



ȘCOALĂ EUROPEANĂ DE 12 STELE

Proiect nr. 2017-1-RO01-KA101-036458

PROIECT FINANȚAT DE UNIUNEA EUROPEANĂ
PRIN PROGRAMUL ERASMUS+ ACȚIUNEA KA1

Improvement by Movement



eTwinning project



Acest material a fost realizat în cadrul proiectului Erasmus+

ȘCOALĂ EUROPEANĂ DE 12 STELE

CONTRACT NR. 2017-1-RO01-KA101-036458

ȘCOALA GIMNAZIALĂ NR. 12, TIMIȘOARA



Cofinanțat prin
programul Erasmus+
al Uniunii Europene

Acest proiect a fost finanțat cu sprijinul Comisiei Europene. Această publicație (comunicare) reflectă numai punctul de vedere al autorului și Comisia nu este responsabilă pentru eventuala utilizare a informațiilor pe care le conține.

Physical exercises are essential for our health (both physical and intellectual). In some schools, children practice movement only during the Physical education lessons. In the age of technology that leads us to a sedentary lifestyle, the introduction of movement during the breaks and other school subjects is crucial for our future generation's health. The teachers are concerned about the new methodological innovation in educational issues and good practice in teaching. We are aware how important it is that all these theories can be applied in the teaching/learning process. Teachers are worried about their own training on the various issues that can improve their teaching process. They understand the importance of learning through co-operation and movement during curricular and extracurricular activities.

Physical education is an important part in developing the personality, that wants to ensure a harmonious and healthy development of the body. Everywhere in the civilized countries it is well known the ancient saying "Mens sana in corpore sano". UNESCO gives a special attention to physical education and sport, emphasising among others: the good effect on solving some social, politics, economical problems being a way of decreasing the rate of violence, contributing to social integration, to increasing the productivity of work and the age of active workers.

At the Sports Forum organized in Sofia, Bulgaria, on the 22nd and 23rd March 2018 by the European Comity, General Direction of Education, Youth, Sport and Culture, the role of physical education, of physical exercise organized within institutions of education was highlighted..

Despite the importance given in the recent years to sport and exercise in general, introducing the compulsory sport classes in schools, the facilities the population has in order to practice various forms of sport activity, modern life and comfort bring people in the situation of having less exercise.

More studies conducted on children and teenagers (World Health Organisation) have shown that the average "passive" time spent by them watching TV or using different electronic gadgets is of 4-8 hours a day! A school day means other 4-6 hours spent on a chair and 1-3 hours for doing homework. It is wideworld admitted that the children are a lot less physically active and the rate of obesity among the young people is increasing. Many teachers confess that a lot of children are stressed, anxious and have a hyperactiv behaviour during classes or they are even lethargic, don't concentrate enough and blame it on the lack of physical exercise. The older the pupil, the less interest he has in exercising and having sport classes in school due to the fact that the pupil becomes somehow lazy and the lack of a habit or need for exercising is felt.

How could this be solved? 6 schools in 6 different countries which have different means and methods want to form a "cult of intelligent exercise" for both pupils and teachers. They want to exchange good practice and to offer more exercising opportunities to the children, not only during some classes allotted to physical development (physical education classes). The opportunities for exercising would mean that **all classes** to contain kinesteziic elements, of moving the body. The pupils will be involved in short exercises of increasing energy, the school yard and other school spaces would be used during some more ...active classes. The teaching process would take place involving the children in non-

formal dynamic activities which imply moving (dancing, games of moving, bike riding, trips in nature). A positive attitude towards physical exercise and action is needed to the teachers as well- regardless of the subject they teach, they are role models for the children.

OBIECTIVES

- encourage physical movement among students
- exchange of experiences
- cooperation with schools from other countries
- raising language competences
- increasing social competences, including intercultural awareness

This project has the following steps:

- 1) School presentations
- 2) Movement during curricular activities (power points presentations/ Word documents/videos to illustrate these activities).
- 3) Movement during extracurricular activities (power points presentations/ Word documents/videos from trips, extracurricular projects, any other activity that isn't introduced in your curriculum)

The project starts in December and will finish in March.

