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

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Write about what activities you did during the project:

Evaluate your skills while working for the CLIL Modules as regards:

- 1) Working with your classmates
- 2) Independence in carrying out tasks
- 3) Working with technology
- 4) Time Management
- 5) Your contribution to the Final products

CLIL Module 1 Traditional sports and games

We learnt how to play our and other countries' traditional sports and games. We also learnt a lot of new vocabulary.

CLIL Module 2 Sports in History

We learnt where types of sports comes from and how they transformed through the years or even centuries.

CLIL Module 3 The benefits of individual sports

We learnt how to improve our bodies and minds. We also learnt how it can lead us to accomplish our goals.

CLIL Module 4 Team sports and sportsmanship

We learnt how to work in groups, help each other and that playing fair is really important.

CLIL Module 5 Doping

It is the worst thing we have ever heard about. We don't like people who use doping and we think it affects our health.

CLIL Module 6 Physical activity and Healthy Balanced Sustainable Diets

We learnt what kind of food is good for our health and what gives us energy.

CLIL Module 7 Non traditional learning

It is better because we don't have to sit in our classrooms. Sometimes, we can learn by doing practical and interesting things.

Evaluate your skills while working for the Etwinning activities as regards:

- Working with your classmates
- Independence in carrying out tasks

- Working with technology
- Time Management
- Your contribution to the products

We have met many new people and made friends for the rest of our lives. We also improved our working skills in groups.

Evaluate your skills while working during the Mobility weeks you took part in, as regards:

- Working with other students during the mobility week
- Independence in carrying out tasks
- Time Management
- Working with technology
- Your contribution to the Final products
- Your participation in sport activities
- Your participation to the 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

We learnt how to speak easily and freely in English and we explored different cultures.

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 didn't have any problems because we were always positive attitude to new things and people.

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?

We didn't have any special problems because we received a good help from our teachers.

What satisfactions and positive impressions did you get?

From the Project

We improved our language skills, saw another part of Europe and learnt about other cultures.

From the CLIL Modules

We learnt new vocabulary and improved old ones.

From the Mobility week you took part in

We met many interesting people and saw how they live in their daily lives.

From the eTwinning project

We improved our computer skills and working in groups.

What influence will this experience have on your future?

After the whole experience, we are sure that we want to visit more foreign countries. We are now also more open-minded and definitely more tolerant to different cultures.