

Activity title in Poland: Sports and physical activities to combat sedentarism and obesity tendencies

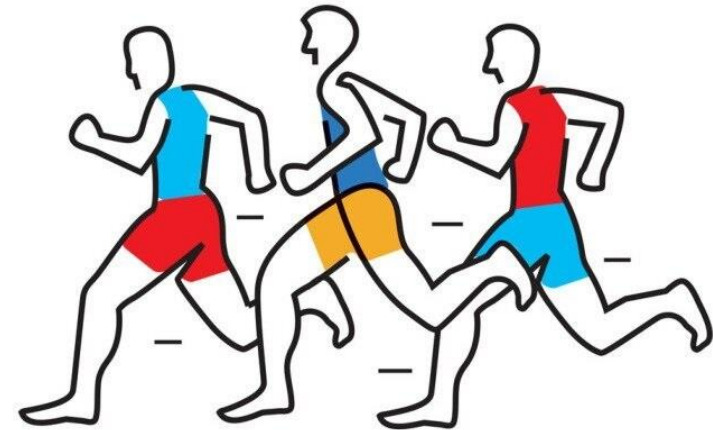
Sports that can be performed in small groups. In this exchange, each team has to present and involve all students in dynamic activities that they can perform in small groups during regular school breaks on the school premises. Each country will suggest activities that are specific of their country and will evaluate which of the activities are the most engaging. After the exchange, PE teachers from each school will have the duty to use the activities in their classes, as a method of dissemination, so that they are practised further by other students too.



Competition 1: A 60 meter run

Athletics field

4 contestants will race with each other at the same time, divided into two age categories. Grades 4-6 and 7-8. The participants of particular categories will be separated into boys and girls.





Competition 2: A 300 meter run

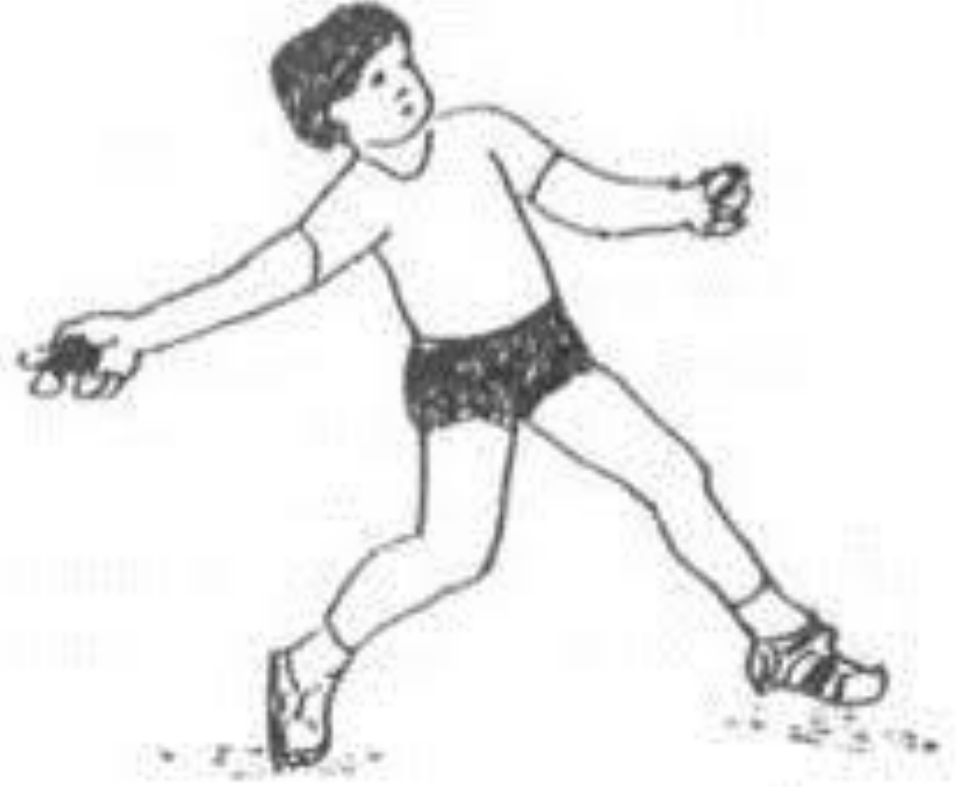
Athletics field

All willing students, separated into two age categories (grades 4-6 and 7-8) are going to start at the same time. Participants of each category are divided into boys and girls.

Competition 3: A tennis ball throw

Grassy field MLKS

Students in two age categories, divided into girls and boys, make two throws of the tennis ball while running. The distance is measured after each throw.





Competition 4: Long jump

Athletics field

Students in two age categories, divided into boys and girls, make two attempts of long jump while running. After every jump the distance is measured.

Competition 5: Medicine ball throw

Basketball court

Students in two age categories, divided into boys and girls, make two attempts to throw a medicine ball above the head, while standing backwards to the direction of the throw. After every throw the distance will be measured.





Competition 6: Running between cones – slalom.

Participants move in a winding path, avoiding
obstacles.

Competition 7: March with small bag filled with sand on the head.

- The rules of this game are very easy. The first player puts the sack on his head. Then he starts running from the starting line after the signal, round the cone and returns to the finishing line. Each player should try to get to the finishing line as fast as he can. Then he passes the bag to the next player as soon as possible.



Competition 8: Leading the ball using a hockey stick.

- Each participant leads the ball using a hockey stick straight to the next cone, runs around it and returns quickly to the finishing line.



Competition 9: Throwing into the hula hoop.

- Every player throws a sack into a hula hoop once. The team which scores more points is the winner.



Competition 10: Run with a balloon.



- Players bounce the balloon with any part of the body while running towards a cone, then they run around it and return in a straight line, still bouncing the balloon.

Competition 11: Rolling the ball

Rules are easy: roll the ball on the ground from the starting line. Run around the cone and return to the finishing line.



Competition 12: Planting potatoes

- Each player starts running with a sack. They need to place the sack in the circle. Then, they have to run around the cone, pick up the sack and pass it to the next player as soon as possible.



Summary

- Physical activity and correct diet are two essential factors that are responsible for maintaining health and correct physical, mental and social development. Exercises make the muscle fibres to become thicker, more enduring and resistant to fatigue. Movement helps to increase bone density, thanks to which the bones become stronger and less susceptible to mechanical injuries.

Summary 2nd.

- Thanks to physical activity, also the cardiovascular system functions better. The blood flow to the organs is increased, as well as the amount of oxygen and nutrients that are transported to the cells, the system of collecting dangerous products of metabolism becomes more efficient. Movement mobilises the immune system, that is why people who do sports rarely fall ill and get better faster. Regular physical activity increases the usage of extra fat, allows us to lose extra kilograms and keep the perfect weight. Regular exercises of medium intensity reduce the risk of many diseases of affluence, such as diabetes, high blood pressure, obesity, heart attack.

THANK YOU FOR YOUR
ATTENTION.

