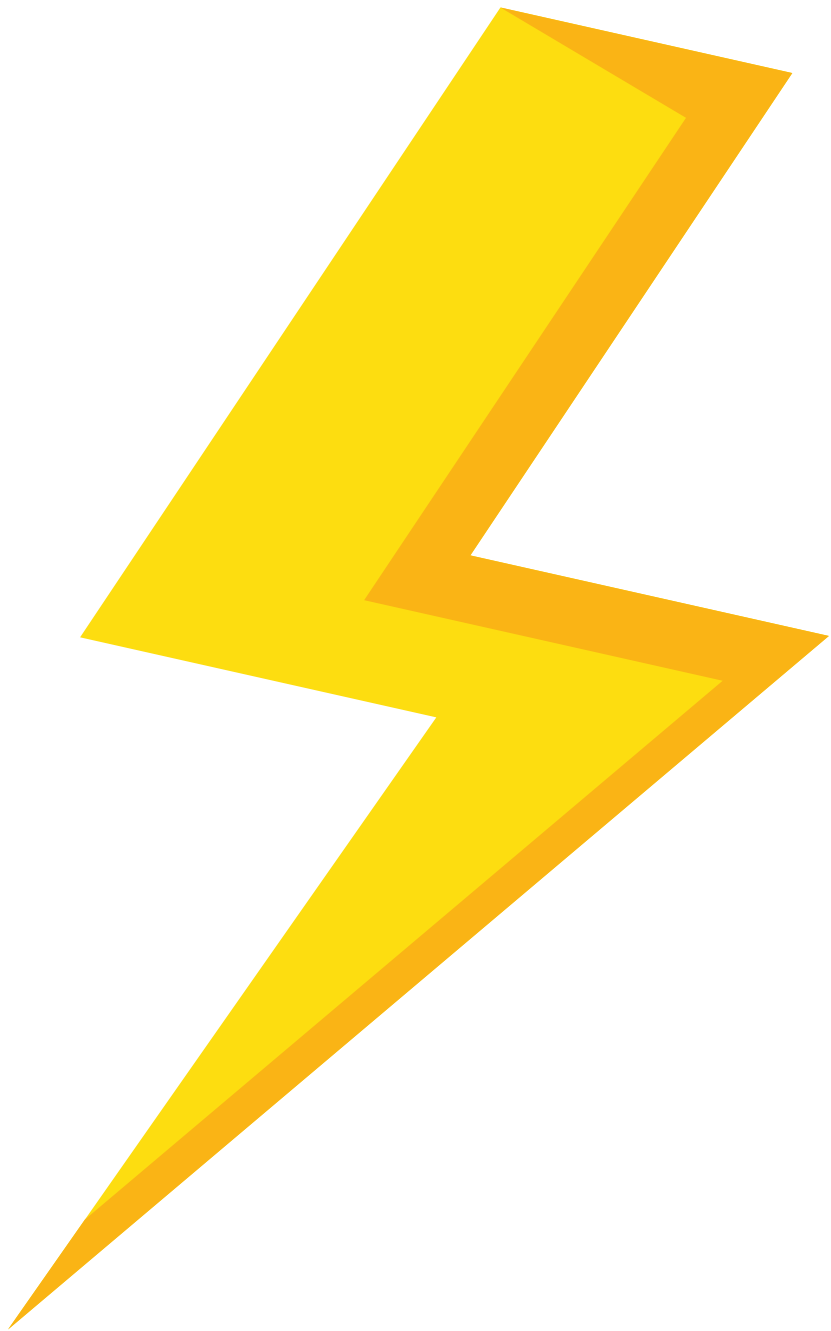


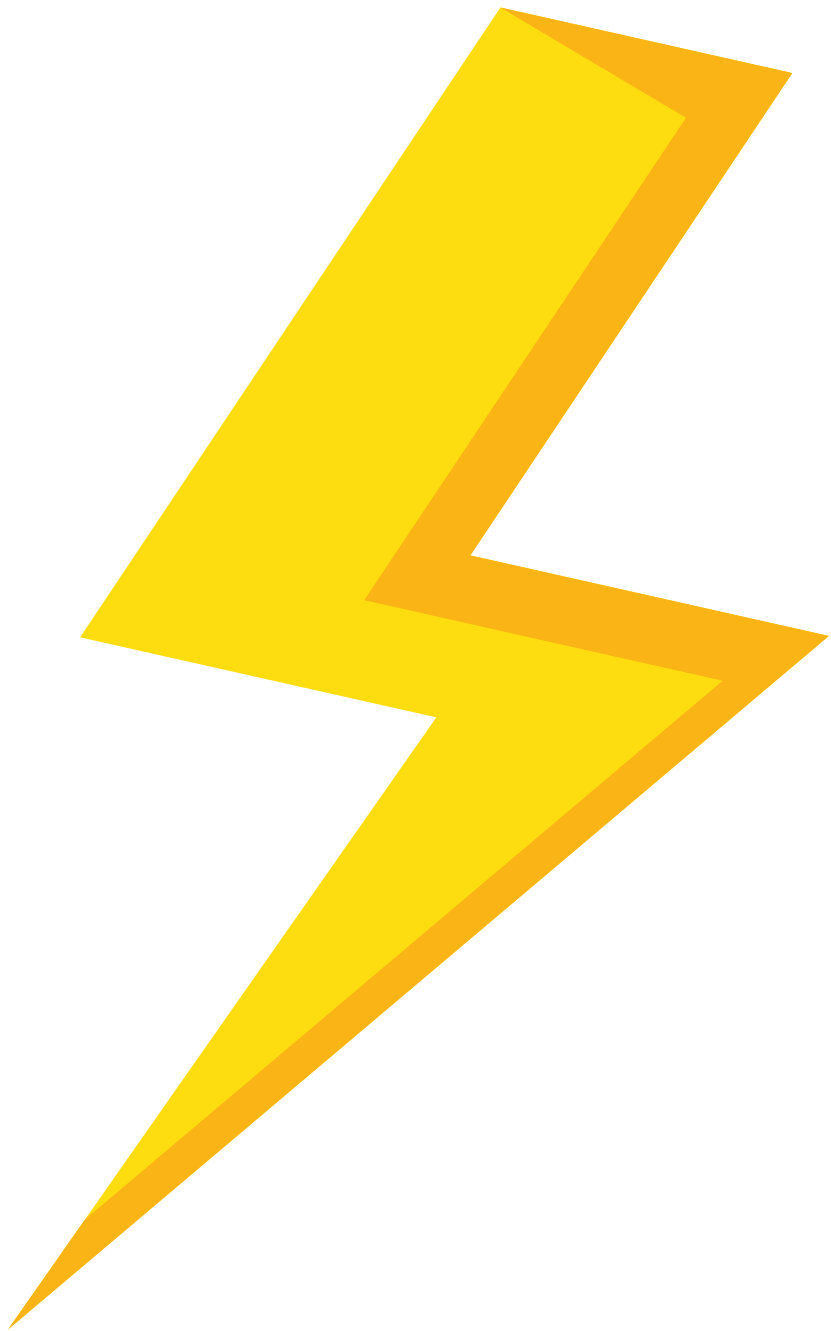


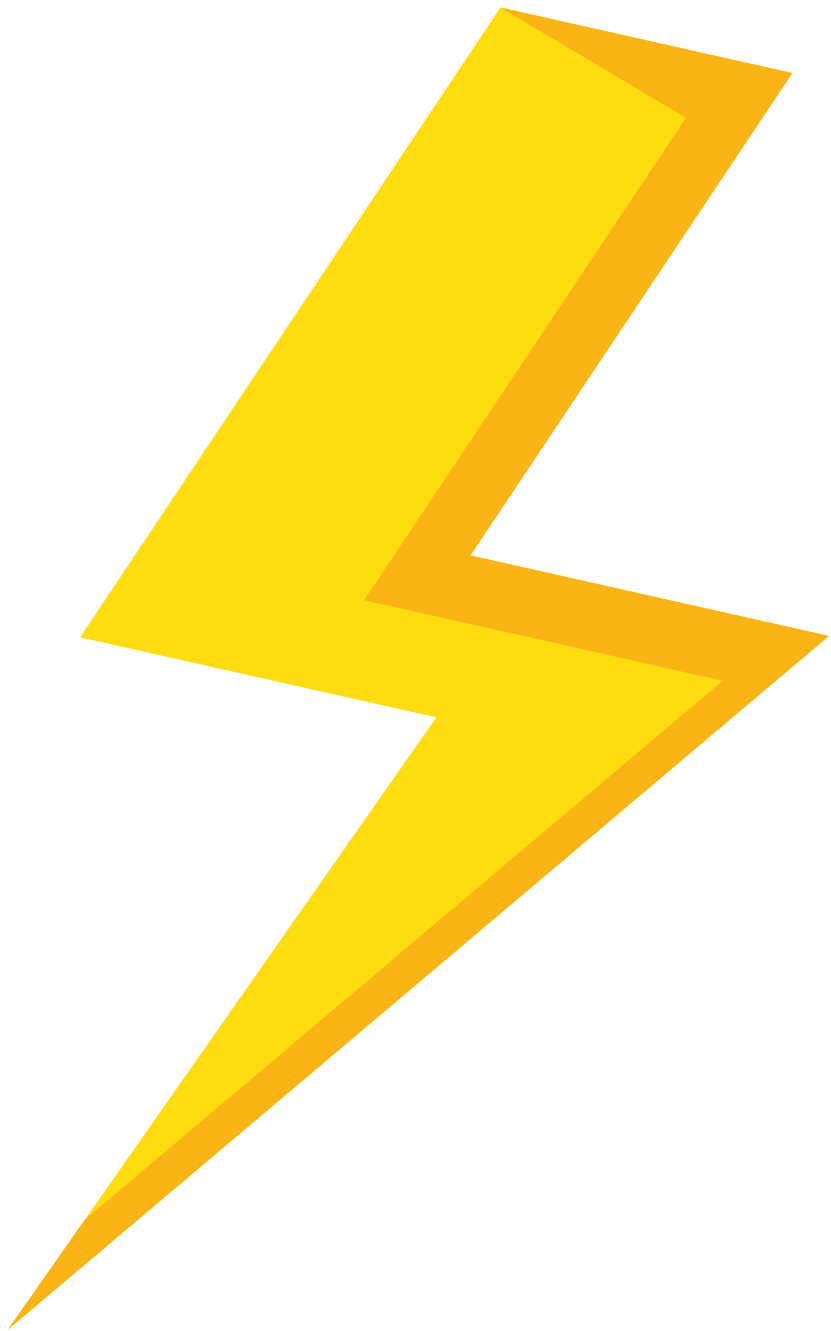


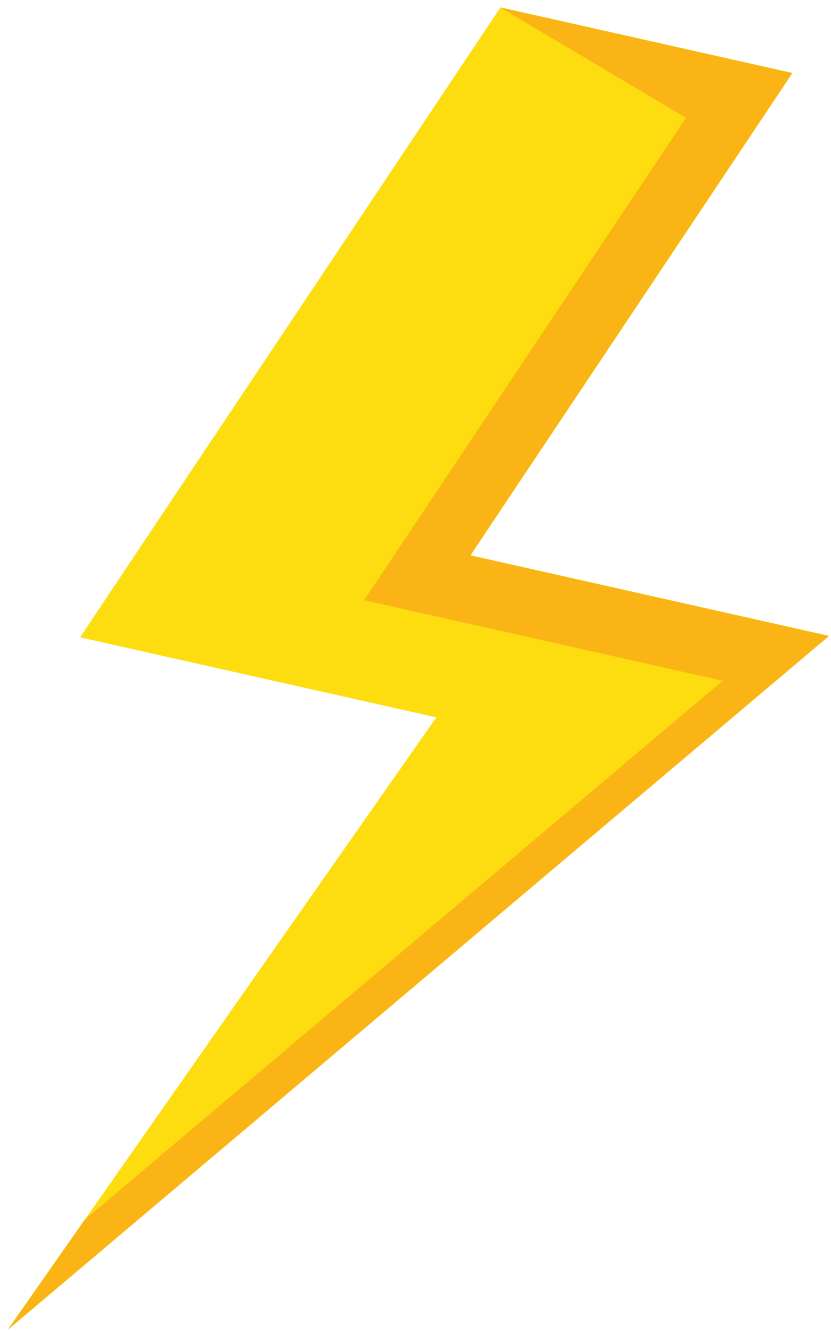


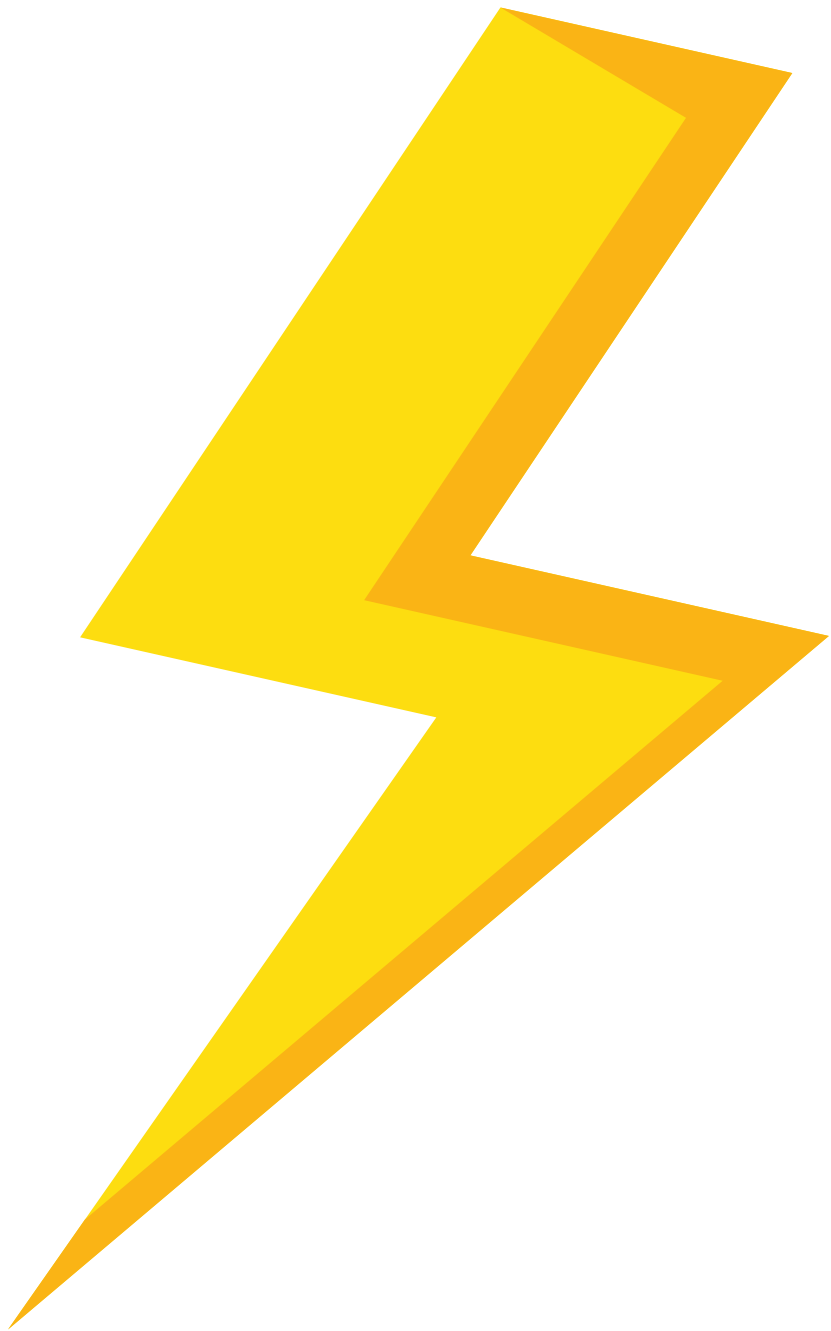












What percentage of plastic packaging is currently collected for recycling, with the rest being burned, landfilled or dumped in the environment?

A) 0,25
B) 0,4
C) 0,14

INFO

The ‘take-make-waste’ way in which plastic packaging is currently produced, used, and disposed of poses a serious threat to biodiversity. Only 14% of plastic packaging is collected for recycling, with the rest ending up burned, landfilled, or
leaking into the environment.16 Plastic pollution is overwhelming our soils, oceans, and wildlife. If no action
is taken, by 2050, there could be more plastic than fish in the ocean.

The vision of a circular economy for plastic packaging is that unnecessary plastics are eliminated; innovation ensures that all plastics needed are ....

A) reusable
B) reusable/recyclable or compostable
C) compostable

INFO

The vision of a circular economy for plastic packaging is that unnecessary plastics are eliminated; innovation ensures that all plastics needed are reusable, recyclable or compostable; and all used plastics are circulated, keeping them in the economy and out of the environment.

Compared to the business-as-usual model, the circular economy approach offers system-wide benefits by generating savings of $ xxx per year.

A) $200 billion per year.
B) $1 billion per year
C) $50 billion per year

INFO

Compared to the business-as-usual model, the circular
economy approach offers system-wide benefits by generating savings of
$200 billion per year.

In the plastic packaging sector, what are the two opportunities for the circular economy to address the main direct drivers of biodiversity loss?

A) Circulating packaging and materials in the economy
B) Eliminating the need for plastic packaging
C) Both

INFO

In the plastic packaging sector, there are two principal circular economy opportunities to tackle the main direct drivers of biodiversity loss: Eliminating the need for plastic packaging where possible Circulating packaging and materials in the econom

Compared to business as usual model, how many jobs will be created from the circular economy approach by 2040?

A) 700,000 net additional jobs by 2040.
B) 50,000 net additional jobs by 2040.
C) 80,000 net additional jobs by 2040.

INFO

Compared with businessas-usual, such a circular economy approach has the potential to create 700,000 net additional jobs by 2040.

Worldwide, 86% of plastic packaging is not collected for recycling: what percentage is landfilled, what percentage is incinerated and what percentage leaks into the environment?

A) 30% is landfilled, 24% incinerated, and 32% leaks into the environment.
B) 40% is landfilled, 14% incinerated, and 32% leaks into the environment.
C) 26% is landfilled,12% incinerated, and 48% leaks into the environment.

INFO

Globally, 86% of plastic packaging is not collected for recycling: 40% is landfilled, 14% incinerated, and 32% leaks into the environment.