The schools will exchange examples of good practice. All the partners will upload the project activities on a common public Twinspace. The schools will cooperate in order to apply for an Erasmus+ project. However, the final outcome will be a changing attitude towards movement in all the participating schools .

Presenting partner schools

SECONDARY SCHOOL NO 12 TIMISOARA ROMANIA

This is our school...



- This is our school. It is located in the center of Timisoara city, near Bega river. It's an old school, with a long educational tradition. Now in our school over 500 pupils are attending classes.

Schoolyard.





- In our schoolyard we have a lofty oak tree. In this moment it doesn't have any leaves but in summer it makes a lot of shade. Every autumn, it expects us with many acorns and it's a great pleasure to look at its golden colours.



Our schoolyard in a cloudy day in December

Bikers' team in the schoolyard



Computers
Media Room



GYM





CLASSROOMS



We are an ECO-SCHOOL
We organise a lot of exhibitions



- Eco-School is an international project which encourages children to have an environmental attitude and cultivates a sustainable mindset which they can apply on a daily basis.



We love music and theatre



Theatre team



THIS IS OUR CITY



- *With approximately 311,586 inhabitants, Timișoara, one of the largest Romanian city, is the main economic and cultural center in in the western part of the country.*



- *The city center largely consists of buildings from the Austro-Hungarian era. The old city consists of several historic areas. These are: Cetate (Belyáros in Hungarian, Innere Stadt in German), Iosefin (Józsefváros, Josephstadt), Elisabetin (Erzsébetváros, Elisabethstadt), Fabric (Gyárváros, Fabrikstadt).*

- *During the numerous modern innovations were introduced. It was the first city in the monarchy with street illumination, and the first city on mainland illuminated by electric light. The river was also during this time. It was the first navigable canal on current Romanian territory.*

- *Timișoara is a university center with the emphasis on subjects like medicine, mechanics and electro-technology.*



This is the outline of our country map, the colours of the national flag and the Romanian folk port.



You are welcome to our school



KULAUTUVA BASIC SCHOOL - LITHUANIA



Kulautuva Basic School provides primary and basic education of a high quality. Under existing favourable conditions all the students can acquire knowledge, skills, practical experience, get ready for further education, as well as, for learning for a lifetime.



Kulautuvos pagrindinė mokykla

There are 170 students studying at school as well as 24 professional teachers who manage to involve students in diverse and interesting activities.

SCHOOL TEACHERS



DAY CENTER WITH OPEN YOUTH SPACE OPENED AT SCHOOL



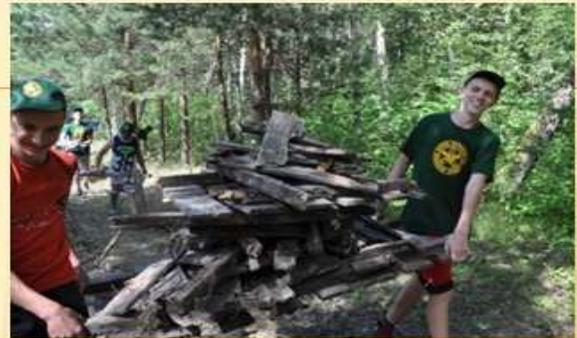
SCIENCE WEEK



BIRD DAY



FORESTRY CAMP



JANUSZ KORCZAK PRIMARY SCHOOL No. 61 – Wroclaw- POLAND

**Our school is located in Wroclaw on Skarbowców street.
It's called The *Janusz Korczak Primary School number 61*.
The school isn't big. Only about 340 pupils learn here and
that really convenient. Almost everybody knows each other.**



In 1994 it was decided Janusz Korczak would be an ideal example to be followed. This extraordinary educator, physician and writer taught how to love a child respectfully. Korczak was the first man to start the struggle for the children's rights to study, to lead a normal life and to respect their needs. Our patron, who loved children very much, died the war in the death camp.

The Patron's Day - April 27



Pupils like travelling. Every class, every year goes for a school trip in May. Last year some classes were in Prague. But these long trips aren't the only ones during the school year.



We often go to the theatre or cinema. Sometimes we visit a museum. We like participating in different events like mathematical lectures, students take part in various contests and competitions.



