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PHYSICAL EDUCATION – ACTIVE LIFESTYLE

## Good Practices - Gymnázium Nové Strašecí

### Olympic day

The Olympic day doesn't have a long tradition. It started 6 years ago and since then it has become very popular event in our school

It takes place the last week in June, when the weather is good and students can enjoy outdoor activities.

The main idea is to experience the feeling of fair play, learning about Olympic symbols such as Olympic flame, torch, circles, and also be part of a team.

All classes take part in competitions, and they have to agree on which disciplines is everyone going to compete in

Each class must make two teams for beach volleyball and football and six different athletic disciplines:

long jump

short distance running

middle distance running

high jump

discus throw

4 x 100 m relay

If classes are not big enough some students can compete in more than one discipline.

In the morning all classes gather in our stadium, each class wearing different colours. One student is chosen to run around the stadium with the lit torch.

After that all competitions begin. It is very difficult to organize so many activities at one time for so many students so we welcome the help of other teachers and students who cant do PE( because of health issues)





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Students have a community experience with strong emotional effects. The internal feeling of being part of a team is extremely important at this age.

The result of this project develops social, rational and communicative skills. It develops physical abilities and emphasize the importance of active lifestyle. The event creates the great opportunity to show and educate healthy lifestyle, focus on different exercises and improve student's skills and abilities for doing different kinds of sport.

### Cycling, hiking course

One of the most important and most favourite extracurricular course in our school is so called *cykloturistický kurz*, which is a compound word of two different activities hiking and cycling. It usually takes place the second week in June and PE teachers always try to choose an ideal destination for these activities. So the destination change every two or three years. Last two years students spend all week in the forest near spa towns such as Mariánské lázně and this year we are heading to Děčín with amazing cycling path along the river Elbe. This course is aimed for students of the third grade and each student can choose what they prefer cycling or hiking.

The essence of this course is to spend a week in completely different surroundings with classmates doing activities which does not only involve cycling or hiking but many more. Another aim is to gain common experience of emotional effects.

The event usually starts on Monday. Depending on destination students can cycle from school to the place where it takes place. If the accommodation is far away all students and teachers go by bus.

PE teachers usually do some research about student's preferences so they usually make four groups of students.





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There are two groups of cyclists and students can choose which team they want to belong. If the students are really good at cycling and they enjoy challenges they go into first group. For the students who are not so good but want to try hard and cycle they usually choose the second group. This is also very good for student's motivation.

If students are not keen on cycling they can choose groups for hiking

As I said this event is not only about cycling and hiking.

Everyday PE teachers prepare extra activities for the evenings or afternoons depending on the length of the trips.

Students play different ball games, there is orienteering run, swimming pool and other activities.

The result of this project develops social, rational and communicative skills. It develops physical abilities and emphasize the importance of active lifestyle . The event creates the great opportunity to show and educate healthy lifestyle. The participants get memories and experience that can have a long impact on their life.





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## Good Practices- Közgazdasági Politechnikum Budapest

### The Big Bang

Politechnikum Alternative Secondary School of Economics is an inclusive school that offers 5-year and 7-year training. We believe it is important for students with different social backgrounds to be together and we also integrate students with special needs, providing them with the appropriate support from our psychologists, psycho-educators and special needs teachers.

As representatives of person-centred pedagogy, it is important for us to coordinate personal development and professional excellence and we aim to renew the contents and methodology of education inside and outside the classroom in order to provide differential help to improve skills and talent. Besides teaching traditional lessons, we provide opportunities for many other kinds of student activities including theme weeks, forest school, urban ecology programme, programmes of the Tolerance Day and sporting events. Our objective is to offer programmes for everybody, including our special needs students, so that they can find the activities which best fits their set of skills and talents in the field of physical education, arts, languages, mathematics and science.

Health education is a priority for Politechnikum and our extracurricular activities such as playing sports and sporting events are of great importance. When organizing these programmes, we always take into consideration the demands of grassroots sports. Our aim is to host events which promote not only being fit but also cohesion and community building. These events help us promote healthy living, being active as well as discovering talent. These complex programmes help students compensate for their lack of strength or skill in certain areas and improve morale by complementing the more direct ways of students' educational development.





Movement, sports and playing gives each participant a chance to gain experience and to make social connections. This process is always a series of interpersonal, communicative and interactive actions. Students practice cooperation with their peers in order to become more tolerant and for them to experience tolerance. We appreciate these kinds of programmes as they improve cohesion in our community, develop sportsmanship and healthy competition. Our events include ski camp, teacher-student matches, senior year students vs. alumni students sports festival, the Big Bang (our bicycle tour) and the Sports Hall Party (where students and teacher of the school compete in four categories: basketball, football, floorball and volleyball while the audience can enjoy sporty and active shows).

### Good practice: The Big Bang



One of the most important traditions in our school in the Big Bang which is a sporting event that takes place at a weekend in autumn or in the spring. This is a sporting event (a race) that gives participants a communal experience with its delightful ambiance and an achievable distance making it a valuable and memorable sporting event for students, teachers and parents alike.

The Big Bang is truly a school-wide programme mobilising a populous team of teachers and a helper team which consists of parents. Another important aim of this event is familiarising students and teachers with the beautiful countryside of Hungary and its local sights.