**If current trends continue, the plastics sector will consume 19% of the total emissions budget allowed to keep global warming below what
degree in 2040?**

A) below a 1.5°C
B) below a 2.5°C
C) below a 3.5°C

INFO

Under a business-as-usual trend, by 2040, the plastics sector is on track to use 19% of the total emissions budget allowable if we are to remain below a 1.5°C increase in global warming.

By 2040, a circular economy has the potential to: reduce the annual volume of plastics reaching our oceans by what percentage?

A) by 80%.
B) by 70%.
C) by 60%.

INFO

By 2040, a circular economy has the potential to: reduce the annual volume of plastics reaching our oceans by 80%.

Which of following actions IS NOT one of the famous 7Rs of circular economy?

A) Reuse
B) Recycle
C) Redo

INFO

The 7Rs of circular economy are: Reduce: Minimize waste by choosing durable products.Reuse: Find new uses for items instead of discarding them.Repair: Fix items to extend their life and save resources.Refurbish: Upgrade products to enhance their value.Recycle: Convert used materials into new products. Recover: Extract resources and energy from waste. Reject: Avoid unnecessary products and packaging.

Which of the following actions is the best example of the "Repair" principle in a circular economy?

A) Upgrading an old smartphone to the latest model

B) Fixing a broken washing machine to extend its life

C) Recycling used plastic bottles into new products

INFO

Repairing a broken washing machine to extend its life embodies the "Repair" principle, which focuses on fixing items to avoid waste and reduce the need for new resources. This action supports sustainability by keeping products in use longer and minimizing environmental impact.

What is Global Commitment?

A) Through the Global Commitment, companies and governments pledge to change the way we produce, use and reuse plastic.

B) Through the Global Commitment, companies and governments pledge to change the way we produce.

C) Through the Global Commitment, companies and governments pledge to change the way we reuse plastic.

INFO

The Global Commitment is led by the United Nations Environment Programme. Through the Global Commitment, companies and governments commit to change the way we produce, use and reuse plastic.

What is the business-to-customer returnable packaging system?

A) Customers buy packaged products, return the finished packaging.

B) Customers buy packaged products, return the finished packaging, and the packaging is then cleaned and refilled before being sold again.

C) Customers buy packaged products, return the finished packaging, and the packaging is then cleaned before being sold again.

INFO

Customers buy packaged products, return the finished packaging, and the packaging is then cleaned and refilled before being sold again.

On what average are currently Coca Cola plastic bottles reused in Europe?

A) 22%
B) 33%
C) 55%

INFO

The average rate of Coca-Cola plastic bottles being reused in Europe is approximately 33%. This figure represents the percentage of recycled plastic (rPET) used in Coca-Cola bottles across Europe as of early 2024. Coca-Cola aims to increase this percentage and has set a target for 100% of its packaging to be recyclable globally by 2025, and for at least 50% of its packaging materials to come from recycled content by 2030

What does the circular economy mean for plastic packaging?

A) The circular economy offers a whole-system approach to transforming the way we produce and use packaging, so that plastic-based packaging remains in circulation and never becomes waste or pollution.
B) The circular economy offers a whole-system approach to transforming the way we produce packaging.
C) The circular economy contributing to climate change.

INFO

The circular economy offers a whole-system approach to transforming the way we produce and use packaging, so that plastic-based packaging remains in circulation and never becomes waste or pollution.

How many millions of tonnes of microplastics do you think are on the bottom of the oceans today?

A) 10 millon tonnes
B) 5 million tonnes
C) 14 million tonnes of microplastics

INFO

Conservative estimates suggest that there could already be 14 million tonnes of microplastics on the ocean floor.

Do you think that the growth in demand for
plastic can cause disturbances in ecosystems with high or endangered bio-diversity?

A) Yes, in the Amazon rainforest
B) Maybe
C) Not al all

INFO

Plastic demand growth under a business-as-usual scenario is forecasted to be the main driver for future oil and gas extraction, which may cause disruptions in ecosystems with high or endangered biodivesity, such as the Amazon rainforest or the Arctic
coastal plains.

List the direct drivers with the greatest global impact on biodiversity.

A) Natural resource use and explotation and invasive species.
B) Land-use change, climate change, pollution, natural resource use and explotation and invasive species.
C) Land-use change, climate change.

INFO

Direct drivers: Drivers (natural and anthropogenic) that unequivocally inlfuence biodiversity and ecosystem processes. The 5 direct drivers with the greatest global impact on biodiversity are:land-use change, climate change, pollution, natural resource use and exploitation and invasive species.

Define what an Ecosystem is

A) A dynamic complex of microorganism communities.
B) A dynamic complex of plants and animals.
C) A dynamic complex of plant, animal and microorganism communities and their non-living environment interacting as a funcional unit.

INFO

Ecosystem: A dynamic complex of plant, animal and microorganism communities and their non-living environment interacting as a funcional unit.

What does INNOVATE mean from a plastics point of view?

A) Innovation, as the process by which an idea is transformed into a product or service that is new to the market.
B) Innovate to ensure that the plastics we really need are reusable, recyclable or compostable.
C) Innovate to ensure that the plastics we really need are recyclable.

INFO

Innovate to ensure that the plastics we really need are reusable, recyclable or compostable.

AMP CortexTM is a high-speed intelligent robotics system that performs the physical task of sorting, picking and placing material based on information fed by AMP Neuron's "eyes and brain". Do you know how many recyclables you can sort per minute?

A) 80 items per minute
B) 20 items per minute
C) 50 items per minute

INFO

AMP CortexTM is the body of AMP Neuron's brain. Cortex is a high-speed intelligent robotics system that performs the physical task of sorting, picking and placing material based on information fed by AMP Neuron's "eyes and brain". Cortex can sort recyclables at a rate of 80 items per minute with up to 99% accuracy.

Do you know what the linear take-make-waste model of plastics is?

A) A model in which we extract oil and gas from the earth to make plastic products that are often designed for one-time use, and then throw them away.
B) A model in which we extract oil and gas from the earth to make plastic products.
C) Plastics recycling model

INFO

Plastics are versatile materials, but the way we use them is incredibly wasteful. We take oil and gas from the earth to make plastic products that are often designed to be used only once, and then we throw them away. This is what we call a linear take-make-waste model.

What materials can typically be recycled?

A) aluminium
B) battery
C) windows

INFO

Commonly recycled materials include paper, cardboard, glass, metals (like aluminum and steel), and certain plastics. Electronics, batteries, and textiles can also be recycled but often require special handling.

How should materials be prepared for recycling?

A) don't rinse before recycling no matter what material is in question
B) no special preparation needed
C) clean and dry before recycling

INFO

Materials should be clean and dry before being placed in the recycling bin. Rinse containers to remove food residue, flatten cardboard boxes, and follow local guidelines for sorting and separating different types of recyclables.

What is the impact of recycling on energy consumption?

A) recycling generally uses more energy
B) recycling generally uses less energy
C) no significant impact

INFO

Recycling generally uses less energy than producing new products from raw materials. For example, recycling aluminum saves up to 95% of the energy required to produce the same amount of aluminum.

How does recycling help reduce greenhouse gas emissions?

A) decreasing the need for energy
B) reduces methane emissions from landfills
C) Both

INFO

Recycling reduces greenhouse gas emissions by decreasing the need for energy-intensive production processes associated with extracting and processing raw materials. It also reduces methane emissions from landfills.

What is e-waste recycling?

A) e-waste recycling is proper disposal and recycling of electronic devices
B) e-waste recycling is proper disposal and recycling of battery devices only
C) e-waste recycling is disposal and recycling of all hazardous materials

INFO

E-waste recycling involves the proper disposal and recycling of electronic devices. It is important because electronics contain hazardous materials that can harm the environment if not disposed of properly and valuable materials that can be recovered.

What are the economic benefits of recycling?

A) creating jobs
B) saving money
C) both

INFO

Recycling can create jobs in the recycling and manufacturing industries, save money on waste disposal costs, and provide raw materials for industries at a lower cost.

What is one effective way to reuse plastic bottles in gardening?

A) Use them as mulch.
B) Use them as seedling trays.
C) Use them as pesticides.

INFO

Effective eay of reusing plastic bottles in gardening can be to use them as seedling trays.

What is the environmental impact of reusing plastic compared to recycling?

A) same environmental impact
B) lower production costs, less manufacturing
C) lower environmental impact, reduces waste

INFO

Reusing plastic often has a lower environmental impact than recycling because it avoids the energy and resources required to process and remanufacture materials. Reuse also reduces the volume of waste that needs to be managed.

Why is reusing plastic important?

A) reduces plastic waste
B) conserves resources
C) both

INFO

Reusing plastic is important because it helps reduce plastic waste, conserves resources, lowers pollution, and reduces the environmental impact associated with producing new plastic items.

How many percentage of beach litter worldwide is plastic?

A) 57
B) 65
C) 73

INFO

73% of beach litter worldwide is plastic

How much microplastic an average person eats a year?

A) 70.000
B) 90.000
C) 85.000

INFO

The average person eats 70,000 microplastics each year

What is the average time that a plastic bag is used?

A) 25 minutes
B) 12 minutes
C) 6 minutes

INFO

The average time that a plastic bag is used is just 12 minutes, and they take up to a thousand years to decompose!

How much of plastic waste is in generally being recycled globally?

A) 9%
B) 12%
C) 79%

INFO

Globally, only about 9% of plastic waste is recycled.Approximately 12% is incinerated.The remaining 79% accumulates in landfills, dumps, or the natural environment.

Around how many pieces of plastic finds its way into our ocean every day?

A) 10 million
B) 8 million
C) 13 million

INFO

Every day around 8 million pieces of plastic finds its way into our oceans.

How many million of plastic bottles are sold every minute around the world?

A) 2 milion
B) 3 milion
C) 1 milion

INFO

Nearly 1 million plastic bottles are sold every minute around the world. Sadly this figure is due to increase by 20% by 2050.
The rate of increase is exponential, the findings showing that in 2016 more than 480 billion plastic bottles were purchased compared to 300 billion just ten years before.
Of this, just 7% were recycled into new bottles, the rest ending up in landfills.

Nearly half of all plastic rubbish generated globally is due to

A) packaging
B) flexibility of plastic
C) consumerism

INFO

Nearly half of all plastic rubbish generated globally is due to packaging. This shows the importance to try to buy consumable goods that are plastic free. Nowadays many products are shipped direct to your door. Whether you are a small business or a customer, try to look for brands which ship products in sustainable packaging.

How much % of plastic is only used once before it is thrown away?

A) 80%
B) 40%
C) 60%

INFO

Nearly 40% of plastic is only used once before it is thrown away.

Which of the following actions helps reduce waste and is often encouraged alongside recycling?

A) Buying single-use products
B) Reusing items
C) Throwing everything in the trash

INFO

Reusing items helps to reduce waste. It is encouraged to reuse or repurpose items such as old clothing, cloth grocery bags to prevent waste.

What is the term for the process of converting waste materials into new materials and objects?

A) Upcycling
B) Recycling
C) Downcycling

INFO

Recycling is the process of converting waste materials into new materials and objects. This concept often includes the recovery of energy from waste materials.Upcycling is the process of transforming by-products, waste materials, useless, or unwanted products into new materials or products perceived to be of greater quality, such as artistic value or environmental value.Downcycling is the recycling of waste where the recycled material is of lower quality and functionality than the original material.

What symbol is commonly used to indicate that an item is recyclable?

A) A triangle of arrows
B) A green leaf
C) A blue circle

INFO

Almost all plastic products bear the general recycling symbol: a triangle formed by three circling arrows. The number in the triangle indicates the type of plastic.

What percentage of plastic pollution in the oceans can be attributed to single-use plastics?

A) 25%
B) 50%
C) 70%

INFO

Approximately 70% of plastic pollution in the oceans is attributed to single-use plastics, such as bottles, bags, and straws. Reducing the use of these items can substantially decrease ocean pollution.

How much plastic waste does the average European produce per year?

A) 35-40kg
B) 55-60kg
C) 95-100kg

INFO

In 2021, each person living in the EU generated an average of 35.9 kg of plastic packaging waste. Out of this, 14.2 kg were recycled.

How many tons of plastic waste enter the oceans each year?

A) 5 million tons
B) 8 million tons
C) 10 million tons

INFO

Approximately 8 million tons of plastic waste enter the oceans each year, causing significant harm to marine life and ecosystems. Reducing plastic use can help mitigate this problem.

What percentage of plastic packaging waste is recycled in the EU as of recent data?

A) 35%
B) 40%
C) 42%

INFO

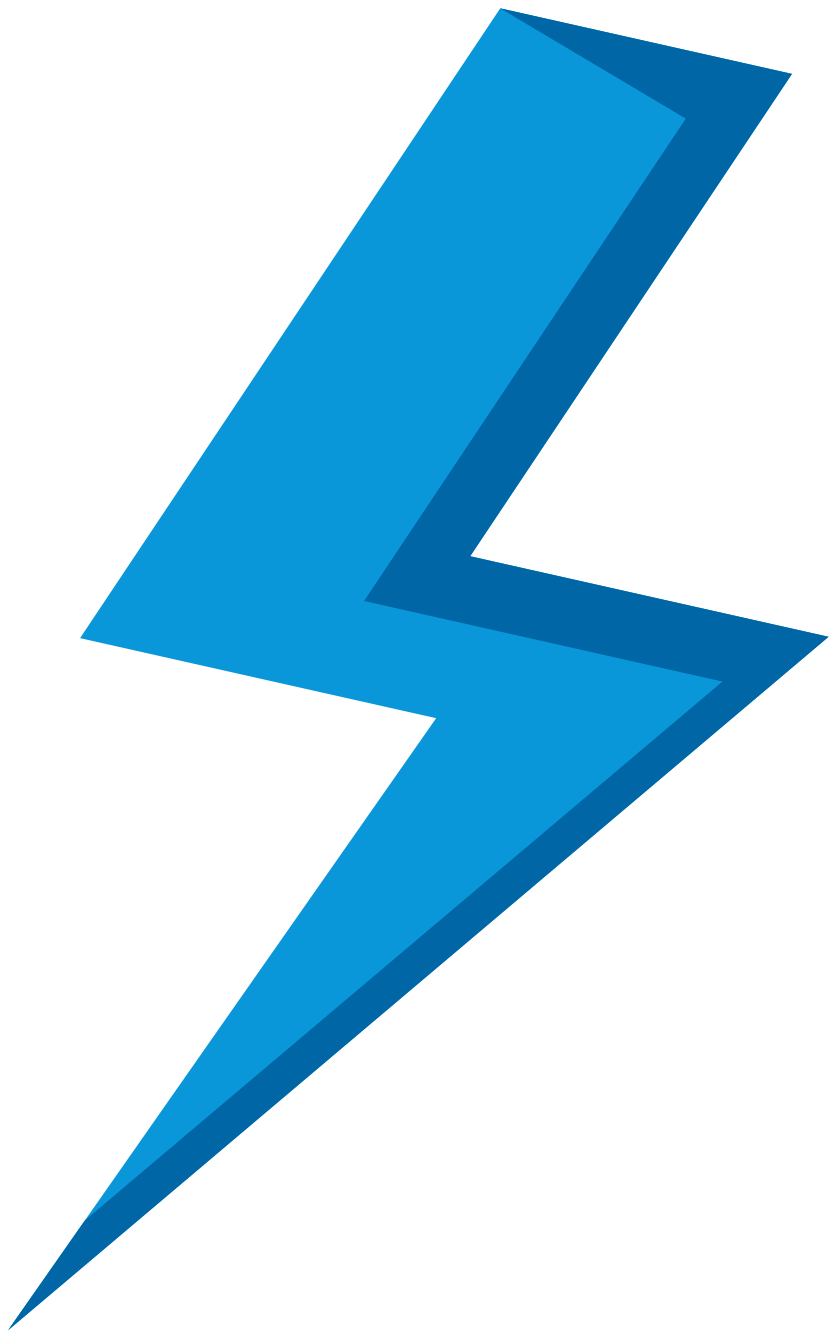
Approximately 42% of plastic packaging waste in the EU is recycled. This indicates progress but also highlights the need for further improvements in recycling practices.

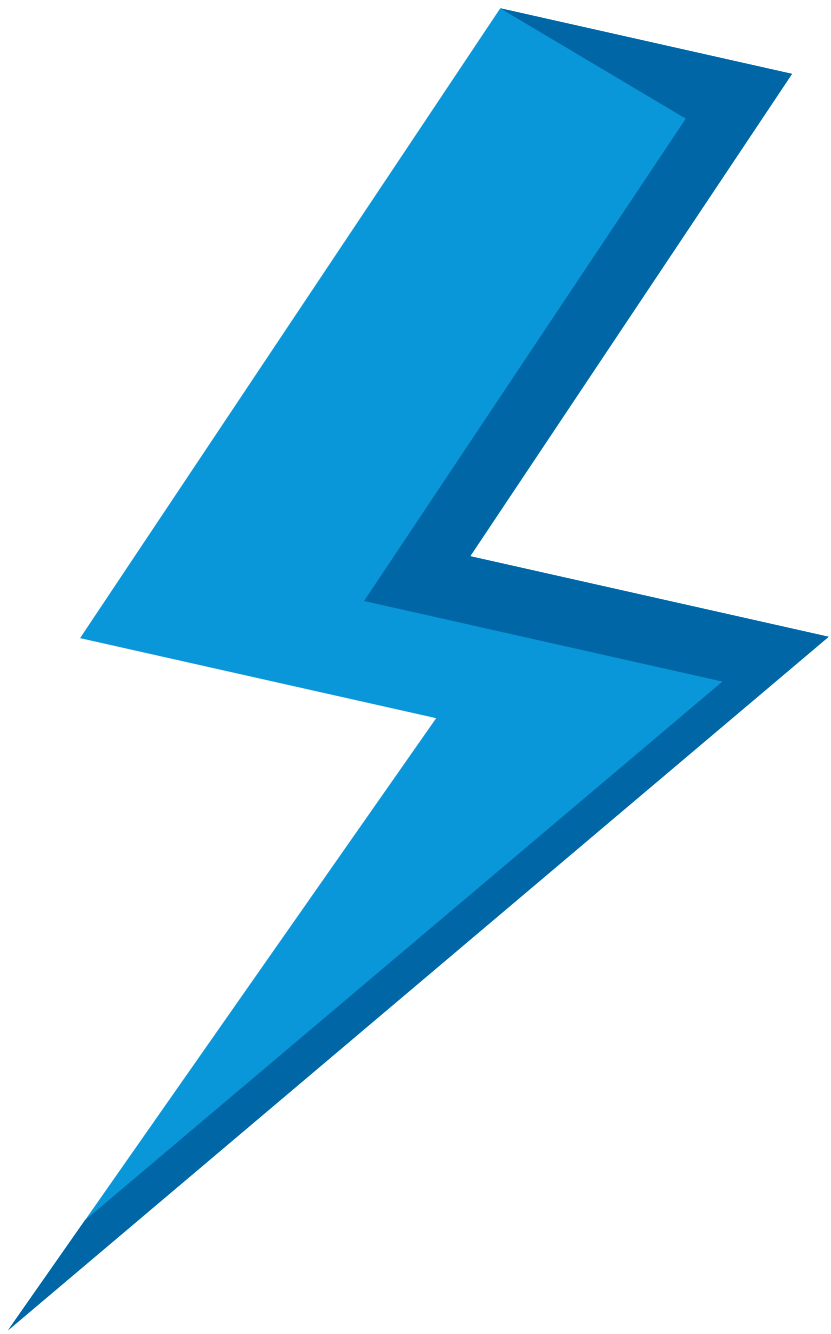
Which country in European Union recycles the most?

