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MOVE, CARE AND ACT: PLOGGING FOR A SUSTAINABLE FUTURE

Área Socio-lingüística y Artística



Palabras clave:
Medio ambiente | Reciclaje | Contaminación
Sostenibilidad | Actividad Física

Departamento de Inglés
Departamento de Educación Física

CUIDAMOS NUESTRO ENTORNO

Descripción de contexto de aplicación.

This interdisciplinary project combines English and Physical Education to promote environmental awareness, healthy lifestyles, and active citizenship.

Through the use of English as a communication tool and physical activity in natural environments, students reflect on issues such as wildlife conservation, pollution, climate change, and waste management.

The project culminates in a *plogging activity* (jogging or walking while collecting litter), fostering a real connection with the local environment and encouraging responsible action.

Competencias específicas:
ENGLISH: CE 2 | CE 4 | CE 5 | CE 6

¿QUÉ APRENDEMOS CON ESTA RUTA?

Finalidad / justificación.

The main objective of this project is to raise environmental awareness while promoting healthy lifestyles and active citizenship through the use of English and doing exercise in a real and meaningful context. Students will develop environmental vocabulary in English related to wildlife, pollution, recycling, waste, climate change, and sustainability, and how to express opinions, propose solutions, and reflect on environmental problems. They will also improve their ability to communicate in English through short oral interactions, written texts, slogans, and reflective activities connected to real-world issues.

In Physical Education, students will practise outdoor physical activity through plogging, combining jogging or walking with litter collection, while developing teamwork, cooperation, and respect for nature.

Throughout the route, students will also strengthen key competences such as critical thinking, responsibility, and active participation in the care of the environment, linking physical activity with sustainable habits.

Saberes básicos:
ENGLISH: A3 | A4 | B5 | C3 | C5

¿CÓMO LO HACEMOS?

Descripción del reto o producto final.
Secuenciación didáctica.

We follow a Project-Based Learning (PBL) approach, working in a cooperative and practical way.

Project phases:

1. Awareness: discussions about environmental problems, videos, readings, debates and vocabulary activities in English.
2. Preparation: language and physical education activities related to plogging.
3. Action: plogging session in a natural environment from Moguer (Montemayor), collecting and recording waste.
4. Reflection: oral and written reflection in English about learning and environmental responsibility. This final reflection also includes a slogan to promote nature conservation and proper waste management. It may also include a short glossary with different images of the flora and fauna found in the natural environment of Moguer.

FINALMENTE RESULTA QUE...

Valoración y descripción de lo aprendido en la situación de aprendizaje

Finally, this project results in a real plogging experience carried out in a natural area of the local environment, where students actively combine physical exercise with environmental action by collecting and classifying litter.

In addition, students create awareness materials such as slogans and or short videos in English, aimed at promoting environmental responsibility and encouraging sustainable habits within their school and community.

The project also includes an individual or group reflection in English, where students express what they have learned, how their attitudes towards the environment have changed, and how they can contribute to a more sustainable future.

Overall, this experience helps students improve their English skills, develop healthy lifestyle habits, and become more responsible and active citizens committed to environmental care.

Competencias clave trabajadas:
CCL | CP | CPSAA | CC | CE



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MOGUER AL SERVICIO DEL
DESCUBRIMIENTO
IES JUAN RAMÓN JIMÉNEZ
COTO DE MONTEMAYOR

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