The Big Bang is held by the PE department every year and each year we get to the finish line together, “hand in hand” running, riding our bicycles or with canoes. For this event, a serious



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preparatory phase is needed: taking the planned route, securing the course of the race (with the help of the police in critical places), bike drivers’ education and securing lorries and cars. We start preparing for the programme by spending Friday night together, at the school. We set off on Saturday morning and we arrive back home on Sunday, in the evening. The distance and the tempo suit the needs of the team, the terrain and the sporting equipment. We are accompanied by the school’s news team to record the events of the Big Bang. Upon arrival, a cooking team of volunteer students and teachers welcome the exhausted participants, serving them a warm dinner which further elevates the spirit of the event. We capture the time spent together with a group photo and a personalized certificate.

As this event is a memorable, life-long experience for participants of the race, it is safe to say



that the results are long-term in these two main areas:

We motivate children and adults alike to compete, exercise regularly and take part in grassroots sport, so

hopefully they will cycle more in the future or spend their free time doing a different sports activity.

Participants become part of a community where they experience strong emotional and physical effects that help them obtain and secure patterns of behaviour and social roles that are useful in creating and advancing social connections and communication skills.

This bicycle race develops the specific skills and abilities necessary for everyday or occasional cycling. Moreover, it raises awareness of the importance of frequent exercise, healthy lifestyle and promotes cycling as a form of transport. The programme can also help prevent biking accidents by helping children form civilised conduct on the road and shapes the abilities and skills needed for cycling safely.







## The Sports Hall Party

One of the most renowned events in the Politechnikum High School is the Sports Hall Party. It is a special and grand event that was originally held to celebrate the 1st birthday of our sports hall and became a tradition. This party is an amazing, active programme that starts with student-teacher ball game matches early in the afternoon, and lasts until the evening. We occasionally have international exchange students take part in these programmes. It is very important for us to organize these events, as these promote a sense of community, competitiveness and sportsmanship. In the second part of the event we have sports performances where anybody can show off their talent, which we might not have seen during the lessons. We encourage our students to take part and we like having as many student performers as we can. The most valuable outcome of this programme is gaining experiences, doing sport and having fun together.

The aim of the programme:

Providing students with opportunities to show their talent and skill connected to physical culture, movement and different areas of sport and art. They can be active in the competitions and the community events; they can experience sportsmanship and be in friendly and competitive situations. It is also our aim to discover talented students, to get to know them better and further develop their abilities. Participants leave the Sports Hall Party with a sense of achievement, with new experiences and the appreciation for the performances they have seen. They also gain valuable skills by participating in this event and of course, they learn more about the healthy





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lifestyle. The goal of the programme is to reach more and more children, to draw them into the school's sporting life and to get them to compete as well.

### **Experiences of the implementation:**

The programme makes it possible to develop the fitness curriculum of the PE classes outside of the lessons as well as discovering talent, developing character, screening and selecting for competitive sports and recruitment of Espoir players for different disciplines of sports.

The event enables healthy lifestyle education and helps promote an active lifestyle and the love of sport and physical activity. With the realization of these enriching events, the Sports Hall Party is an ideal setting for developing individual potential and psychomotor abilities (such as sport and movement).

This complex programme helps balance the students who are less capable in other areas of talent as it boosts morale and promotes areas which complement direct talent development.

Students practice cooperation with their peers so that they become more tolerant and they also experience. On the other hand, they provide an example for „weaker” children, so that they discover their own fighting spirit. We find these occasions very important because they promote cohesion, and develop sportsmanship as well as competitiveness. The aims, the means and the methodology of the Sports Hall Party correspond to the community building and the individual development functions.

To organize the event, we need the active participation of every citizen of our school.

In the advertising phase, the technician of the school places the poster on the digital notice board, the teacher's online interface, the website and the facebook page of the school. The form teachers advertise the event during homeroom classes and PE teachers also call students' attention to it during PE lesson where they share more details, such as the programmes and the current sports disciplines the students can choose. They also talk about the performances for this special day, because our students give countless spectacular and interesting performances each year.

After advertising the party, we start registering the applications and as soon as the performers sign up, we keep in touch with them and with our technicians. If students want to perform







together (more students doing one kind of sport), we usually let them. In this case, it is very important to be in contact with the participants and to know the number of the performers. The quality of the performances is significant, so we always make sure to provide students with the necessary equipment and we help provide proper suspension, fastening and the logistics of these tools. As this is a lot of work, we get help from the parents, coaches and teammates of our performers.



Beside students, we try to involve colleagues in the programmes. For example, we recruit a teacher team to take part in the competitions.

As the event approaches, we get in touch with school management, the overseer, the janitors and the cleaning staff to make sure everything goes well on the special day.

On the week of the party, we check all the necessary equipment and tools and we continue to keep in touch with the performers.

We traditionally end the Sports Hall Party

by sharing a meal, eating cake and celebrating with every organizer and guest.

### Schedule:

- Setting a date for the event, putting it into the school calendar
- Creating the budget for the Sports Hall Party
- Advertising on the school’s platforms, during homeroom classes and PE classes
- Registering applications
- Keeping in touch with the management, the overseer, the janitors and the cleaning staff
- Securing the necessary areas for the event, cancelling events that might be held there at that time



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- Creating the detailed programme for the event based on the number of attendees, advertising on the school's platforms
- Planning in terms of staff and resources
- Getting the equipment needed and the prizes
- Consulting with the students who help provide the technical conditions of the event
- Obtaining and handing over the music of the performances in mp3 format (on a USB stick)
- Consulting with the technicians and the presenter of the event
- In the days leading to the party, we remind students of the Sports Hall Party and call them to cheer participants on