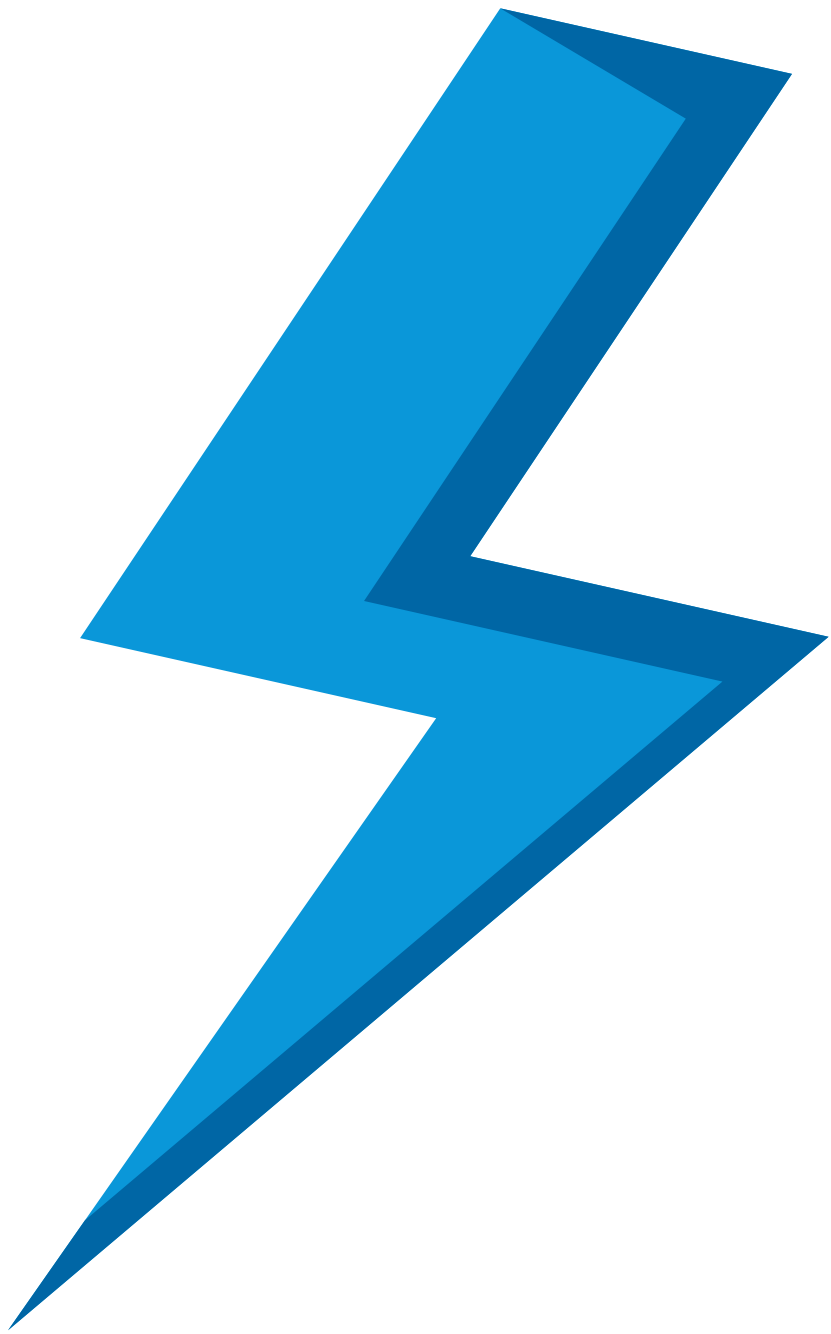
A) France
B) Germany
C) Belgium

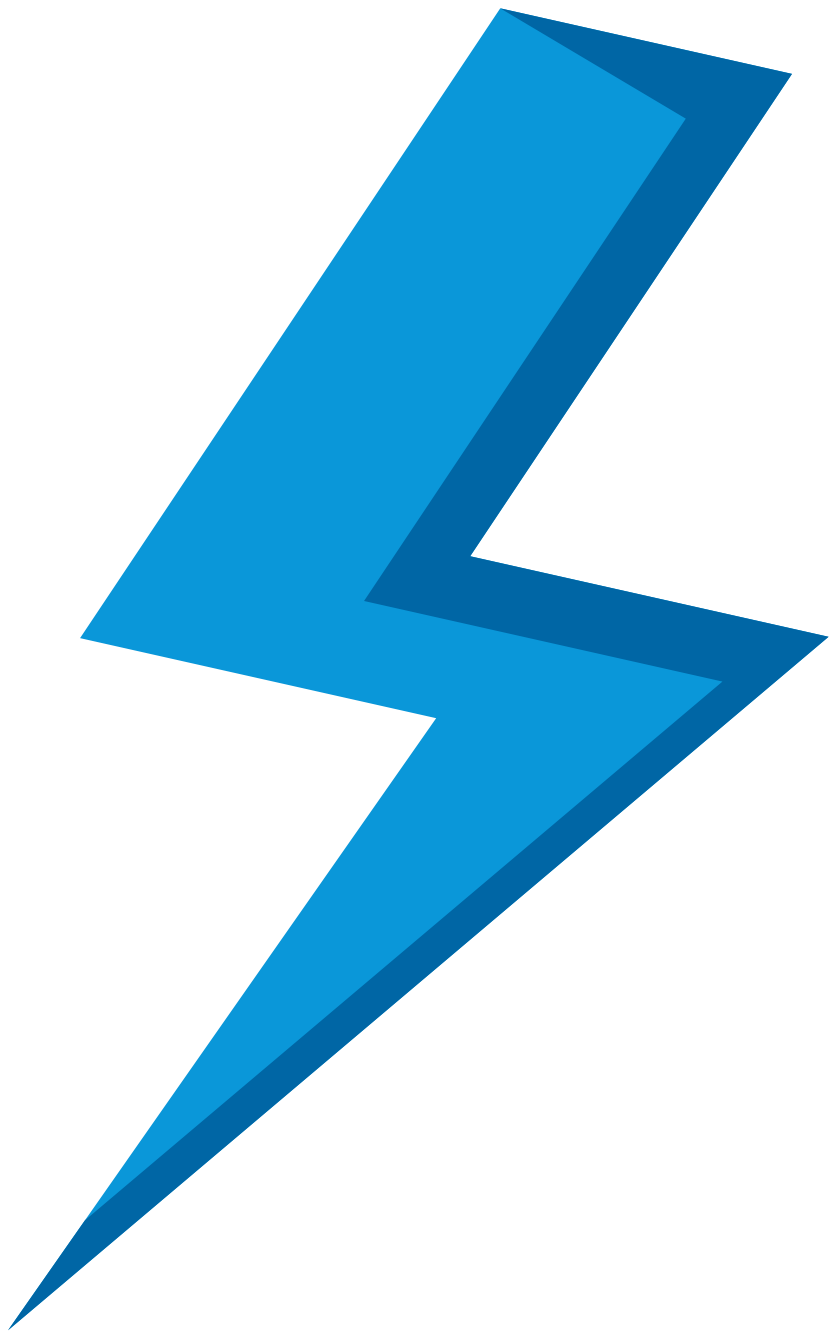
INFO

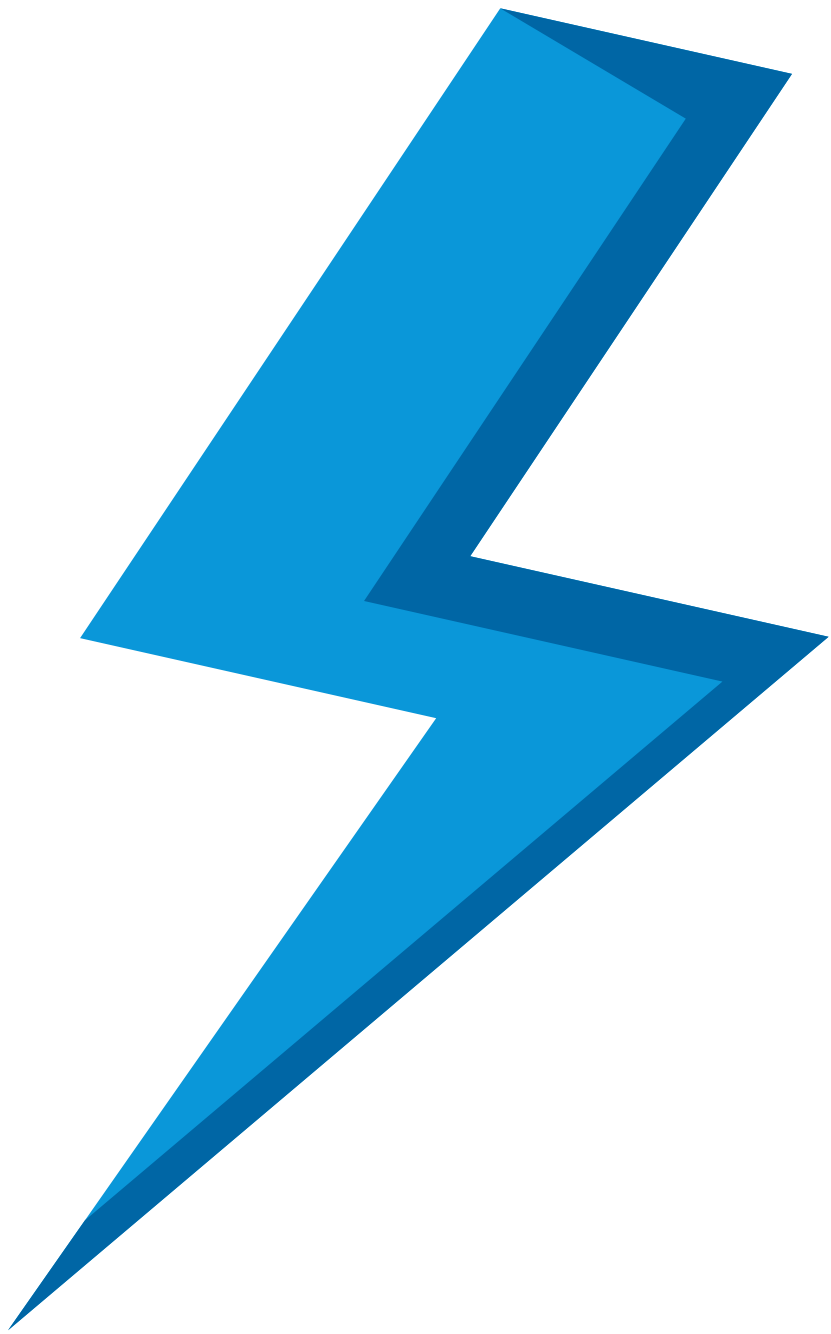
Germany is the country in the EU that recycles the most. It has one of the highest recycling rates not only in the EU but in the world. As of recent data, Germany recycles around 67% of its waste. This impressive rate is achieved through comprehensive waste management policies, efficient recycling infrastructure, and strong public participation in recycling programs.

