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**Slow down, Move your body, Improve your diet,
Learn for life, and Enjoy school time
S.M.I.L.E.**

Teacher/s: **PE Teachers**

School: **VI Liceum Ogólnokształcące im. Króla Zygmunta Augusta w
Białymstoku**

Country: **POLAND**

Write about what you learnt during the project as regards:

A. CLIL Modules in terms of :

- 1) new teaching strategy
- 2) CLIL approach
- 3) Working with technology
- 4) Time Management
- 5) Motivation of your students

CLIL Module 1 Traditional sports and games

- Traditional sports and games from another countries
- CLIL methods during PE lessons
- New innovative ways to motivate students

CLIL Module 2 Sports in History

- Connections between historical and modern sports
- Promoting sports with Polish roots
- Making a video of Palant Game

CLIL Module 3 The benefits of individual sports

- Gaining experience in organizing sport events
- Time managing
- Motivating students to participate actively in individual sports

CLIL Module 4 Team sports and sportsmanship

- Organizing the trip
- Understanding of tolerance and another different culture
- Applying CLIL methods into practice

CLIL Module 5 Doping

- Learning about different doping opinions
- Using new devices in discovering facts about doping
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CLIL Module 6 Physical Activity and Healthy Balanced Sustainable Diet

- Learning about different diets
- Creating physical activity pyramids
- Using ICT tools

CLIL Module 7 Non traditional learning

- learning about new examples of non-traditional sports
- enjoying the City Game

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A. E-twinning activities in terms of :

- new teaching strategy
- CLIL approach
- Working with technology
- Time Management
- Motivation of your students

We learnt how to:

- use the new programmes and applications (e.g. emaze, prezi, powerpoint)
- motivate students
- setting new goals and challenges

B. Transnational meetings in terms of:

- sharing ideas
- planning
- discussing
- finding solutions
- learnt to plan and organize events
- discussing the current problems
- finding the constructive solutions

C. Mobility weeks you took part in, as regards:

- new teaching strategy
- CLIL approach
- Working with technology
- Time Management
- Motivation of your students
- sport activities
- cultural programme

Mobility to Bari, South Italy – February 2016

Mobility to Bialystok, Poland – April 2016

Mobility to Istanbul -Turkey – May 2016

Mobility to Crema , North Italy – November 2016

Mobility to Moreni, Romania – February 2017

Mobility to Latvia – April 2017

- enjoying Istanbul mobility
- finding out a lot of new things about cultural differences

Answer the following questions in relation to the Mobility experience:

What difficulties (language and integration problems) did you have in integrating in a foreign country and how did you sort them out?

We had no problems, our students were very communicative and understanding.

Answer the following questions about the whole project:

What difficulties did you have in carrying out the assigned tasks during the whole project and how did you face and overcome them?

What satisfactions and positive impressions did you get?

From the Project

- challenging tasks for students,
- not enough time to organize some activities,
- not enough time devoted to sport activities
- improved my English skill
- learnt new facts about different regions and cultures

From the CLIL Modules

No problems. They were finely organized and briefly explained.

From the Mobility week you took part in

- Wi Fi failure,
- using computers too much

What influence will this experience have on your future?

The project experience will encourage us to participate in similar projects in the future.