

MANY COUNTRIES ONE GOAL DEVELOPMENT THROUGH SPORT



Erasmus+

MEETING IN POLAD
20-05-2018/26-05-2018

Meeting learning/teaching/training activities short term exchanges of groups of pupils

POLAND -TURKEY - SPAIN - FRANCE - ITALY



Si concluso, presso la SZKOLA PODSTAWOWA NR 30 -Wroclam, dal 20 -05-2018/26-05-2018, l'attività C4 del progetto (Erasmus+ "Many countries one goal .

Le famiglie ospitanti e alcuni insegnanti, ci hanno accolto in aeroporto con entusiasmo e gioia; sono stati sempre disponibili, gentili ed accoglienti e ciò ha facilitato la difficoltà di adattamento al nuovo ambiente da parte dei giovani studenti.

Eravamo un grande gruppo di insegnanti con i rispettivi alunni provenienti da Spagna, Francia, Turchia, e Italia

Durante la settimana sono state svolte parecchie attività interessanti e coinvolgenti: educazione alla salute, sport, giochi tradizionali, danza, robotica.

Meeting in Poland - SZKOLA PODSTAWOWA NR 30 Wroclaw **20 -05-2018/26-05-2018. activity C4**

Welcome in aeroport with families and a teacher. They were very hospitable, kind and helpful.

We was a big group French, Turkish, Spanish and Italian teachers with respective students.

During the week many interesting activities have been carried out: health education, sport, traditional game, dance, robotics.

Poland Wroclaw

Breslavia è una città sul Fiume Oder nella Polonia Occidentale. È nota per la Piazza del Mercato, fiancheggiata da eleganti residenze e caratterizzata da una fontana moderna. Sulla piazza si affaccia anche il gotico Municipio di Breslavia, con il suo grande orologio astronomico. Nelle vicinanze si trova il Panorama di Raclawice, un dipinto raffigurante la battaglia per l'indipendenza del 1794. L'auditorium Sala del Centenario, caratterizzato da cupola gigantesca e alta guglia, è situato di fronte al fiume. E' stata dichiarata città dell'UNESCO per la sua architettura e i suoi monumenti storici. E' circondata da bellissimi parchi e giardini ed è famosa per la spettacolare fontana multimediale. La città ospita molti eventi culturali: concerti e opere teatrali. Ci sono numerose università.

Wroclaw is a city on the Oder River in Western Poland. It is known for the Market Square, flanked by elegant residences and featuring a modern fountain.

On the square there is also the Gothic Town Hall of Wroclaw, with its large astronomical clock. Nearby is the Panorama of Raclawice, a painting with the 1794 battle for independence.

The Sala of Centenario auditorium, with its gigantic dome is situated opposite the river.

Wroclaw has been declared a UNESCO city for its architecture and historical monuments,

It is surrounded by beautiful parks and gardens and is famous for its spectacular multimedia mountain. The city hosts many cultural events: concerts and opera..

There are many università.



WELCOME CEREMONY

Welcoming ceremony at SZKOLA PODSTAWOWAZ –Wroclaw was excellent. We was a big group, because the school hosted two project: “Many countries one goal” and “Multiple intelligence”. That was a great opportunity to begin a new friendship to make new projet. We was 6 different countries: France, Spain, Italy, Turkey, Portugal and Greece. We also visited “Franciszek Juszczak” school.

La scuola Podstawowaz ha accolto i partners con un eccellente cerimonia di benvenuto. Eravamo un grande gruppo, perchè la scuola polacca ha ospitato due progetti: “Many countries one goal” and “ Multiple intelligences” Questa è stata una grande opportunità per iniziare nuovi rapporti di collaborazione con Francia, Spagna, Italia, Turchia, Portogallo e Grecia. Caloroso benvenuto da parte della scuola “Franciszek Juszczak”



WELCOME CEREMONY AT SZKOLA PODSTAWOWAZ
and FRANCISZEK JUSZCZAK
KINDERGARTEN AN PRIMARY SCHOOL
Thank you very much
Thank you very much



Visiting classes



Every morning, Polish school hosted teachers and students in their classes. They showed their educational system, methods and strategies. We exchanged information about administrative and educational management interdisciplinary approach, procedure concerning integration of pupils with disabilities, to improve themselves to build a better European educational system. Student was the opportunity to improve their English language, sport activities and compare the school organization.