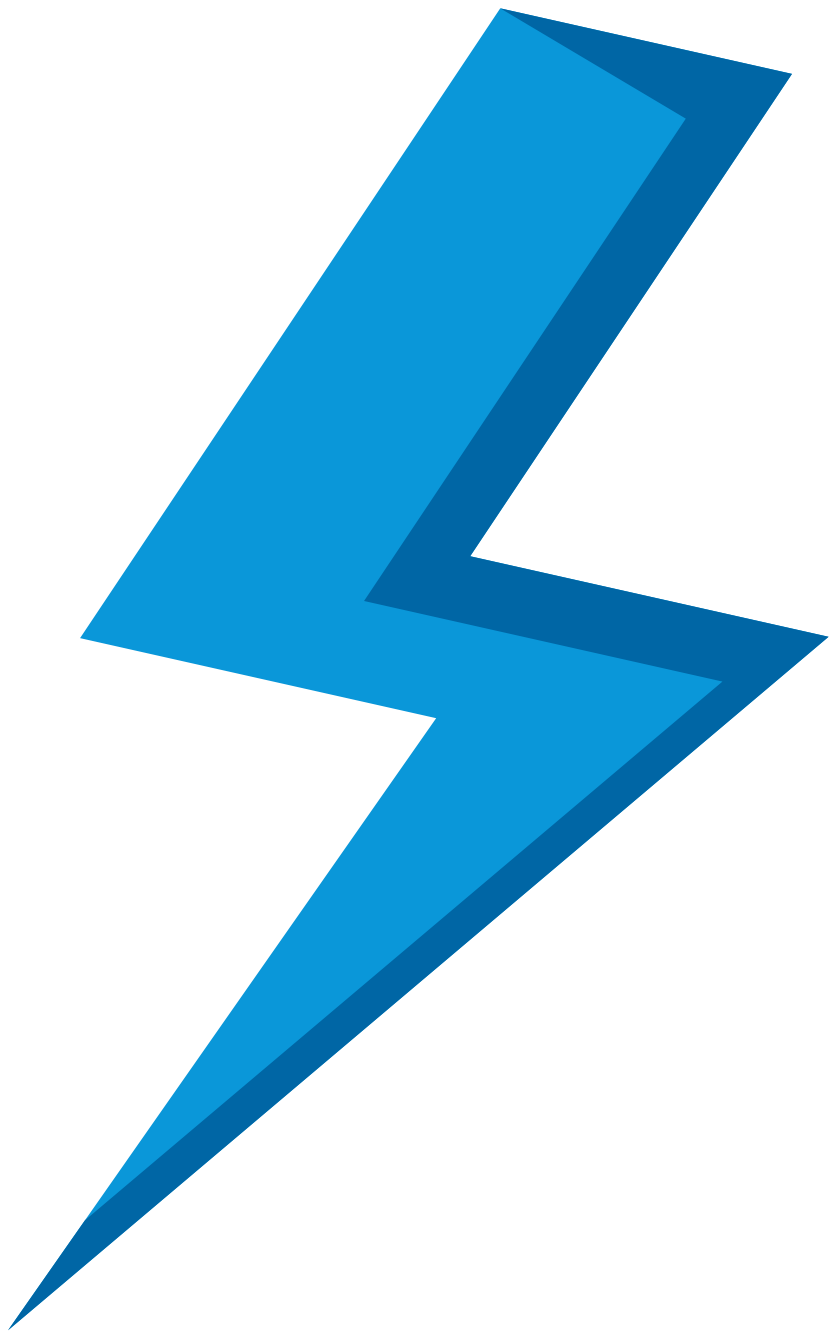


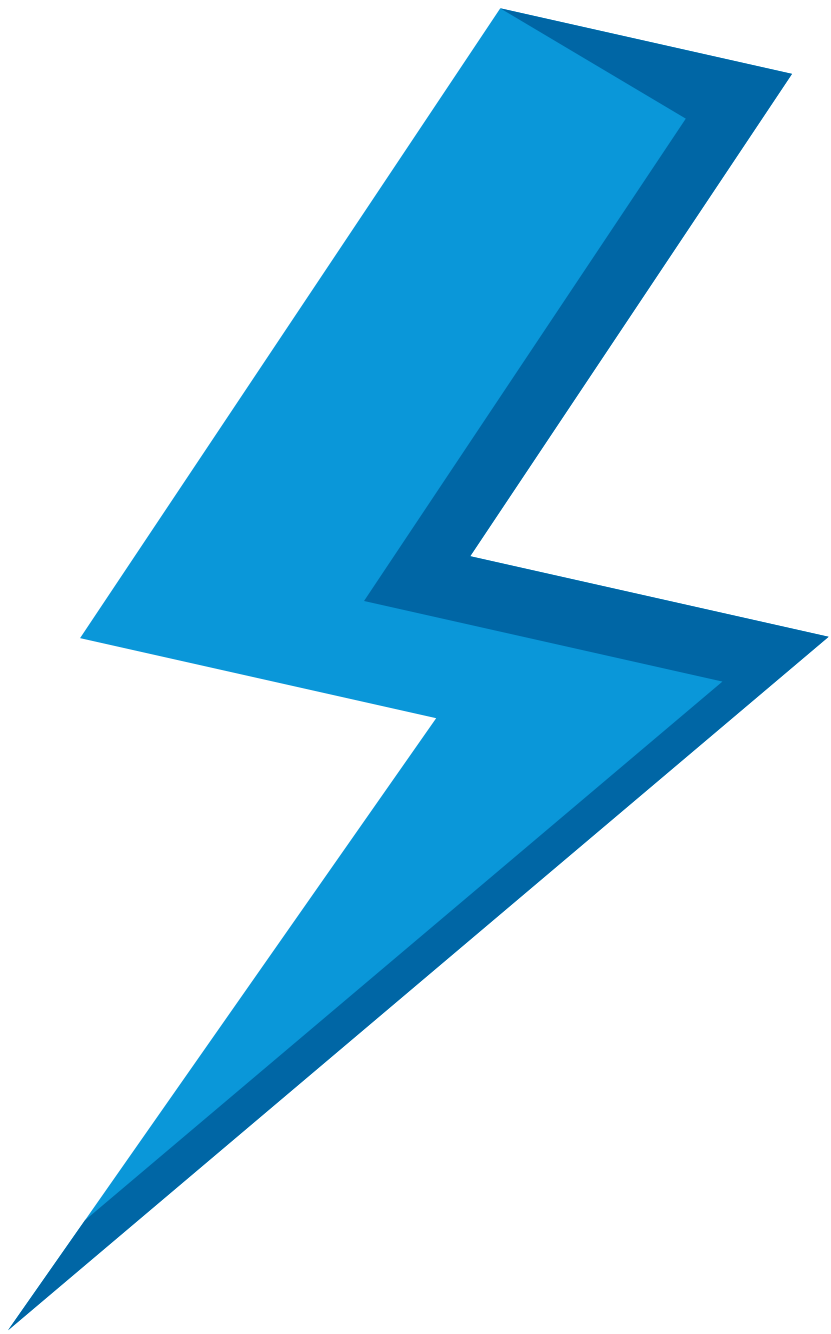


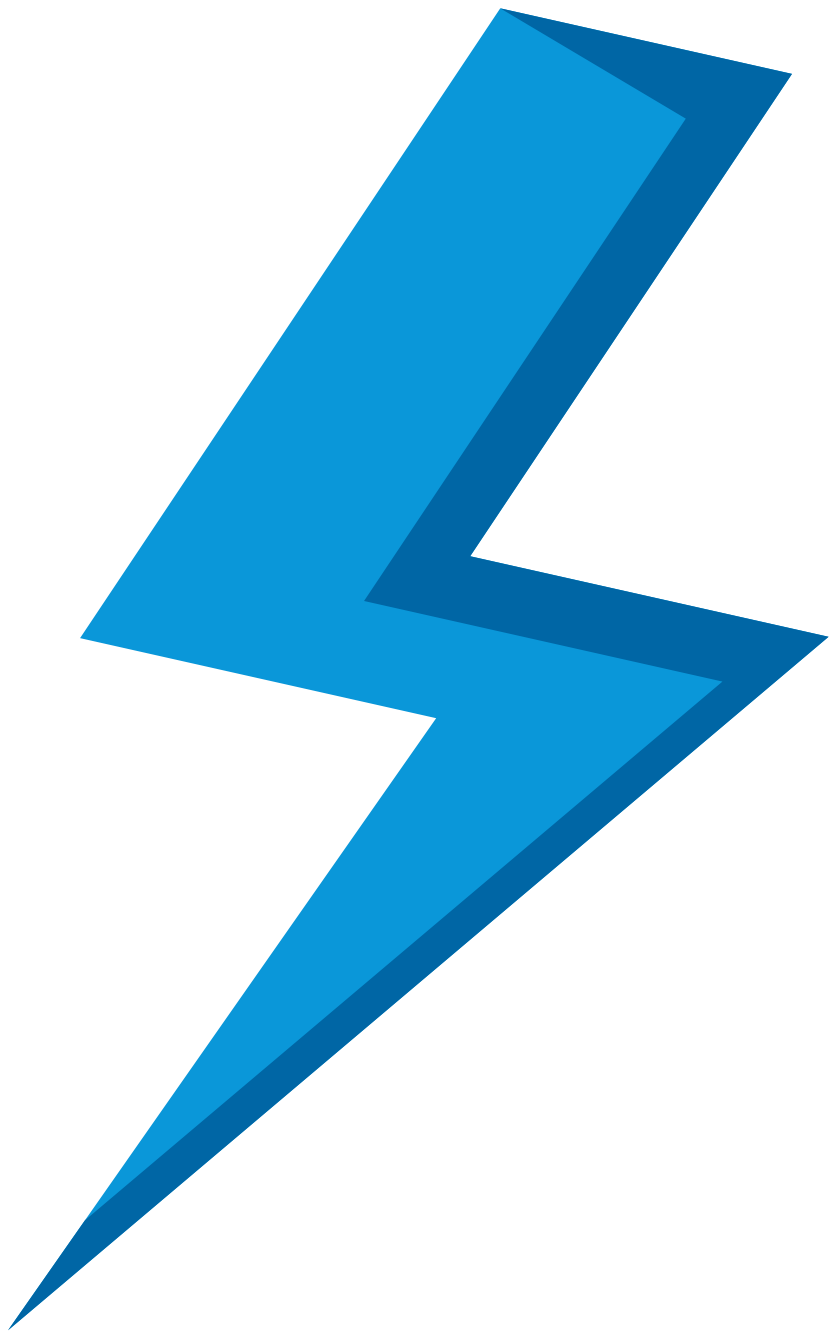


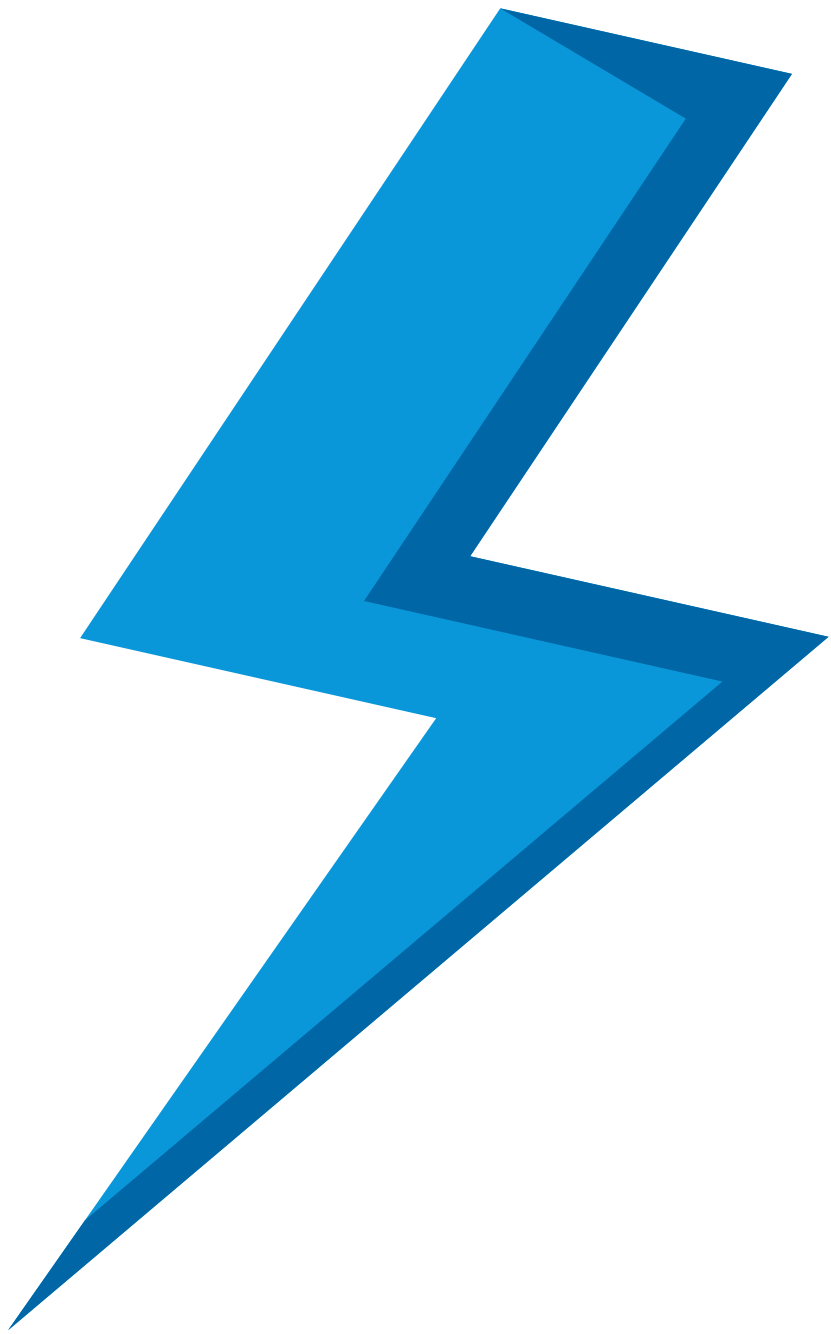


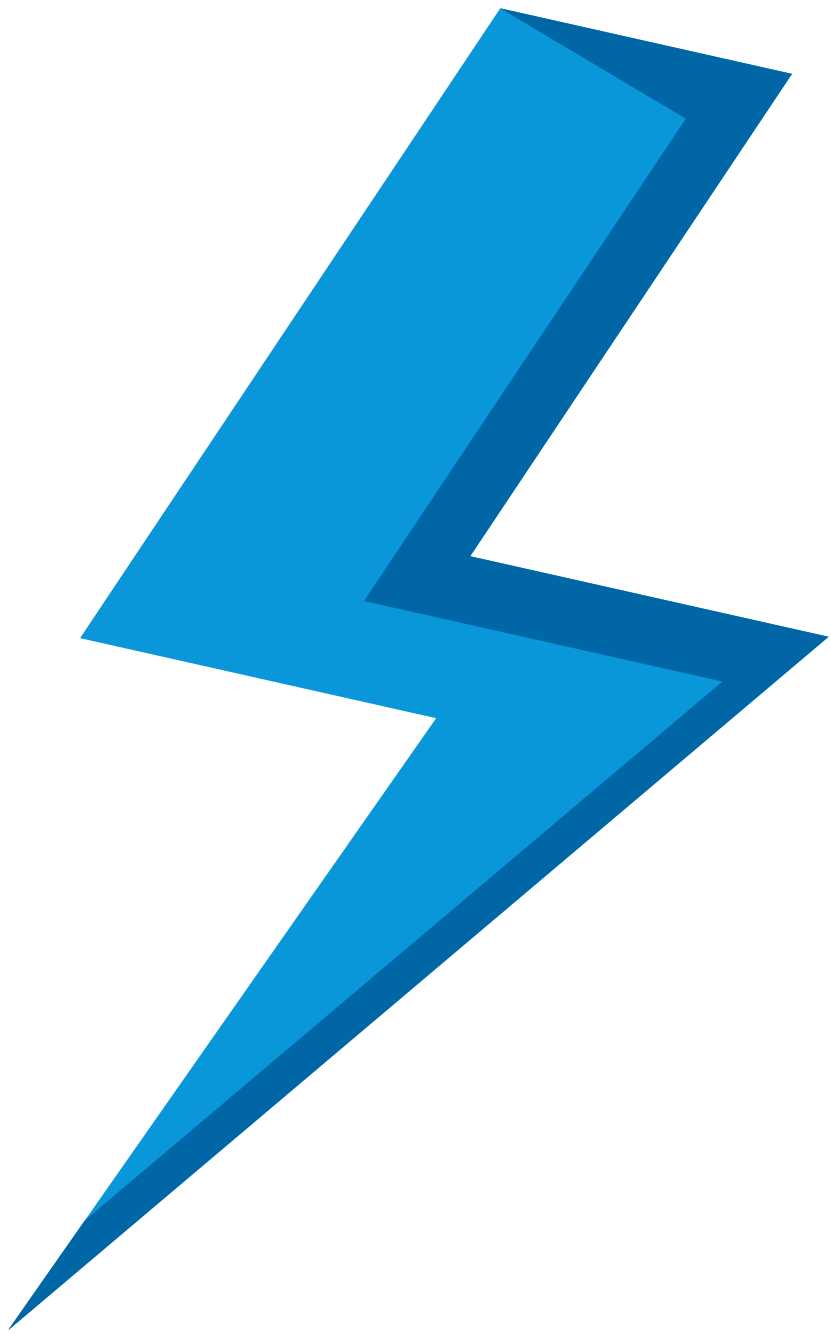


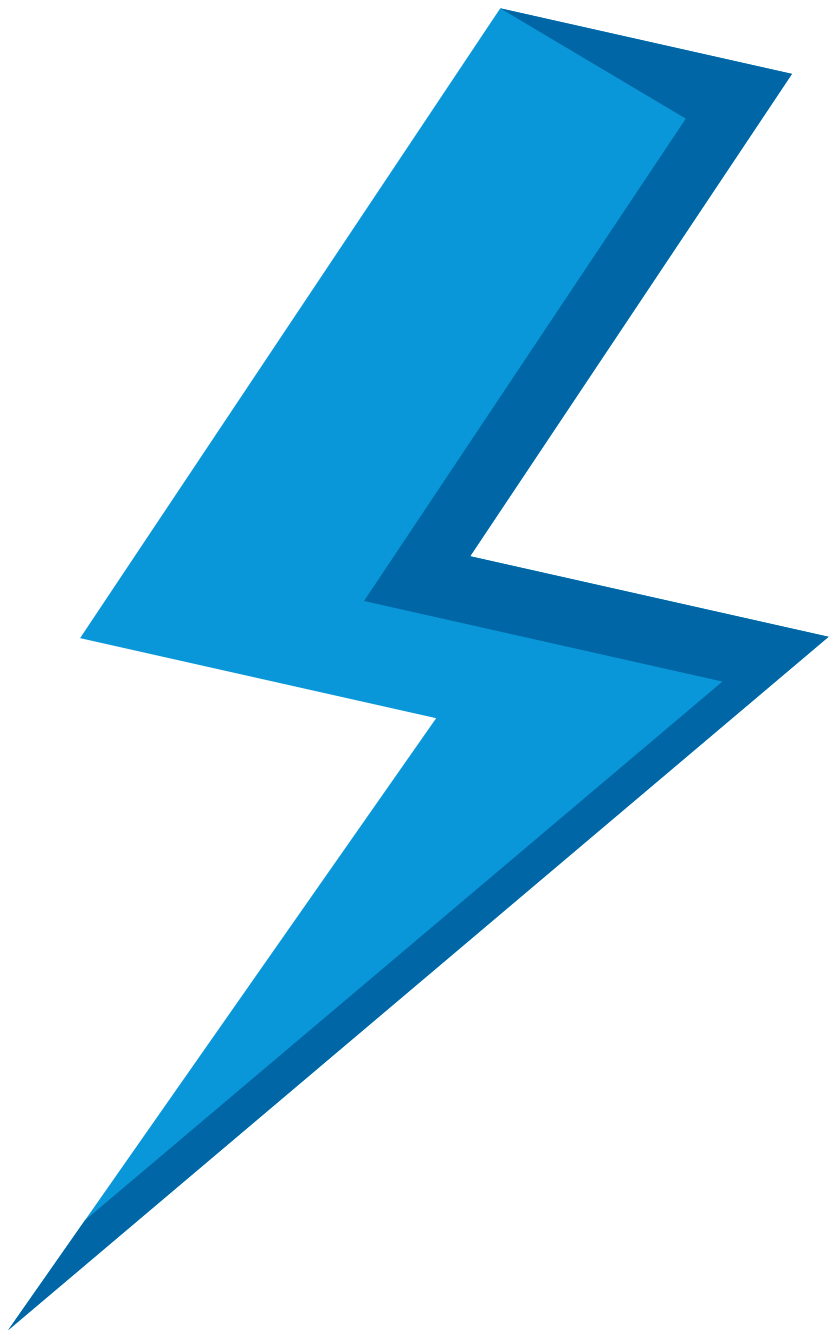


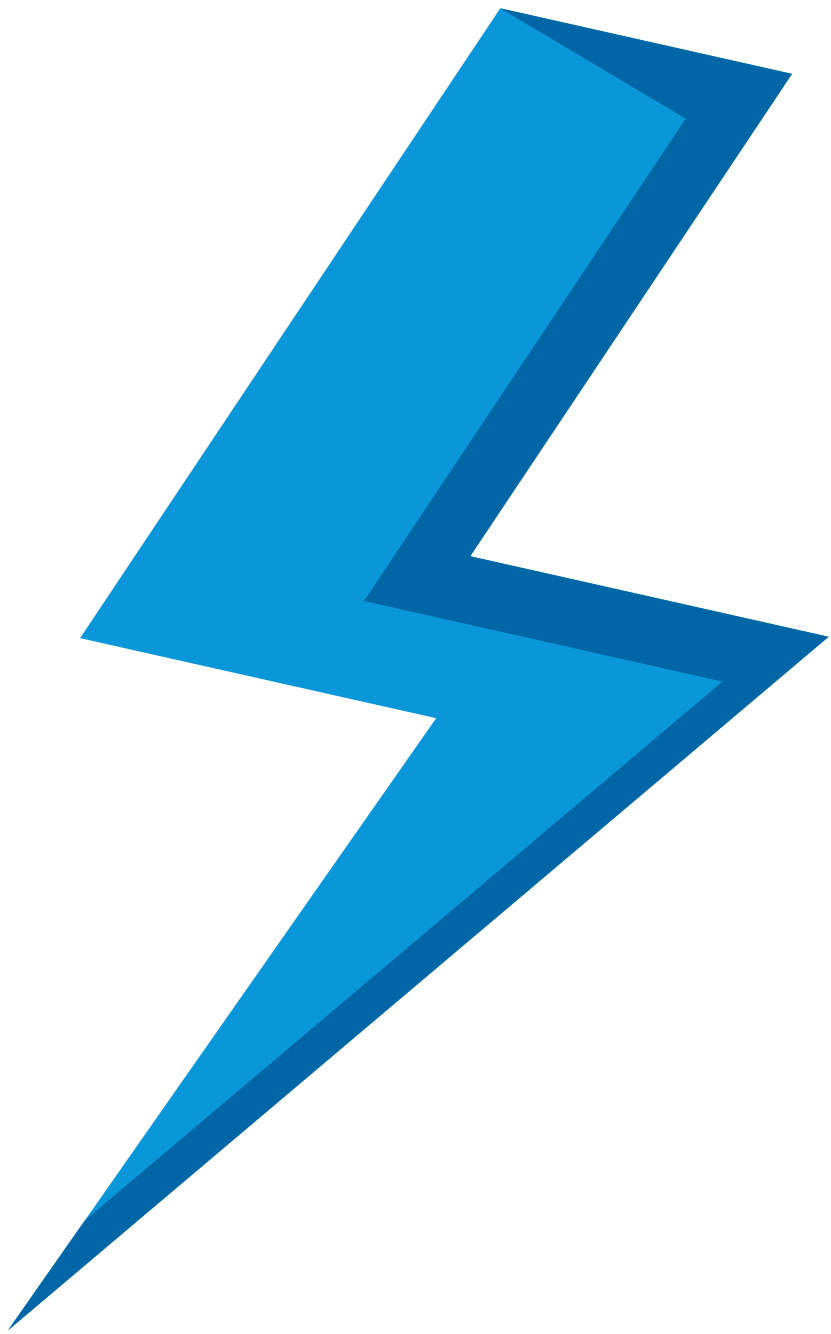


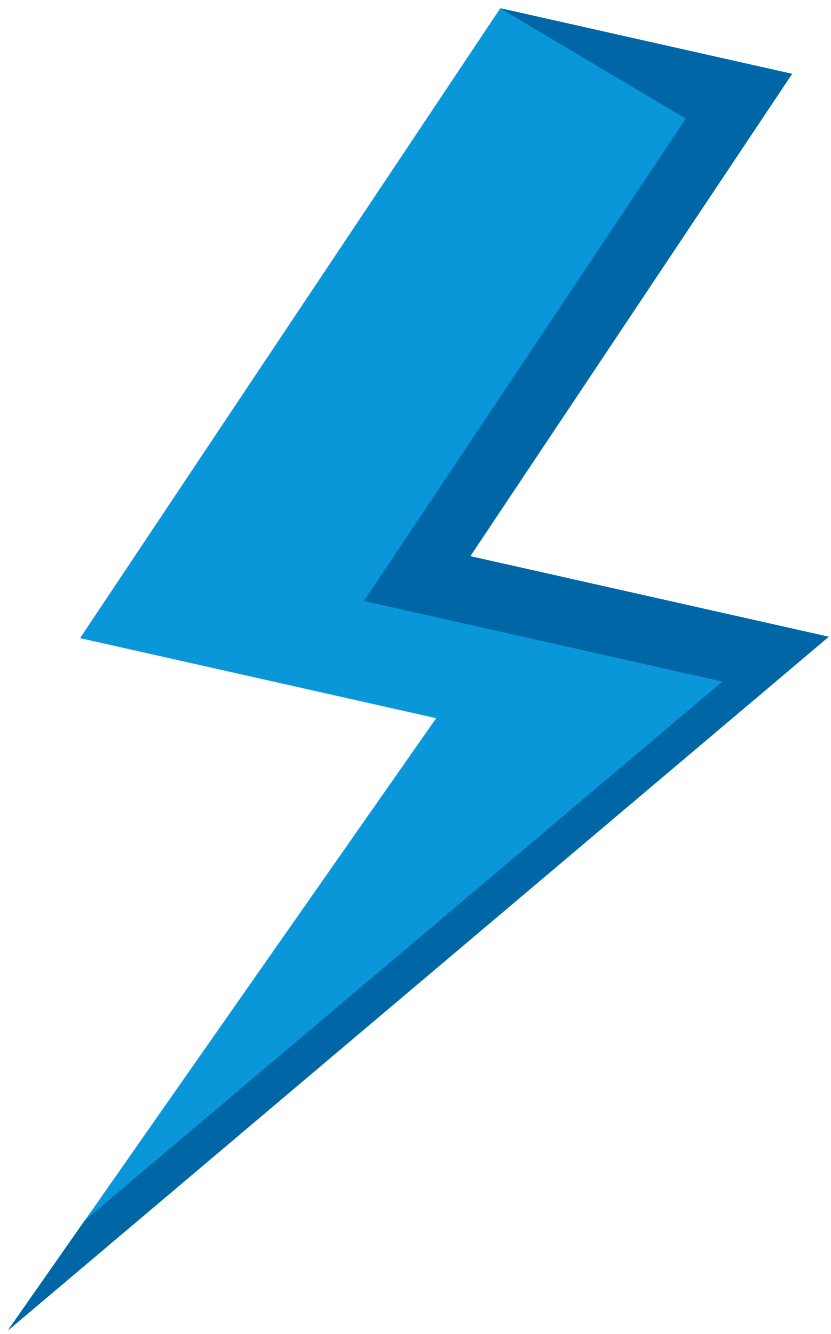


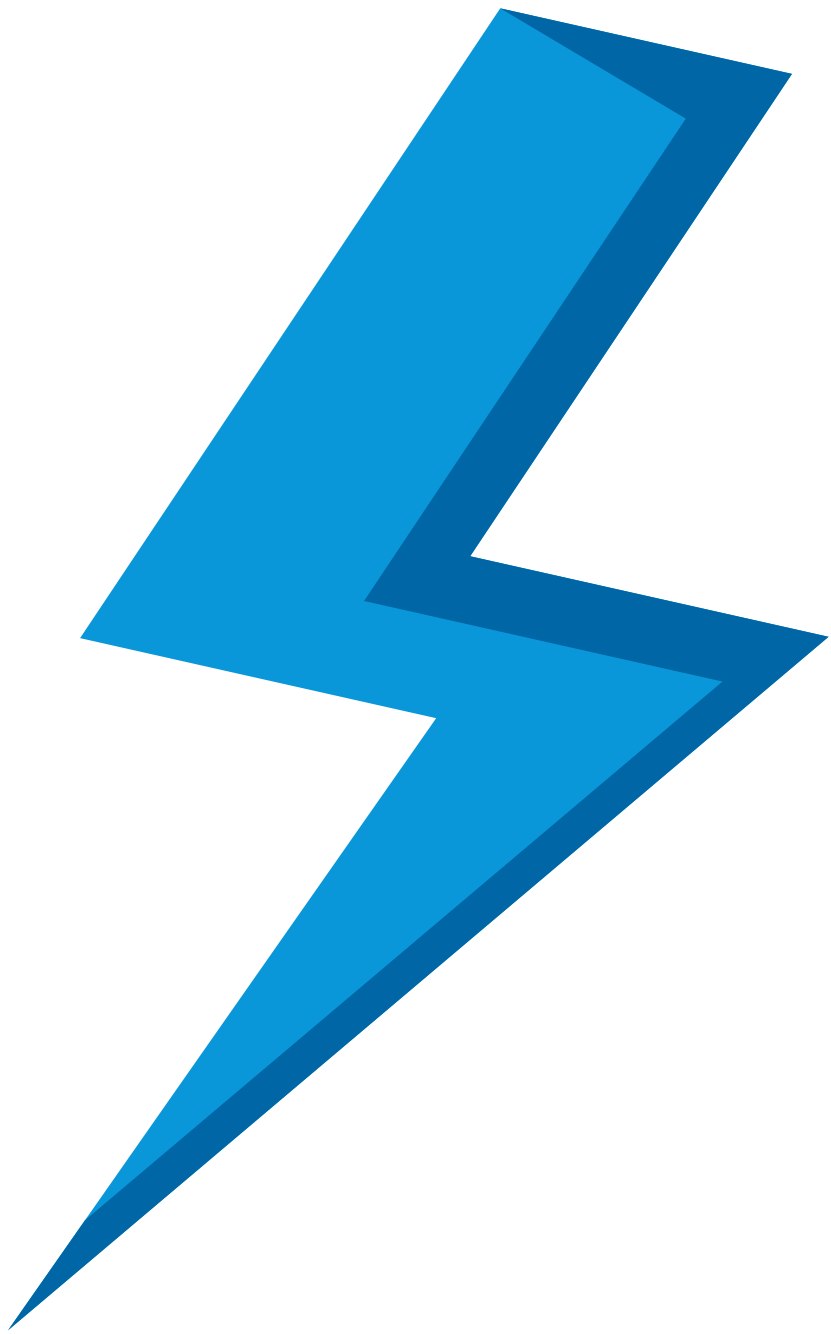


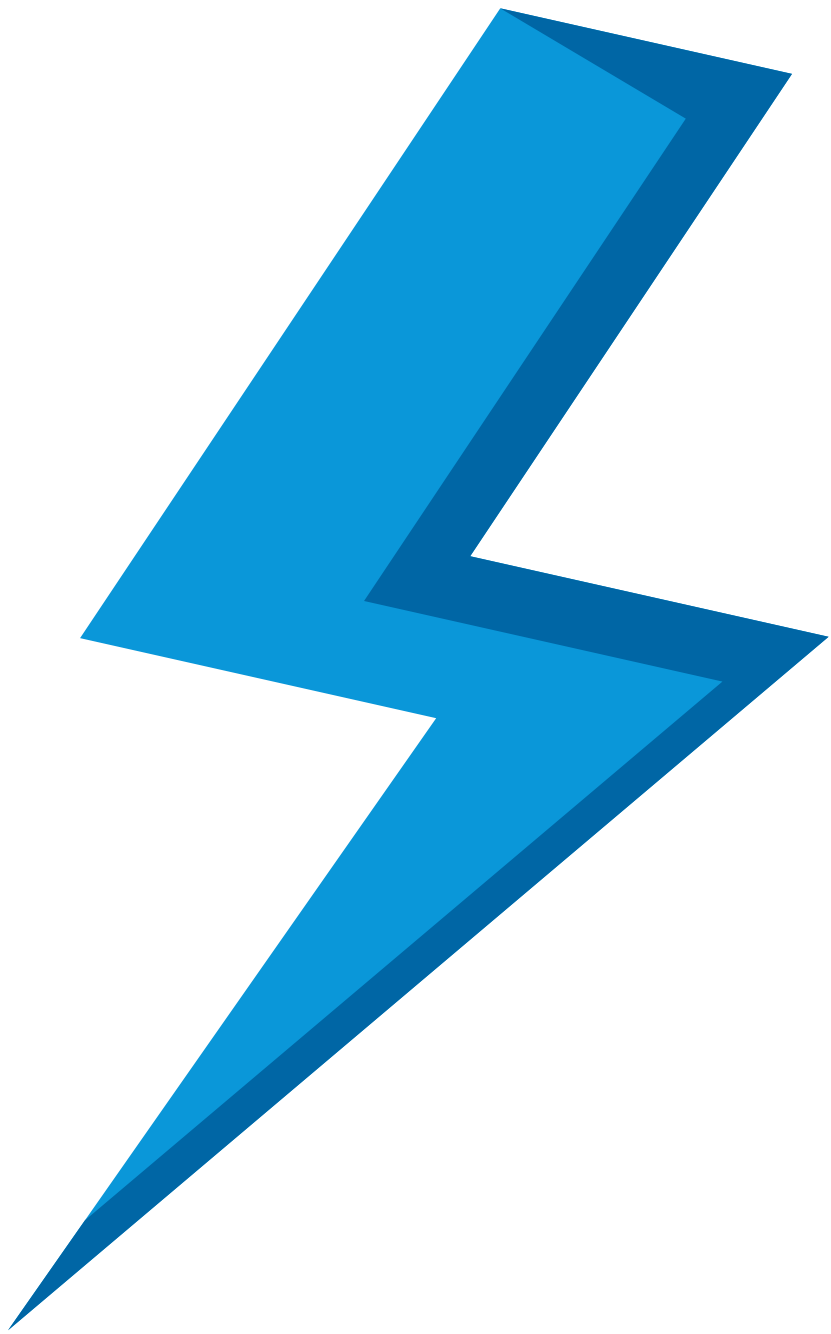


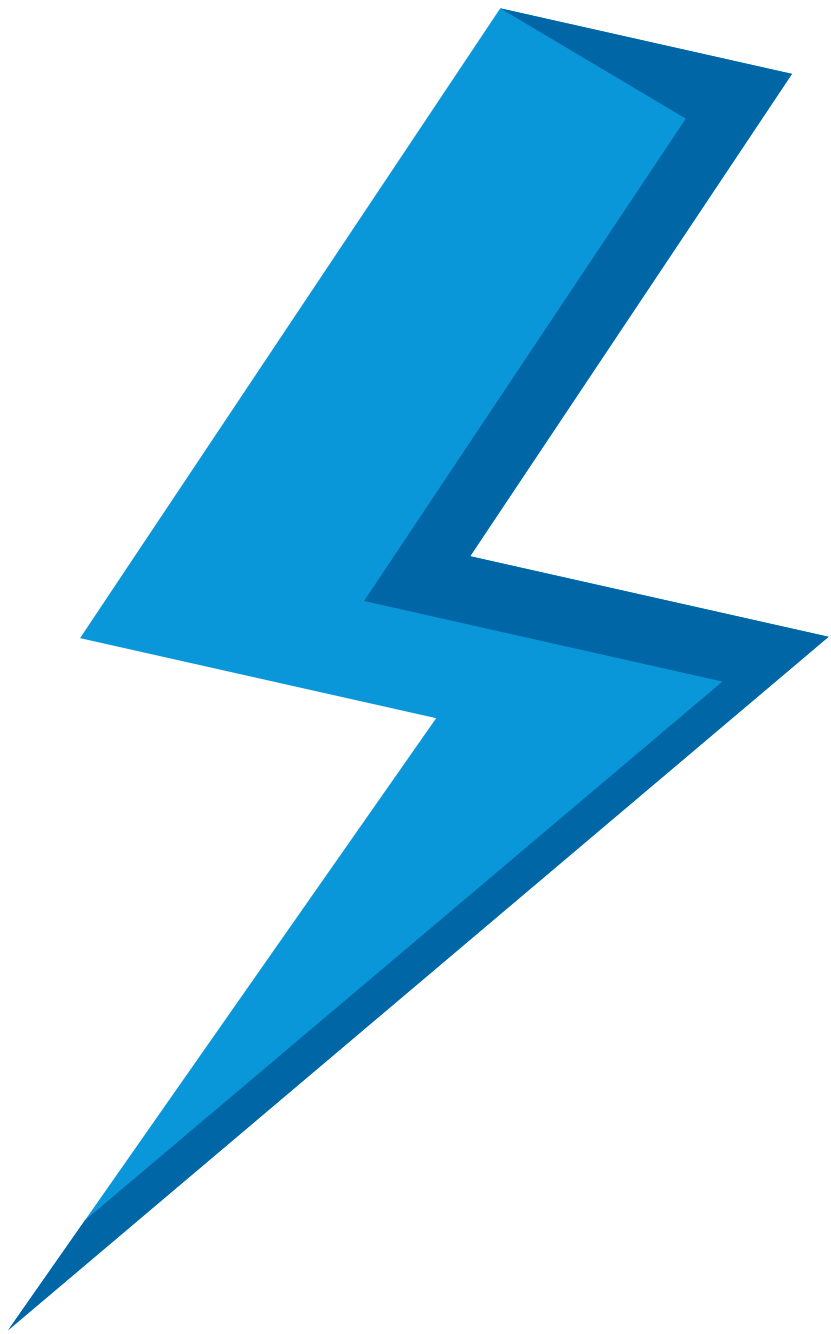


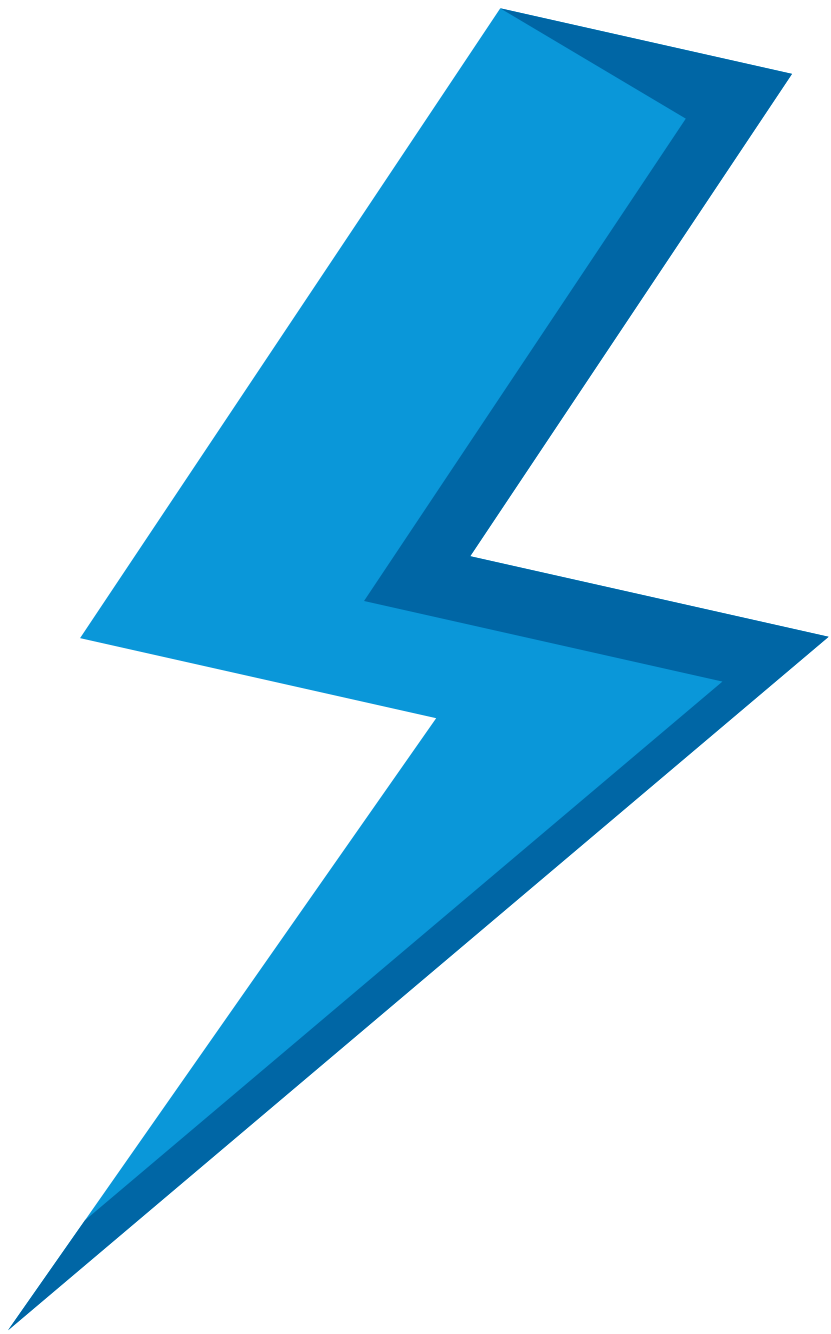


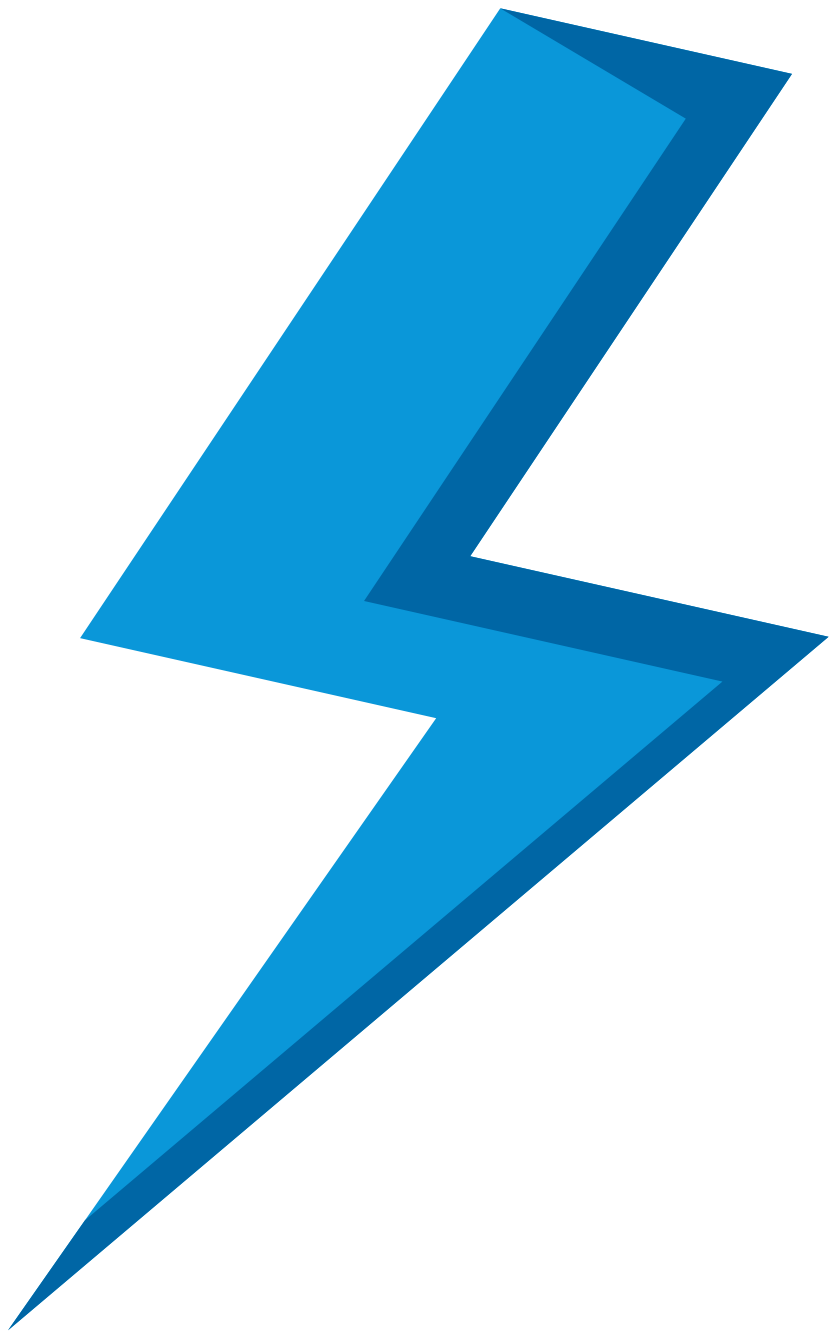


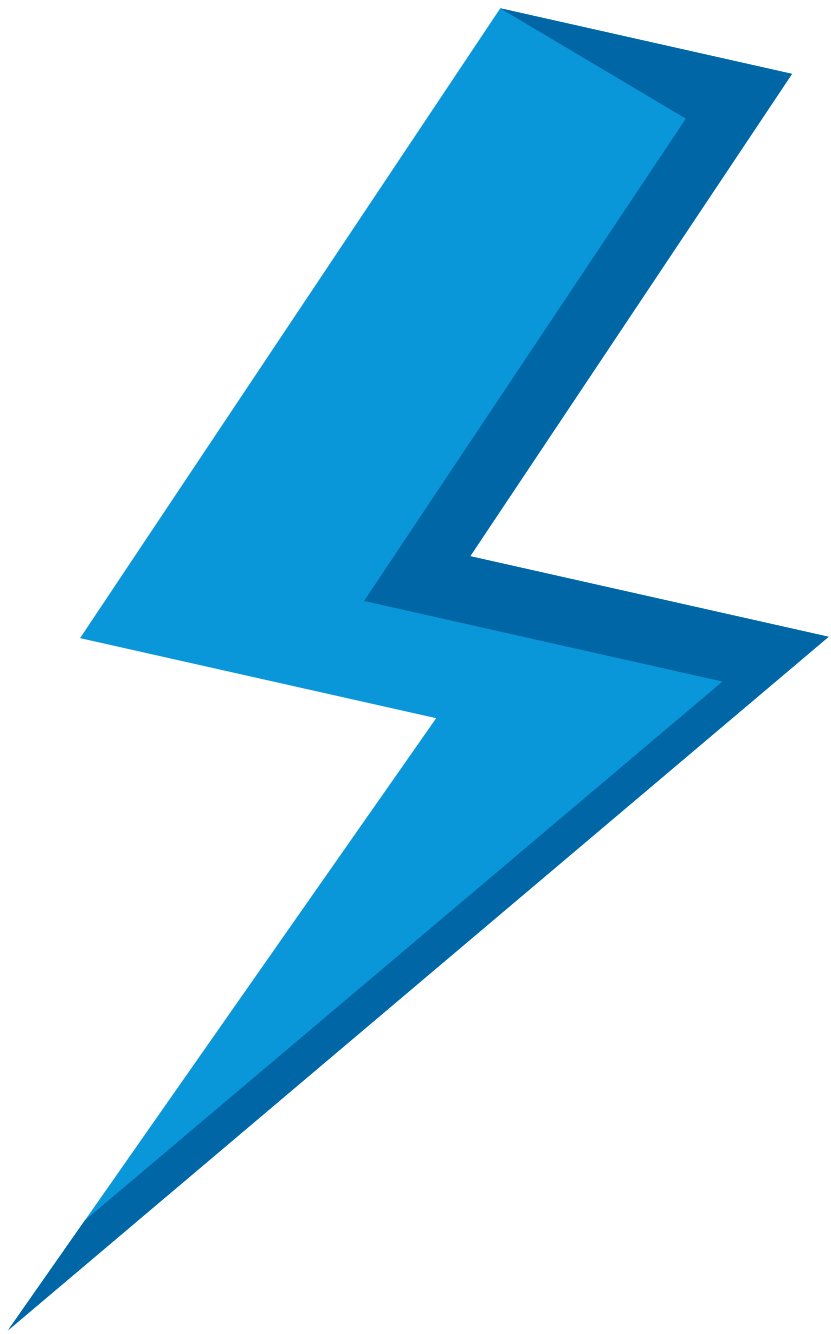


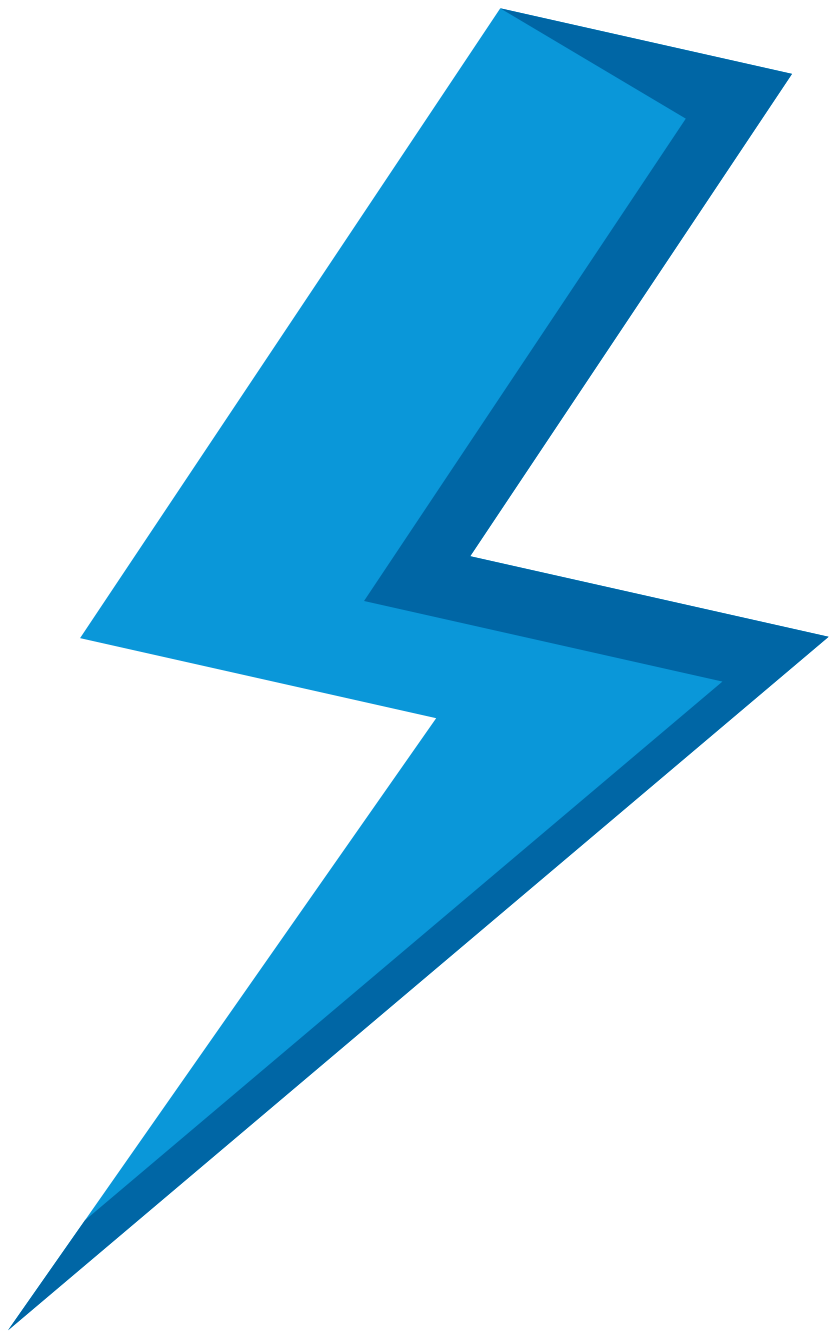


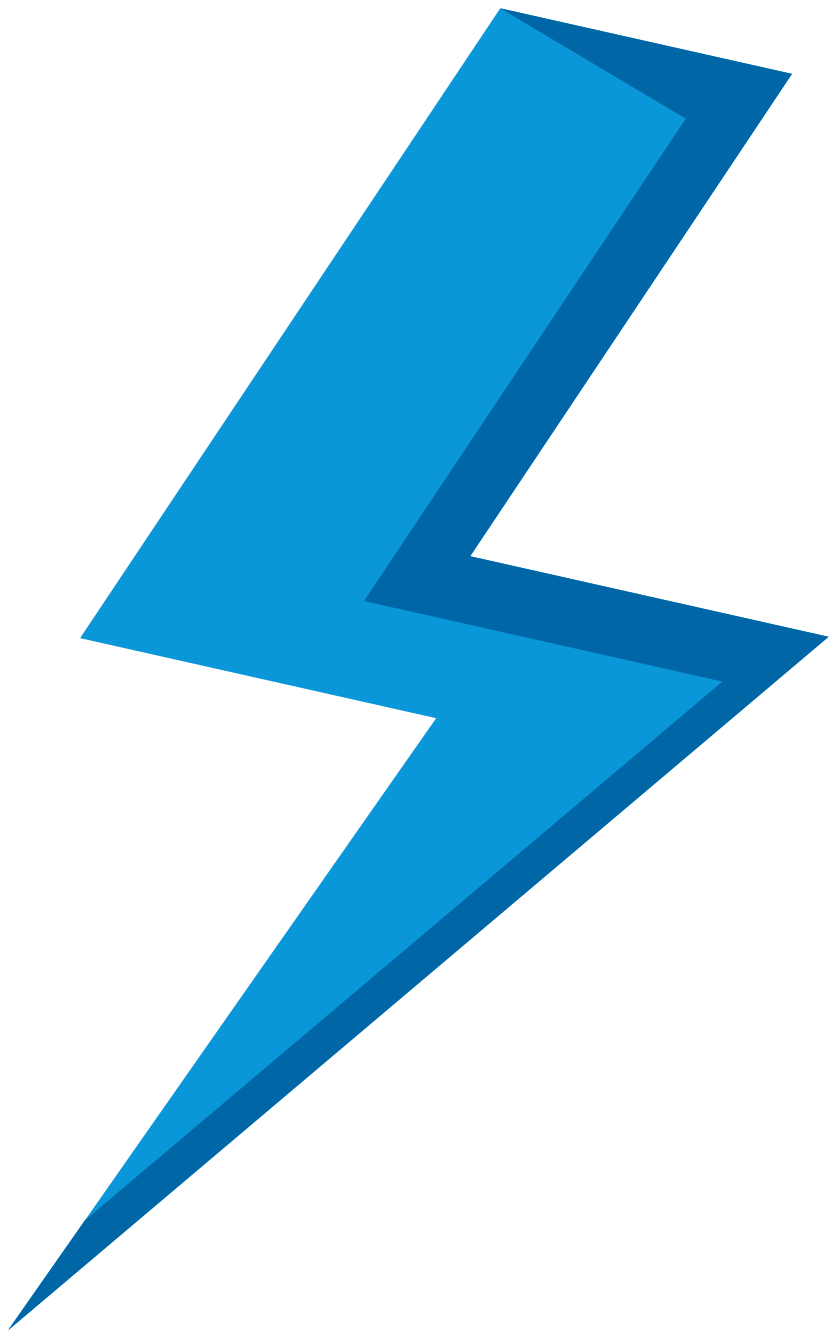


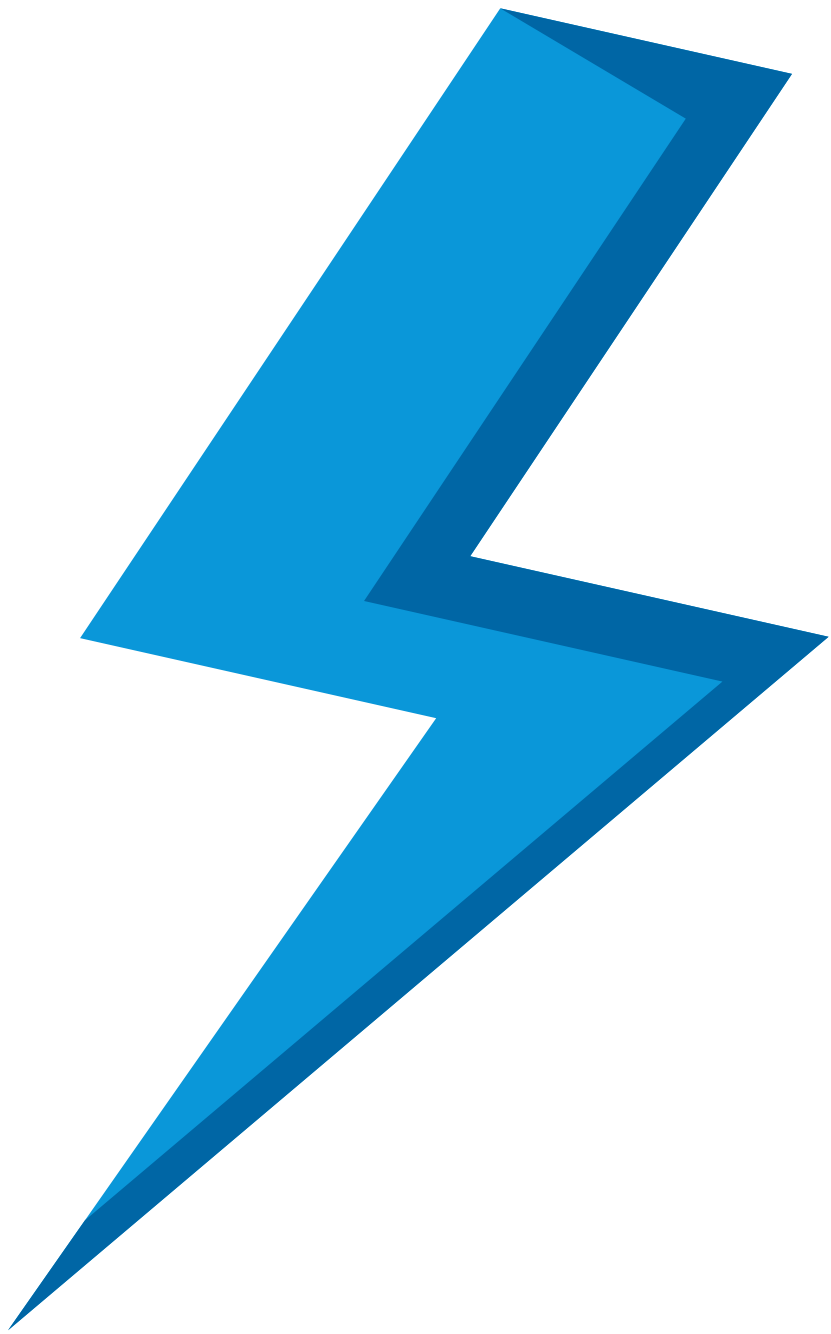


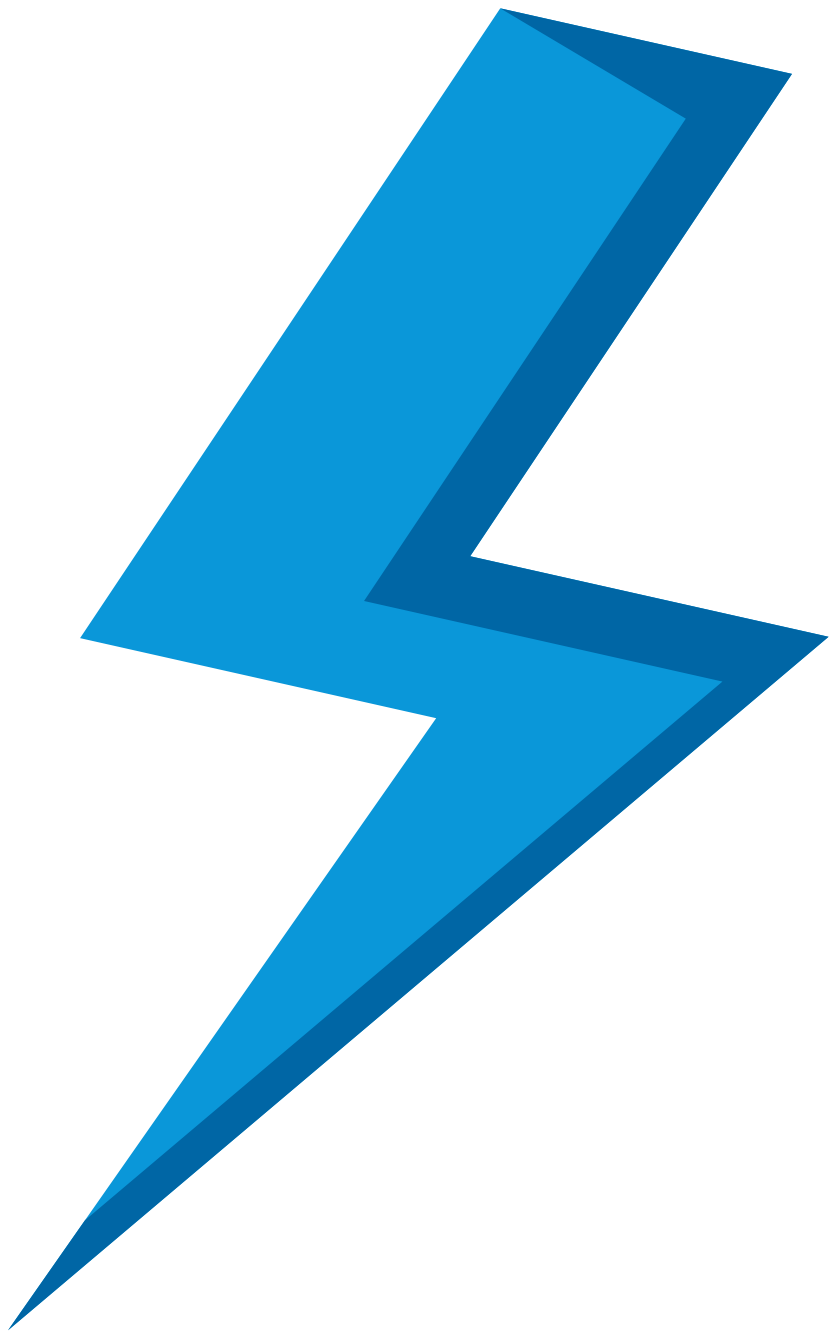


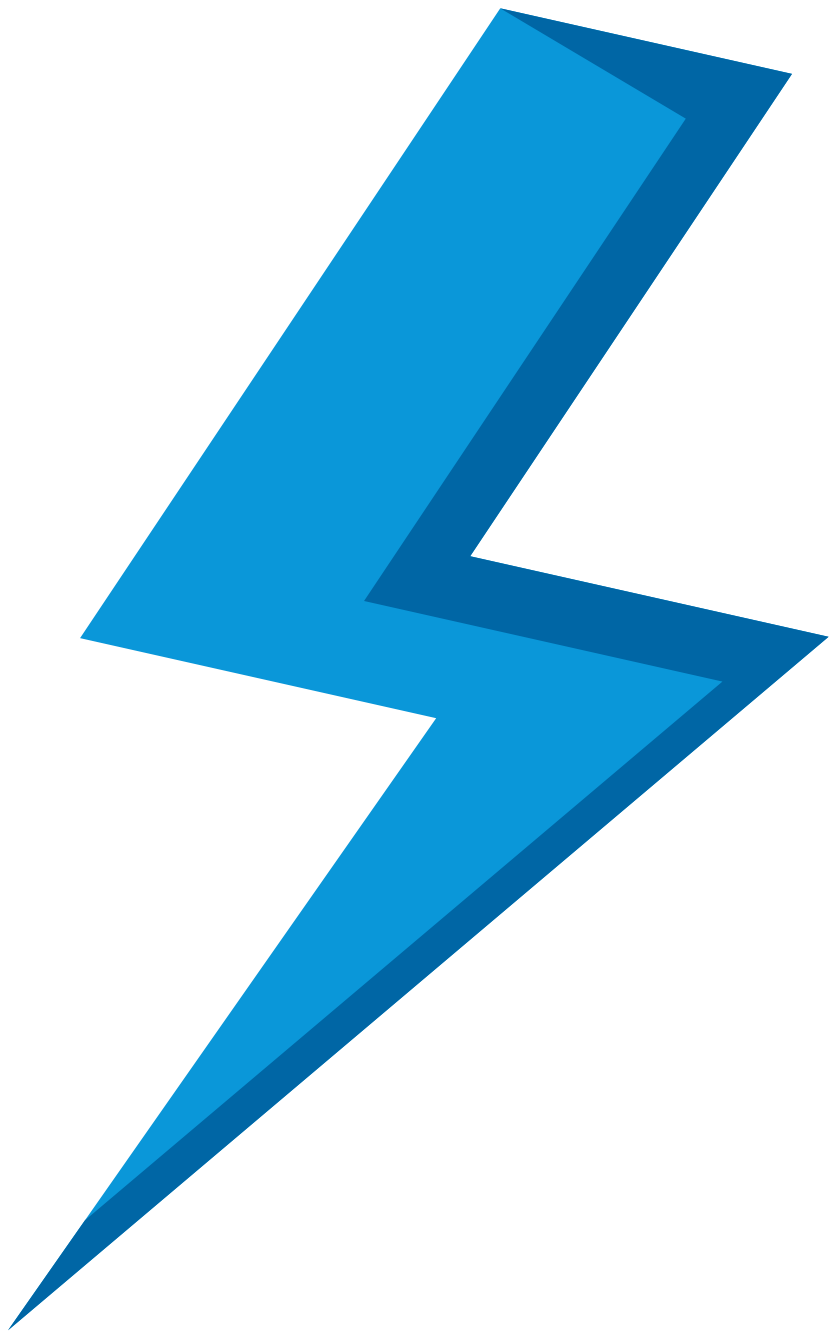


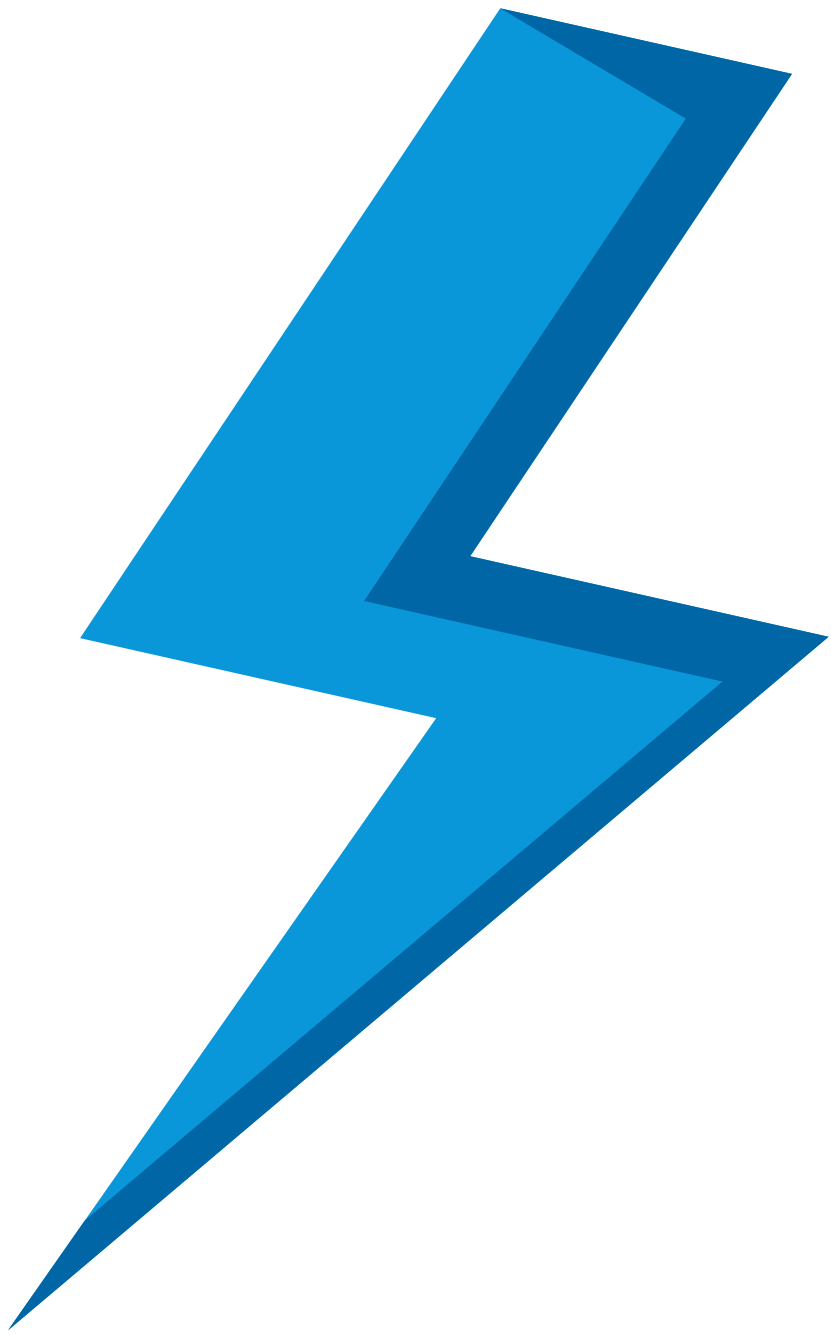


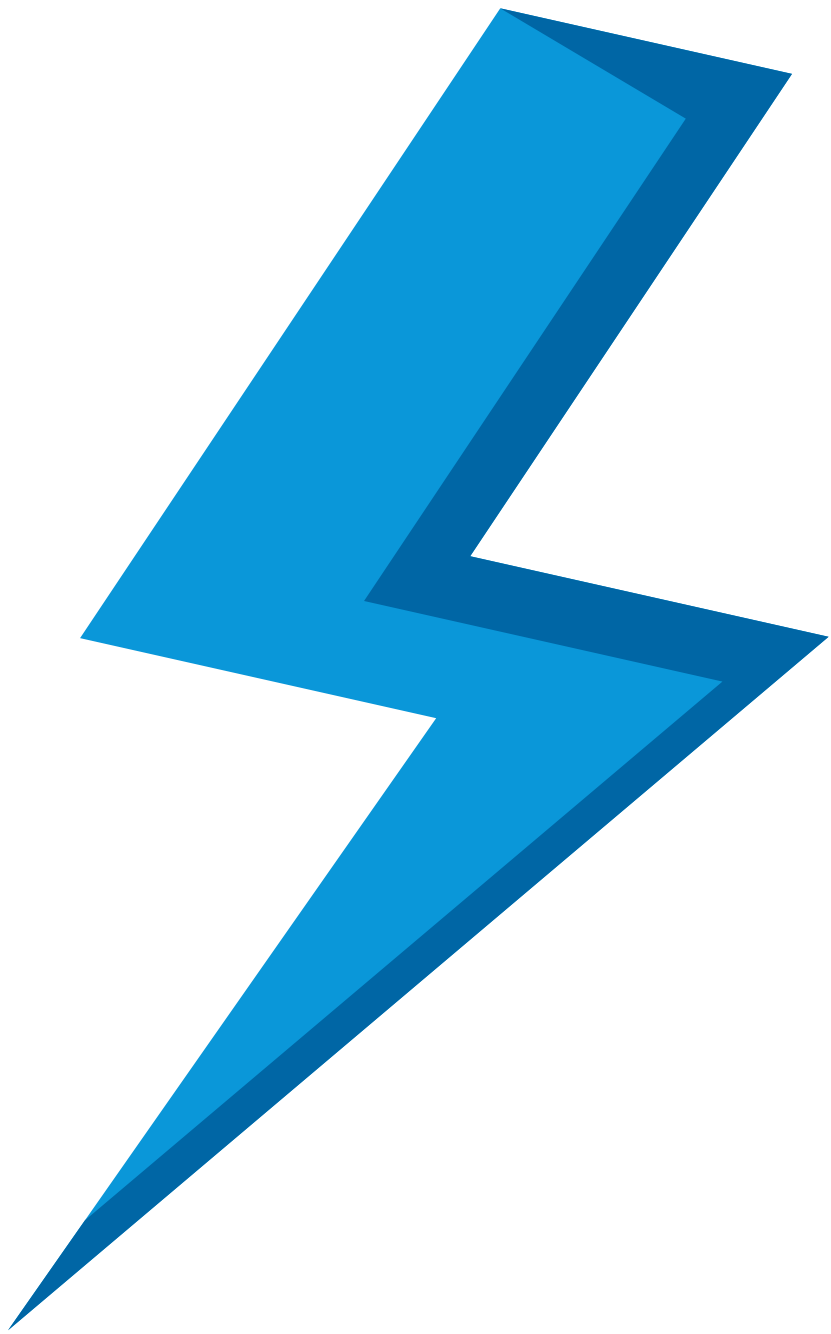


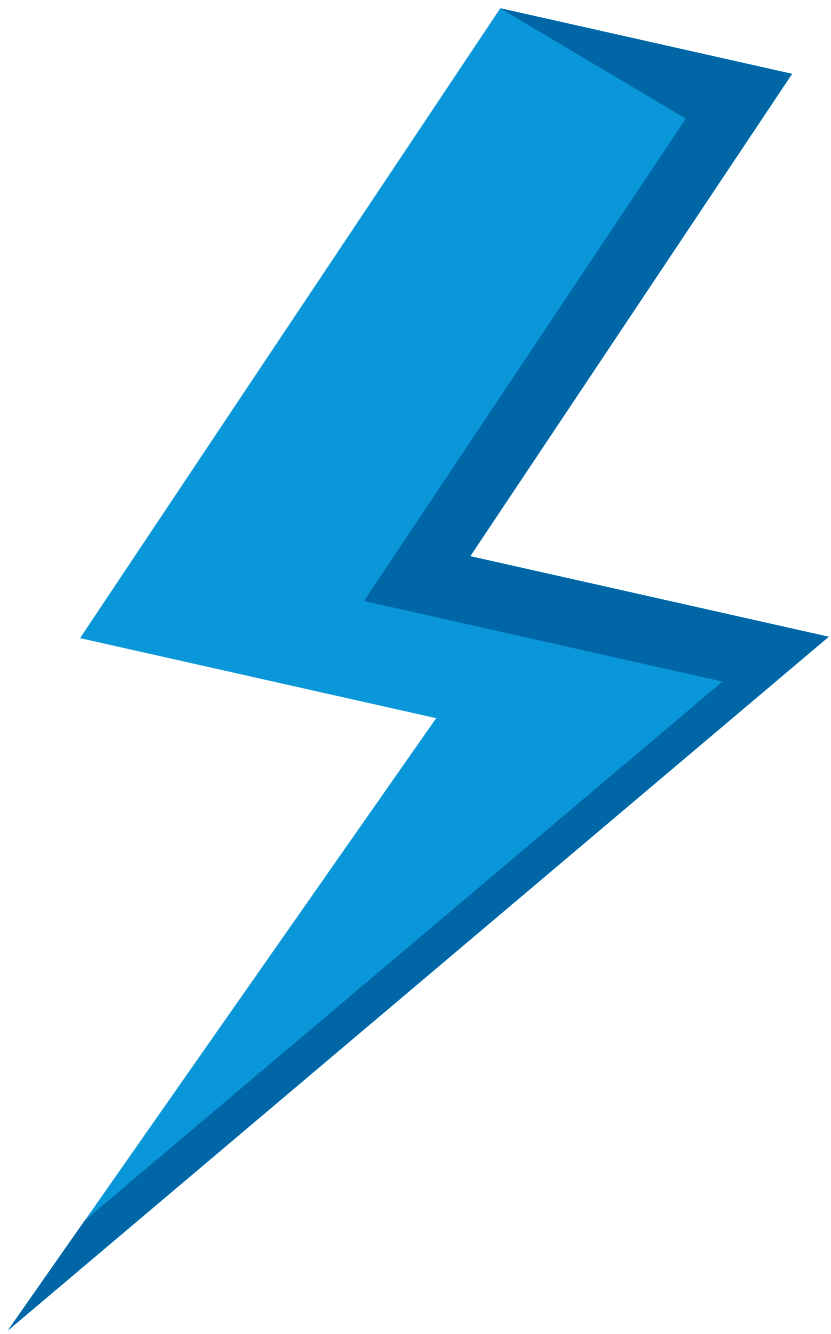


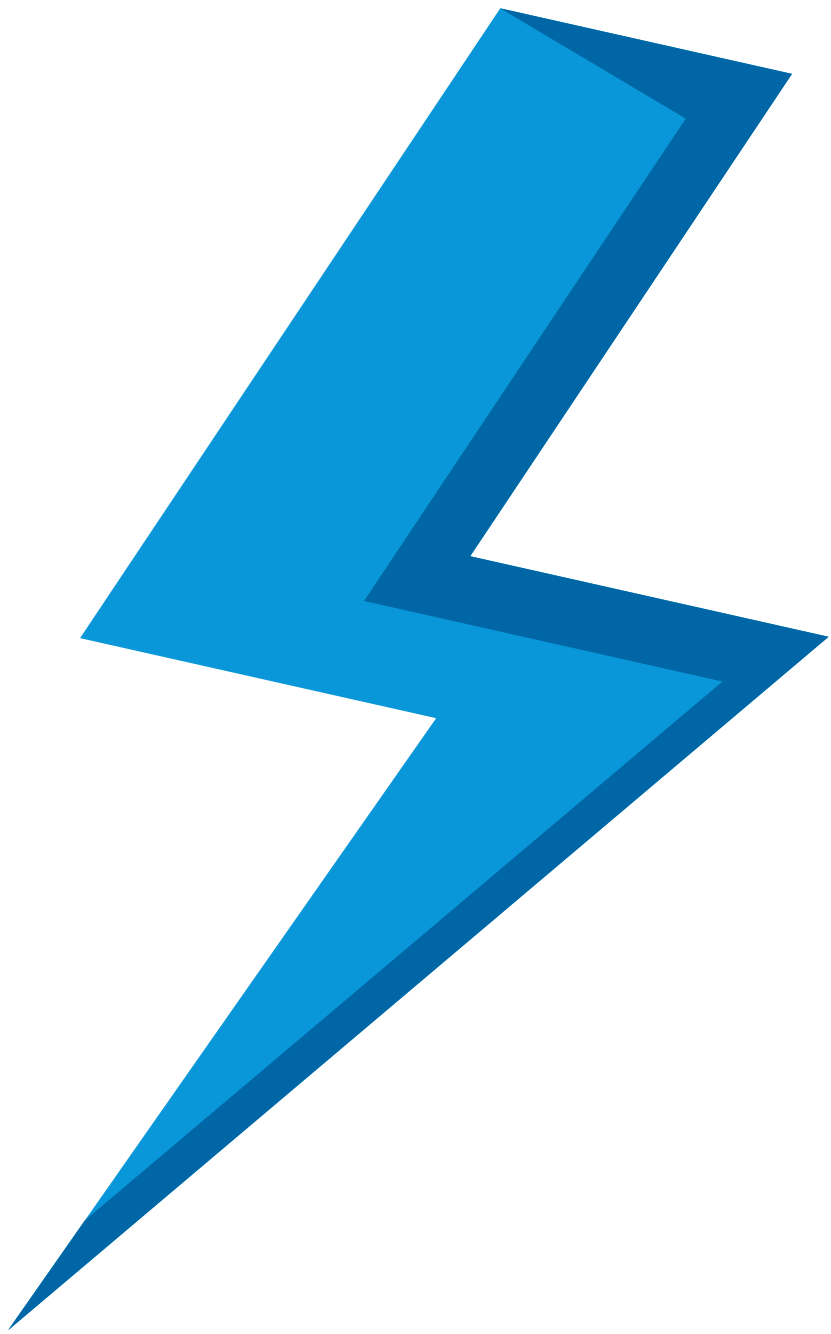


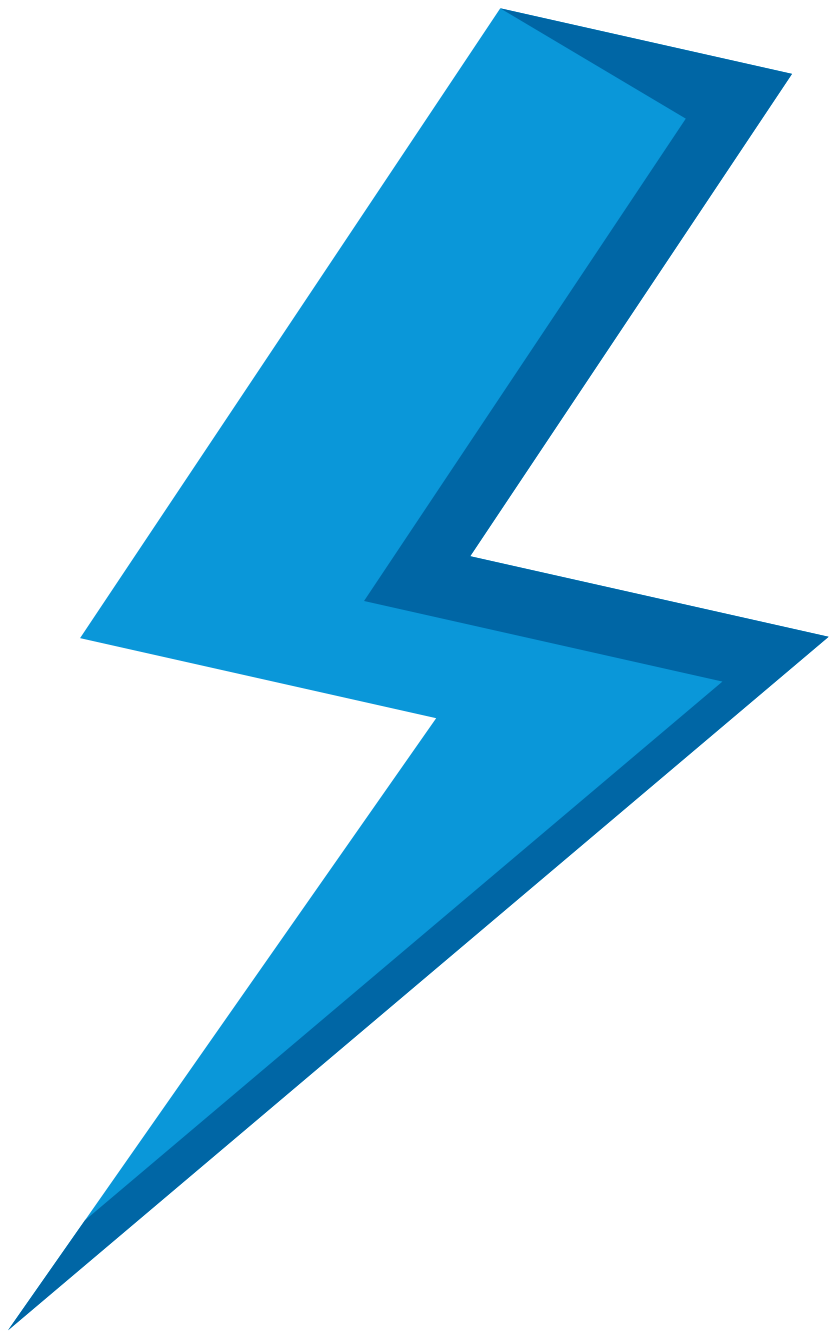


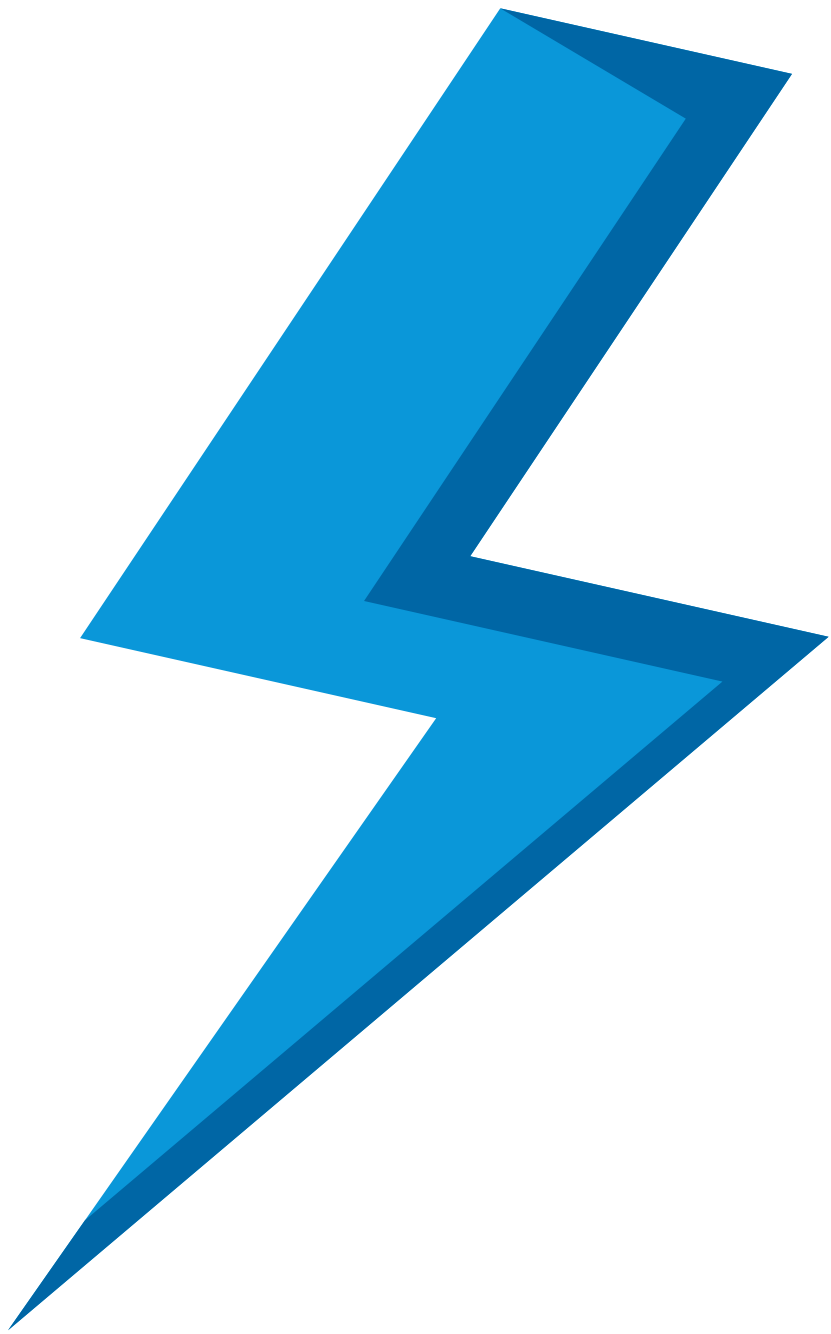


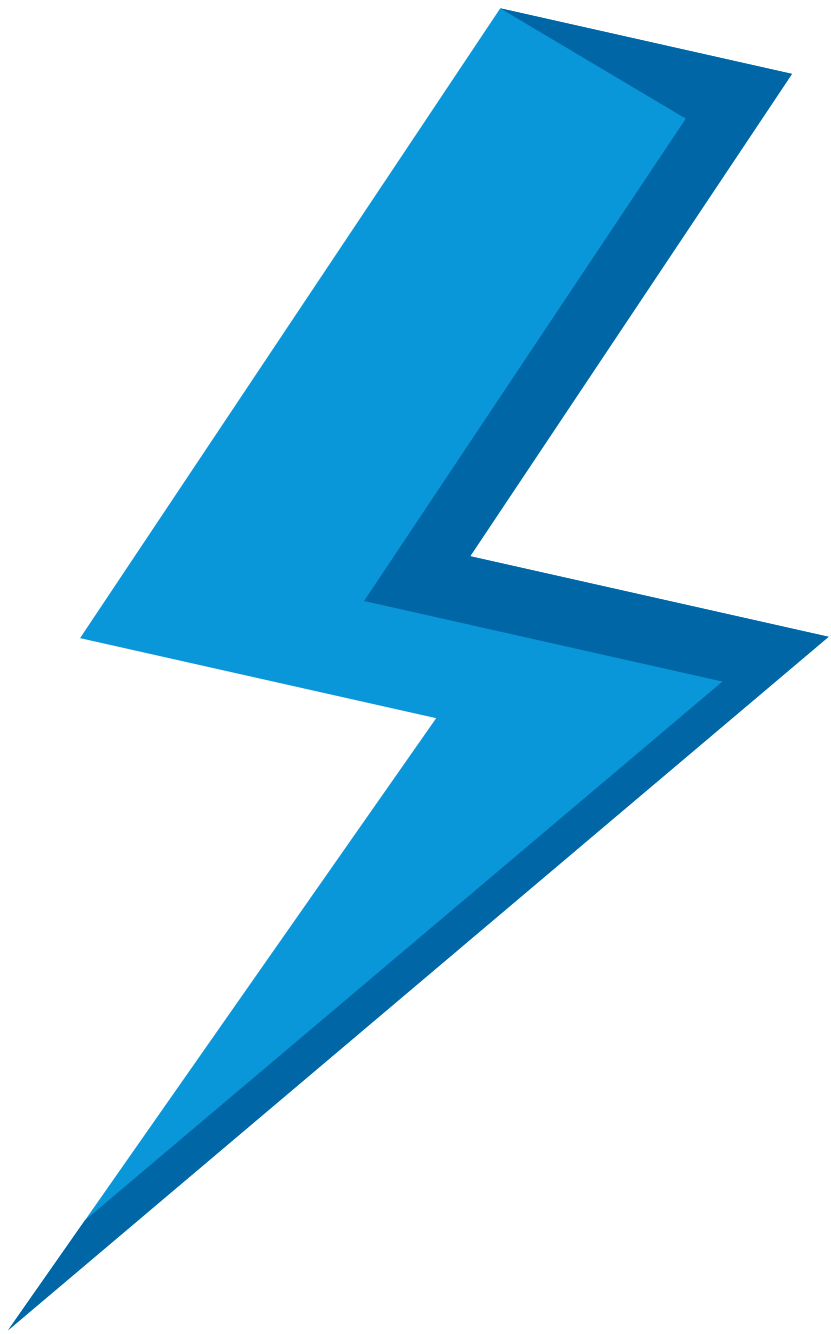


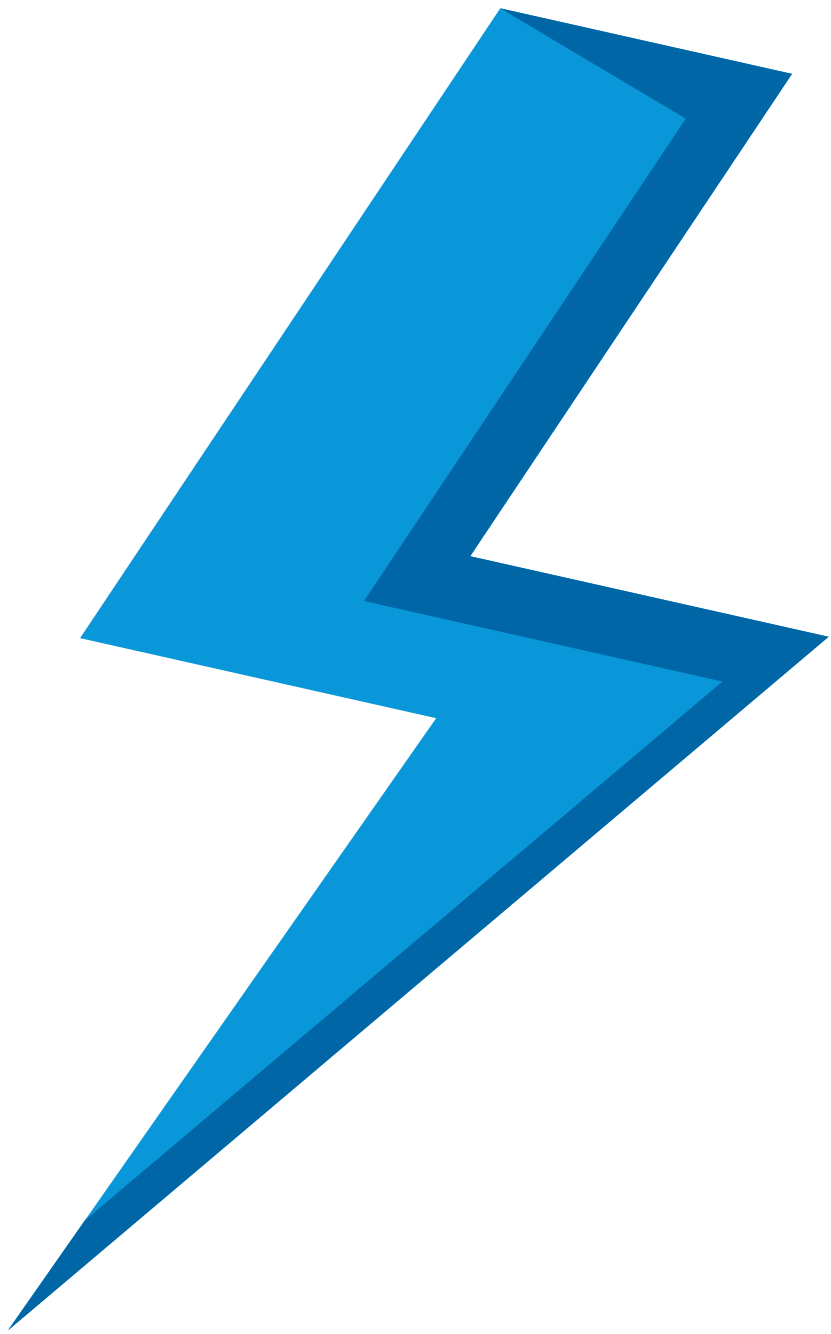


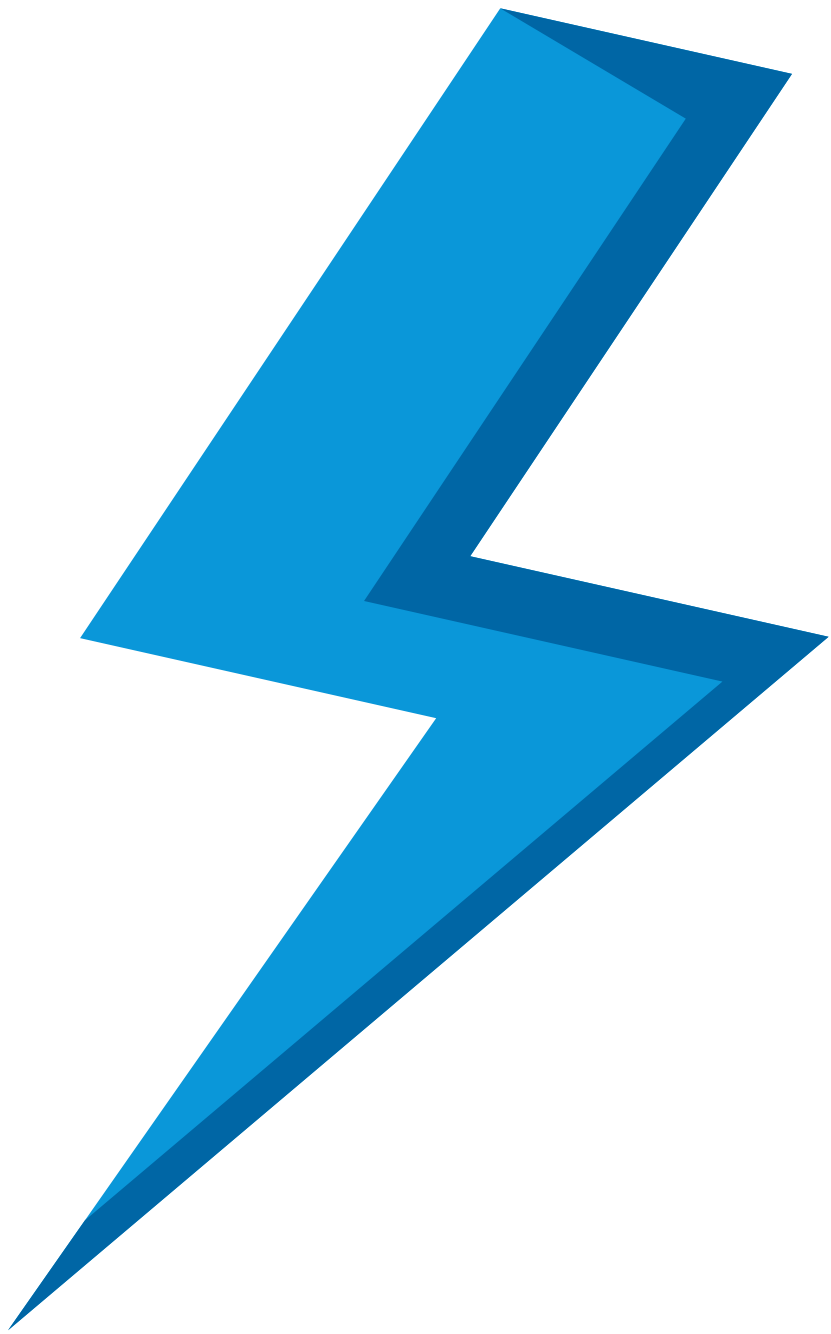












SQUATS

x10 reps

Bend your knees while keeping your back straight, lowering your hips towards the floor.

LUNGES

x10 reps

Step forward and lower your back knee to the floor, keeping your torso straight.

BURPEES

x7 reps

Start standing, squat down with your hands on the floor, jump your feet backwards in a plank, perform a push-up, jump your feet forward and finish with a vertical jump with your arms extended. This is a complete exercise that combines strength and cardio.

JUMPS SQUATS

x10 reps

Perform a squat and add an explosive jump at the end.

SIDE LUNGES

x10 reps

Take a side step and bend the knee of the leg being moved, keeping the other leg straight.

CALF RAISES

x12 reps

Lift your heels off the ground while standing, working your calf muscles.

DUCK WALK

x5 m

Walk forward or backward while maintaining a low squat position.

PLANK

x15 seg

Keep your body straight, supported by your forearms and the tips of your toes.

SIDE PLANK (left)

x7 reps

Keep your body straight, resting on one forearm and the edge of one foot, with the other foot on top.

SIDE PLANK (right)

x10 reps

Keep your body straight, resting on one forearm and the edge of one foot, with the other foot on top.

CRUNCHES

x15 reps

Bend the trunk forward by lifting the torso from the lying position.

LEG RAISES

x10 reps

Lying down, raise your legs straight up towards the ceiling, keeping your abdomen contracted.

BICYCLE CRUNCHES

x20 seg

Lie on your back, place your hands behind your head, bring your right elbow towards your left knee while stretching your right leg and then alternate. Work your abdominal and oblique muscles.