Colorful and well equipped classes



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Competitions

Children participate in many competitions. They go to Math University for Mathematical Olympiad or Sudoku Competition. Many of us are interested in different sport competitions. They also have our small school contests. For example in autumn we have Miss and Mister Autumn Choices. In May we have Sports' Day. They play basketball and football then. After competing pupils get diplomas and medals. Everybody likes Sport's Day and looks forward to it.



School traditions



The appointment of children from the first grade to students of our school

MIRASUR INTERNATIONAL SCHOOL - SPAIN





Colegio Mirasur is situated in Pinto a quiet village 20 kms south from Madrid. It was built 19 years ago and we have over 1000 students from 4 months to 18 years old.



There are two buildings: the building of the classrooms, labs, canteen, assembly hall and the sports area that includes: padel courts, inside swimming pool, football field, gym and fitness centre.





Pinto





Town Hall and square

Medieval Tower built in SXIV century
Eboli Tower



Mirasur is really interested in promoting the learning of languages. That is why we teach English, French and Chinese.

Mirasur is an official registered centre to take the Oxford test of English

th **27 primary school of Thessaloniki Greece**

The school facilities

- The 27th primary school of Thessaloniki was founded in 1976 and originally had 6 classes only and was located in an old building .
- In 2005 a new modern building was constructed where our school has been ever since. It has 12 classrooms, a music classroom and an art room as well an assembly hall, a library and a computer lab.
- In the last school year our school had 231 pupils aged 6 to 12 and 24 teachers.



The school activities

- The head teacher and all the teachers in our school are interested in helping pupils develop into well educated, creative and critically thinking citizens with social conscience and environmental sensitivity. Therefore, they try to involve them in a variety of social and cultural projects and activities with the help of new technologies and digital means whenever possible. Pupils are often involved in etwinning projects, cultural events and environmental action plans.

The school area

- Our school is situated in a quiet suburb of a big city, Thessaloniki, in Northern Greece. The parents of our pupils are mostly workers or civil servants or business owners. Thessaloniki is a beautiful seaside city with a number of local industries, a big port and an international airport. It attracts a lot of tourists all year round because of its natural beauty and long history while during the summer it is the gateway to the beautiful beaches of the Chalkidiki peninsula.



PHYSICAL EDUCATION CURRICULAR ACTIVITIES

ROMANIA

A HEALTHY MIND IN A HEALTHY BODY

The goal of the Romanian educational system is to develop the man as a whole being. The school acts in many directions: intelectual, physical, social and economical.

From the beginning of the formal education both intelectual and physical enheritance of the child are developed together as they are the most important for having a healthy and responsible person in the future.

CURRICULA IN KINDERGARTEN

Once a week, the children have special physical activities acording to the curriculum.

Everyday both in kindergarten and in primary school there are moments of preparation of hand muscles for writing activities for example, or moments of muscle relaxation after a long period of sitting down, or exercitions for catching the attention if there are long explanations or demonstrations.



CURRICULA IN PRIMARY SCHOOL

- From the beginning to the end of primary school, children from 5-10 years old have 2 hours per week of physical education taught by a specialised teacher. In the third and the fourth form there is an extra hour called Play and movement taught by the primary school teacher.
- All physical exercises aim to improve the following skills: speed in reactions, balance, motor abilities, strength. The first subject does those by exercise and sport games. The second subject does these things through playing games.

One of the primary school form has as an optional subject: Playing musical instruments (piano and guitar). That requires additional exercises of attention and manual skills too.

Moreover, as an extended activity, some of the school children are cycling. They improve their skills of riding the bicycle on a marked route with different obstacles.



Curricula in the secondary school

The children have 2 hours of Physical Education per week taught by a specialised teacher.

In one of these two hours, children have the possibility to choose what they want to play; during this hour they develop their physical skills by playing football or basketball. Physical Education classes take place in the gym or in the schoolyard.



LITHUANIA

Fifth-graders live healthy!

On September 14th we, the fifth-graders, partook in a National students' campaign for an active and healthy lifestyle, called "Full of beans". In Neris' Regional Park we were challenged with a route of 5 kilometers. We also accomplished some cunning tasks and played various games.



