



ACTIVITY REPORT

Activity 20- 23-43

Title of the activity:

A 20 : Posters presenting walking activity for health

A 23 Effect and impact of walking on the body (locomotor system, circulatory/respiratory systems)

A 43 : Broadening the knowledge of the hiking impact on health (BMI, body shaping and posture, obesity, preventing heart diseases) .

Teachers Responsible	Participating Teachers	Number of participating students	Duration of the activities	Location	Method of work
R. Jukneliene	D.Aleščikiene G.Pavelčikiene R. Lelkiene J. Milius L.Morkūnienė	73 students	6 weeks	IT ,English , Biology classrooms and sport hall , sports stadium	Groups, pairs or individually
Materials	Final product	Aims of the activity	Procedure	Evaluation	Practical activities
Tablets Laptops Computers ITC tools. Smart bracelet.	Poster https://walkingtheline-ka2.weebly.com/uploads/9/1/6/8/9168218/walking-%C5%BEenklas.pdf and slides project website Different Physical Exertion Influence The Work Of The Health Study.	they know important walking as possible for health.	Each country made posters, slides about regular walking effects and send to website.	Students likes IT activities. Better knows about walking effects for health.	Workshops training with smart bracelet.