RUSSIAN TWISTS

x15 reps

Sit up and turn your torso from side to side, keeping your legs slightly off the ground.

V-UPS

x7 reps

Simultaneously raise the torso and legs, forming a ‘V’ shape with the body.

PLANK WITH LEG LIFT

x10 seg

Start in a plank position on your forearms with your body in a straight line. Lift one leg off the ground, keeping it straight and level with your hips. Hold briefly, then lower the leg back down. Alternate legs and repeat.

SUPERMAN

x10 reps

Lie on your stomach and simultaneously raise your arms and legs, keeping them straight.

PUSH-UP

x5 reps

Bend your arms to lower your body to the floor and then straighten them to return to the starting position.

JUMPING JACKS

x10 reps

Jump by opening and closing your legs while holding your hands above your head.

HIGH KNEES

x10 reps

Run in place raising your knees as high as possible.

SKIER

x12 reps

Standing with your feet together, jump from side to side as if you were skiing, bringing your arms to the opposite side of the jump. This exercise improves coordination and works the core, legs and glutes.

KNEE TUCKS

x10 reps

Jump your knees to your chest and land softly.

ARM CIRCLES

x10 reps

Swing your arms in small circles back and forth to work your shoulders.

BACK KICK

x10 reps

From a standing position, bring one leg back and up, contracting the buttocks.

BEAR CRAWL

x6 m

From a four-legged position, move forward by moving your hand and opposite foot at the same time, keeping your knees close to the ground.

FRONT KICKS

x20 reps

Standing, throws kicks forward at waist height or higher, maintaining balance.

HIP THRUST

x10 reps

Lie on your back, place your feet on the floor and lift your hips upwards, squeezing your buttocks.

FROG JUMPS

x10 reps

From a squatting position, jump forward with your hands on the ground like a frog, and repeat.

CROSSBODY MOUNTAIN CLIMBERS

x10 reps

From the plank position, bring the right knee towards the left elbow and then the left knee towards the right elbow, crossing the body.

LATERAL SQUAT WALKS

x7 m

Stay in a low squat position and move laterally by taking small steps to one side and then the other.

STAR JUMPS

x10 reps

Jump by spreading your arms and legs in the air like a star, and land with your limbs together.

LATERAL SHUFFLE WITH TOUCH

x10 m - 2 reps

Make a quick sideways movement and touch the ground with one hand each time you reach the end.

SQUAT WITH FRONT KICK

x7 reps

Perform a squat and when you stand up, perform a front kick with one leg, alternating with each repetition.

PLAN SHIELD

CHAÑE CLUB DEPORTIVO

PRIVATNA EKONOMSKA I SPORTSKA GIMNAZIJA PESG SPORTSKO UČILIŠTE

MANO EUROPA