Active leisure time of eight-graders

We spent our warm Friday of September by riding bikes along with our head teacher Kolomba. We overcame 10 kilometers going alongside the river Nemunas to the village of Brūžė.



The week “#BEACTIVE – let’s play the Dodge Ball”

On 24-28th of September the primary school students of Kulautuva Basic School, celebrating European sports week, partook in an event, called “#BEACTIVE – let’s play the Dodge Ball”. Through the whole week during PE lessons children played the dodge ball while the older students were teaching first-graders how to play this game.



The students of Kulautuva Basic School on running competition to win the cup of Kaunas' region's mayor and Orentas the Olympian.

On the 21st of September the running competition to win the cup of Kaunas Region Mayor and Orentas the Olympian took place in the great park of Kulautuva. There were over 400 participants and their support teams. The young runners of Kulautuva Basic School also were the ones who competed for the title of the best. There were lots of winners, 6 of whom were from our school. We are also proud that the runners of Kulautuva Basic School won the 2nd place in the team competition.



The run of solidarity “Save the children”

The pre-schoolers and primary school students of our school are partaking in a run of solidarity called “Save the children” for a second time already. Before the day of the run, students made sure to find some sponsors, who agreed to donate a reasonable amount of money for every kilometer, achieved in the run. On the 2nd of October cheerful students ran the kilometers of solidarity in the school stadium. The achieved money were donated to the children of Lithuania and Ukraine.



“Healthiade” A hike on foot across Kulautuva

“Healthiade” project’s challenge of October – a hike on foot across Kulautuva. Students of each class came across different objects, such as the old post office, the Route of Wellness, the church, the pool of Saw, the memorial for defenders of Independence.

Aerobic gymnastics team of the school became winners of:

Aerobic gymnastics championship of Lithuania, called “The Golden Autumn”.

Republican contest of modern dance, called “On the Roof”.

Republican festival-contest of modern dance for children and teenagers, called “The Little Dancing Whale”.

Republican contest of modern dance, called “The Quiver of Dance – 2019”



The winter joy of eight-graders

On a chilly Saturday morning of January eighth-graders went to a forest with their head teacher Kolomba. There were stops near the hill, located in the middle of the track for pedestrians. The adventurers went for a slide from a hill and raced each other. The travelers were also enjoying a campfire and fried sausages.

It was lots of fun spending time together, doing some sports, breathing fresh forest air and enjoying the beauty of nature.



GREECE







POLAND

PRIMARY SCHOOL NR 61
IN WROCLAW

CURRICULUM
PHYSICAL
EDUCATION

General education in a primary school creates foundations for education – a school introduces a pupil into a world of knowledge in a mild manner, taking care of their intellectual, ethical, emotional, social and physical development.

Single - structure education: 8 - year primary school for pupils aged 6/7 to 15 years. This education divides into two educational stages:

1) I educational stage, covering grades

1 - 3 of a primary school - early childhood education

2) II educational stage, covering grades

4 - 8 of a primary school.

Key skills to be developed as part of general education in the primary school:

- » Efficient communication in the Polish language and modern foreign languages
- » Efficient use of mathematical tools in everyday life, and mathematical thinking
- » Searching, sorting out, and critical analysis and use of information from various sources
- » Creative solving of problems in various areas while using purposefully ICT-based methods and tools, including programming
- » Solving problems, also with the use of mediation techniques
- » Team work and societal engagement
- » Active participation in the cultural life of the school, local

Curriculum for general education

An overall framework for primary education is set by the national core curriculum for general education and by outline timetables. The core curriculum defines curricular contents, aims and knowledge, skills and competences which pupils are expected to acquire by the end of primary education. The outline timetable specifies the minimum weekly number of hours to be allocated to classes / subjects in individual grades, in particular to compulsory general education classes. Curricula adopted by individual schools should be based on the core

Stage I. Grades I to III

- » Compulsory integrated education: Polish Language, Mathematics, Social Education, Natural Sciences, Art Education, Technology, ICT Education, Music Education, Modern Foreign Language; and Physical Education
- » Hours distributed among the individual types of classes by the teacher conducting classes
- » 3 hours per week to be allocated to Physical Education as part of compulsory classes.

