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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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Country: POLAND

**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**

- Nice people,
- Fantastic atmosphere on lessons,
- A minus is that we had to stay after the curricular classes
- Sometimes it was not enough time to manage the tasks
- Prepared final products on time

### **CLIL Module 2 Sports in History**

- noticed sports modifications through centuries
- discovered medieval roots
- learnt to create e-book

### **CLIL Module 3 The benefits of individual sports**

- individual sports give individual position in group
- learnt about national and international sportsmen
- discovered interesting facts (e.g. Polish contemporary teachers used to be sportsmen)

### **CLIL Module 4 Team sports and sportsmanship**

- gives a feeling of unity
- fair play rules
- compromising

### **CLIL Module 5 Doping**

- Bad influence on physical and mental health
- Alienation of sportsmen using doping in the society
- Health risks involved

### **CLIL Module 6 Physical activity and Healthy Balanced Sustainable Diets**

- You are what you eat!!!
- Dependence of diet and sport
- Hazardous diets versus good influence of physical activity

### **CLIL Module 7 Non traditional learning**

- Beneficial influence on motivation
- Training and teaching on PE lessons
- How to prepare a commercial

***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

It was a great experience, everyday I met new people from different countries and got to know them better. It also taught me some responsibilities of my actions. We also learnt how to present our work efficiently.

***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***

Getting new experience, exchanging ideas with other students and participating in a nicely prepared cultural programme.

***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?

No problems.

***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?

No problems.

Satisfying was the fact that we improved our English skills.

From the Project

-general improvement of skills

From the CLIL Modules

-general improvement of skills

From the Mobility week you took part in

- Culture programme
- Nice people
- Nice atmosphere

From the eTwinning project

- ICT skills improved

What influence will this experience have on your future?

- Understanding different cultures
- Being more open-minded