Eusebio Sacristán FUNDACIÓN

DAMASISTEM

GAME RULES

Co-funded by the European Union

PLANSHIELD GAME

What is the Planshield Game?

Planshield game is a game with more than 59 symbols, 57 cards, 8 symbols per card and **only one identical symbol** between each card. Will you be able to figure it out?

Before playing...

If you have never played or if you are playing with someone who has never played Planshield Game, draw two cards randomly and place them face up on the table in full view of all players. **Look for the identical symbol on the two cards** (same shape and colour, only the size may vary). The first player to find this symbol names it and draws two new cards to be placed on the table. Repeat this operation until all the players have understood that there is always only one identical symbol between two cards.

That's it, you know how to play Planshield Game!

Aim of the game

Whatever mini-game it is, the objective is always to be the fastest to **find the identical symbol** between 2 cards, **say it out loud, pick up the card and place it or discard it** (depending on the rules of the mini-game you are playing).

The mini-games

Planshield game is a series of fast-paced mini-games where **all players play at the same time**. In each game, you can choose to play all the mini-games in order from 1 to 3, play them in a disorderly way, or always play the same mini-game - the important thing is to have fun! (well, and to do 5 rounds, adding up the points at the end to find out who the winner is). Read the rules of the selected (or randomly chosen) mini-game out loud, so that all players can hear them before starting the round. You can also do a test to make sure that all players have understood the rules.

End of the game

Players who have won the most mini-games will be the winner of the Planshield Game.
You can also change the number of rounds or set a time limit (e.g. Whoever has won the most mini-games after 20 minutes is the winner) to have even more fun with the Planshield Game. For tournaments and competitions, you can find a different scoring system at the end of these rules.

What if there is a tie?

In that case, the player who has named the symbol first wins! Wow! Both players have named it at the same time... Then the one who has drawn or discarded his card the fastest wins.

“Equals”

At the end of a mini-game, the tied players (if any) will have to challenge each other in a duel (or a ‘hot potato’ round if there are more than two).

Each player will draw a card. They will then all turn it face up at the same time. The first one to find the identical symbol and name wins the duel (and the mini-game). Do the same in case of a tie when counting the final score.

Tournament points system

Start with ‘the ECO tower’. The loser chooses the next mini-game.

