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## Documentation

**Activity:**  
P4

**Name of the activity:**  
Harmony of body and soul

**Country:**  
Finland

**Pupils age:**  
9-10

**Place:**  
Hysinki School

**Date:**  
April 2019

**Number of pupils:**  
16

**Subject:**  
PE

**Connection to other subjects:**  
Biology, Social Sciences

### Preparatory activities:

The teacher searched for a suitable video of tai chi. Discussion in class about the purpose of the exercise: The essential principles include mind integrated with the body; control of movements and breathing; generating internal energy.

### Activity:

The class followed the tai chi video several mornings to start the day.

### Subsequent activities:

### Results:

The movements were quite difficult, but after a few try the pupils succeeded better. It was difficult to concentrate and really control the mind and body.

### Comments:

The pupils were laughing and giggling at first, but they got more peaceful and concentrated at the end. The teacher could try tai chi again next school year.