Primary school. Grades I-III. Outline timetable: minimum number of class hours per week (Implemented from 2017/2018)				
Compulsory classes	Weekly number of hours by grade			Total in the 3-year cycle
	I	II	III	
Early school education	20	20	20	60

Physical education and health education. A pupil completing 3 rd class:

- 1) in the area of the fitness:
 - a) realizes the marching lasting at least 15 minutes,
 - b) can make the strength check of stomach muscles and flexibility attempt of the part of the spine;
- 2) in the area of the health training:
 - a) takes starting positions and setting for exercises and makes an overthrow forwards,
 - b) jumps over a jumprope, performs one-leg and two-legs jumps over low obstacles,
 - c) performs balance exercises with an object, with an object and on an object;
- 3) in the area of the whole life and resting sports:
 - a) uses a ball, throws, catches, dribbles, bounces and runs it,
 - b) rides, for instance: a bike, roller skates, obeys the rules of moving on the roads,
 - c) takes part in plays, mini games and field games, sports competitions, respecting the rules and respects a decision of a referee,
 - d) knows how to behave in the event of winning and manages in the event of losing;



Physical education and health education. A pupil completing 3 rd class:

- 4) in the area of safety and health education:
 - a) cares for their own hygiene and clothes clearness,
 - b) knows what is the meaning of proper consumption and physical activity for health,
 - c) knows that he/she cannot individually take medicines and use chemical means improperly, d) takes care of a proper posture, for instance: sitting at a desk, table,
 - e) obeys the safe rules of behaviour during motion exercises; uses sport equipment in accordance with its destiny,
 - f) can choose a safe place to play and do motion games; knows whom to ask for



Stage II. Grades IV to VIII

Educational goals

Safe participation in a physical activity about recreational and sport character with understanding its meaning for health:

- 1) participation in physical activity directed to health, rest and sport;
- 2) application of safety rules during physical activity;
- 3) knowing own physical education and physical fitness and practicing prohealthy behaviours.

Primary school. Grades IV–VIII. Outline timetable: minimum number of class hours by subject per week (implemented from 2017/2018)

Weekly number of class hours by grade							
No.	Compulsory classes	IV	V	VI	VII	VIII	Total in the 5-year cycle
1	Polish Language	5	5	5	5	5	25
2	1 st Modern Foreign Language	3	3	3	3 (+2)*	3 (+2)*	15 (+4)*
3	2 nd Modern Foreign Language	-	-	-	2 (+2)*	2 (+2)*	4 (+4)*
4	Music	1	1	1	1	-	4
5	Art Education	1	1	1	1	-	4
6	History	1	2	2	2	2	9
7	Civic Education	-	-	-	-	2	2
8	Natural Sciences	2	-	-	-	-	2
9	Geography	-	1	1	2	1	5
10	Biology	-	1	1	2	1	5
11	Chemistry	-	-	-	2	2	4
12	Physics	-	-	-	2	2	4
13	Mathematics	4	4	4	4	4	20
14	Computer science	1	1	1	1	1	5
15	Technology	1	1	1	-	-	3
16	Physical Education	4	4	4	4	4	20
17	Safety Education	-	-	-	-	1	1
18	Lessons with the Class Tutor	1	1	1	1	1	5
Total for compulsory classes and lessons with the class tutor		24	25	25	32 (+2)*	31 (+2)*	137 (+4)*
Hours to be allocated by the school head							3

Teaching contents – detailed requirements

1. Diagnosis of physical fitness and physical development. A student:
 - prepares without stop marching – running test of Cooper;
 - prepares condition tests allowing to assess oxygen endurance, strength of postural muscles
 - and flexibility of a lower part of spine and interprets obtained results with help of a teacher;
 - makes height and body mass measures and interprets its results with help of a teacher;
 - assesses their own posture;
2. Health training. A student:
 - measures pulse at rest and after exertion;
 - lists rules and methods of organism inuring;
 - demonstrates particular motor skills and facilitating maintaining a proper posture after one
 - preparing exercises;
 - makes multi-discipline test consisting of running, jumping and throwing;
 - makes a turn forwards from marching and turn backwards;
 - makes simple gymnastic configuration.