-The ECO tower: +1 point per card recovered / +5 points for the player who has collected the most cards.

-Recycling: +10 points for the first player to get rid of all his cards / -20 points for all his cards / -20 points for the last player to get rid of all his cards.

-The sustainable potato: -5 points per round lost.

MINI-GAME Nº1
"THE ECO TOWER"

1) Preparation: Shuffle the cards and deal one card **face down** to each player. Form a tower in the centre of the table with the rest of the cards **face up**.
2) Object of the game: to be the player who gets the most cards from the tower when it is finished.
3) How the game is played: all players turn their card face up at the same time. **You have to be the fastest to find the identical symbol between your card and the first card in the tower.** The first player to do so names the symbol out loud, picks up the tower card and places it on top of his card. By doing this there will be a new reference card in the tower. The game continues until all the cards in the tower have been retrieved.
4) The winner: the game ends when all the cards in the tower have been recovered and all the cards in the tower have been retrieved. The winner is **the player who has collected most cards.**

MINI-GAME Nº2
"RECYCLING"

1) Preparation: Deal all the cards one by one to all players, starting with the winner of the previous game previous one. Put the last card **face up** in the middle of the table (the 'recycle'). Each player will shuffle their cards and form a deck which they will place in front of them **face down.**

2) Objective of the game: to be the fastest to get rid of all your cards and, above all, not to be the last!

3) How to play: all players turn their deck face up at the same time. You have to be faster than the others to **get rid of the cards in your deck by placing them on the card in the middle.** To do this you just have to say out loud the identical symbol between the first card of your deck and the middle card. You have to be very quick, because the centre card changes every time a player lays down theirs.

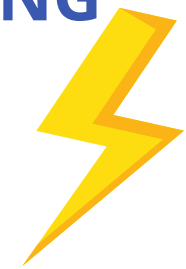
4) The loser: the last player to discard all his cards
loses.

MINI-GAME N°3
"THE SUSTAINABLE POTATO"

1) Preparation: in each round, deal one card face down to each player, leaving the remaining cards aside,for the following rounds.
2) Aim of the game: be faster than the other players at getting rid of their card.
3) How the game is played: the players show their cards at the same time, making sure that the symbols are clearly visible to all players (e.g. card on the palm of the hand). As soon as a player finds the identical symbol between his card and another player's card, he names the symbol aloud and places his card on the palm of his partner. The latter has to look for another identical symbol between his new card and that of his partners. If he succeeds, he will pass all his cards in one go.