3. Sports of whole life and resting. A student:

- organizes plays, motional games, recreations in the group of peers applying the principles in the simplified form;
- applies in game: dribbles a ball while running with a change of direction, conducting a ball
- while running with change of direction, passing a ball by two hands and one hand, throwing a ball to a basket, throw and shot to a gate, bouncing a ball with both hands in an upper method;
- discusses the rules of active rest.



4. Safe physical activity and personal hygiene. A student:

- discusses the ways of conducting in the situation of health or life threat;
- uses the equipment and sport devices very safely;
- applies the rules of self reassurance;
- discuss the rules of safe behavior over water and in mountains;
- discuss the ways of protection against excessive sunlight;
- selects clothes and sport shoes to exercises depending on place of exercising and
- atmospheric conditions.





5. Sport. A student:

- explains why stated rules should be restricted during a sport challenge;
- participates in class sport challenges in the role of participant, using the rule „fair play” ,
- respect for a rival, respect for principles of game, subordinating to referee decisions, thanks to
- mutual game;
- explains rules of cultural supporting.

6. Dancing. A student:

- makes motional improvisation to chosen music;
- explains how it should behave during disco, dancing.

EXTRACURRICULAR ACTIVITIES

SPAIN



EXTRACURRICULAR CLASSROOM ACTIVITIES Mirasur School

CHILDREN'S EDUCATION ACTIVITIES

- Day of children's games: A day full of physical activity and movement games designed and coordinated by 3rd of secondary education.

PRIMARY EDUCATION ACTIVITIES

- School Olympics.
- Natural environment: Departure to the mountains of Madrid where, depending on the course, do different sports in the natural environment such as: canoeing, climbing, hiking, mountain biking, diving, orienteering.

ACTIVITIES SECONDARY EDUCATION AND BACHILLERATO

Day of adventures: Outing to the mountains of Madrid where, depending on the course, they do different sports in the natural environment such as: canoeing, climbing, hiking, mountain biking, diving, orienteering, organized and

Mirasur School

CHILDREN'S EDUCATION ACTIVITIES

- Departure to the farm school where they play different games and activities in nature.

ACTIVITIES PRIMARY EDUCATION

- Ski trip to the winter resort of Sierra Nevada (Granada). Primary and secondary students share 6 days of convivence in the ski resort of Sierra Nevada Granada) where they receive 20 hours of ski class and free time activities every afternoon, also have relaxation sessions, recovery and stretching a day in the SPA of the hotel.

ACTIVITIES SECONDARY EDUCATION/BACHILLERATO

- Ski trip to the winter resort of Sierra Nevada (Granada). Primary and secondary students share 6 days of coexistence in the ski resort of Sierra Nevada Granada) where they receive 20 hours of ski class and free time activities every afternoon, also have relaxation sessions, recovery and stretching a day in the SPA of the hotel.

ROMANIA

Secondary School No. 12

Timișoara

EXTRACURRICULAR ACTIVITIES

- ⦿ Physical education is the most important activity that develops the love of life, the joy of working, the achievement of a soul balance. It is very necessary for people's activity. It represents a positive influence on the normal development of mental processes.
- ⦿ This provides a good opportunity for the development of moral consciousness, the formation of moral traits. The notions, beliefs, feelings, habits, and moral habits find a broad field of development in physical education.
- ⦿ Dynamic games, in which children experience the same affective states, have a role in the education of small school children.
- ⦿ Sports activities must be a daily routine because they eliminate the sedentary lifestyle, a lifestyle that has increased nowadays. Physical activities can be done in any form, from walking to choosing a sport that requires more physical effort. These activities are chosen by preference, but also by age, physical condition or health.

SCHOOL TRIPS



SPORTS COMPETITIONS



PARTIES



HALLOWEEN PARTY



PAINTBALL



FOLK DANCES



MODERN DANCES



CONCLUSIONS

The eTwinning experience showed the fact that the educational institutions that participated have common elements regarding the interest, the necessity some types of activities but they also many different elements (infrastructure, material and human resources, experience, activities, national specific, curriculum elements, environment). AT the same time they reached the conclusion that the teachers can learn from the experience of their colleagues from other countries and can adapt efficient methods to the reality of their own school.