4) The loser: the player who keeps all the cards in his palm loses.

THE RULES OF LIGHTNING

Types of Lightning



BLUE: the blue lightning bolt will consist of a physical test described on the back **(32 total cards).**

YELLOW: the yellow lightning bolt will consist of answering a question described on the back **(46 total cards).**

But... Who does the physical test or who responds?

The player who gets the lightning bolt is the player who has taken the card before the lightning bolt appears. This player is **NOT** the one who reads the card, but the one who answers or performs the test, depending on the lightning bolt. **The player on his right will be in charge of reading the question aloud or stating the physical test to be performed.**

Score

- If the player either **MATCHES** (in case of yellow lightning) or performs the physical test correctly (in case of blue lightning), the player will receive **1 point.**
- If the player **DOES NOT GET IT RIGHT** it will be **0 points** for the player and the card will be discarded from the game and will be out of use until the next game.

How many beams are used?

It is advisable to introduce as many rays into the game as there are players (e.g. 'if there are 5 players, 5 rays of the chosen colour would be introduced').

Game options

Game 1: only introduce yellow rays, as many as there are players.
Game 2: enter only blue rays, as many as there are players.
Game 3: enter as many yellow rays and as many blue
rays as there are players.

PLANSHIELD GAME

LEGEND

PLANSHIELD 

PLASTIC 

GREEN ELECTRICITY 

PAPER 

ELECTRIC CAR 

RECYCLED BAG 

ECO FUEL 

ODS 11 

GLASS 

ODS 12 

ORGANIC 

ODS 13 

UNDERWATER CLEANING 

PLASTIC FISH 

DROUGHT 

ODS 14 

ECO LABEL 

CONTAMINATED WATER 

WIND ENERGY 

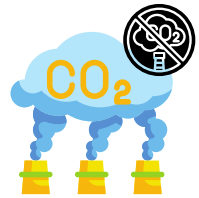
ECOLOGICAL FOOTPRINT 

DEFORESTATION 

EYE OF THE EARTH 

RECYCLING TRUCK 

MOTHER EARTH 

CO2 CLOUD 

ODS 15 

ECO LUNGS 

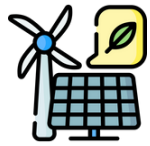
RUBBISH TRUCK 

FAMILY RECYCLING 

RECYCLED BOTTLE

FISH SWIMMING IN PLASTIC

GREEN ENERGIES



REUSE

HEART OF A TREE

3 R

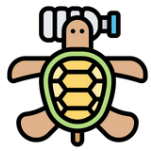
CLEANING CANOE

PLANET ECO

TREE PLANTING

GREEN HAND

TURTLE EATING PLASTIC



RECYCLING SHIELD

INNOVATION ECOLOGY

BEACH CLEANING

RECYCLING SUNLIGHT

WATER RECYCLING

RECYCLING SYMBOL

GREEN TRANSPORT

RECYCLING ACTION

HELP THE PLANET

REUSE OF ELECTRICITY

TURTLE SWIMMING IN PLASTIC

GREEN ENERGY REUSE

TEXTILE RECYCLING

PUBLIC TRANSPORT

OCTOPUS WITH PLASTIC

SUSTAINABLE HOUSE

RECYCLING FACTORY

REDUCE PLASTIC

WATER WITH PLASTIC