Ogni mattina, la scuola polacca ha ospitato nelle loro classi, insegnanti e studenti. Ci hanno mostrato il loro sistema educativo, i metodi e le strategie utilizzate. Ci siamo scambiati informazioni sull'approccio interdisciplinare, educativo, la procedura di integrazione degli alunni con disabilità, la gestione amministrativa, al fine di migliorare se stessi e costruire un migliore sistema educativo europeo.

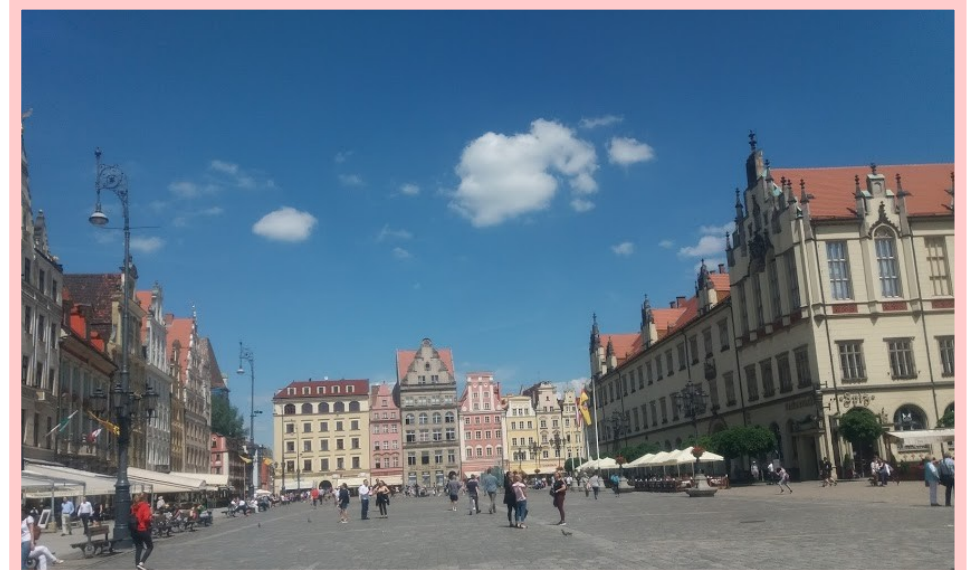
Activities



Participation in sports, students enjoyed time with friends and helped to build self-esteem, stronger peer relations, improve communication skills.

La partecipazione allo sport ha contribuito a creare autostima e sicurezza e ha motivato i bambini a costruire abilità sociali e linguistiche.

Cultural experience



Polish team showed us the nice City Hall , museum, the big, beautiful castle of Ksiaz, we went to the opera and to the concert.
Siamo andati al concerto e all'opera, abbiamo visitato il centro della città, e il bellissimo castello di Ksiaz.

Visiting Town Hall



We went to the town hall, where we met the mayor . She was happy to host different countries in her Town.

Siamo andati al municipio, dove abbiamo incontrato il sindaco, la quale è stata felice di ospitarci nella sua città.



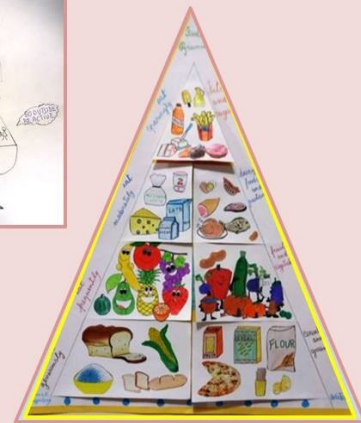


FUNNY

CODE

ACTIVITY

Healthy food



OUR ERASMUS EXPERIENCE



Thank you Polish friends, for the warm welcome and the organization. All of you was exceptional people. Students had a great and positive experience in family and at school. The adventure had ended but the memories and the beautiful sensations felt during this journey have remained and will remain within us for a long time.



Grazie a tutti voi amici Polacchi, per la calorosa accoglienza e organizzazione, tutti voi siete stati delle persone eccezionali. Gli studenti hanno vissuto un'esperienza positiva sia in famiglia che a scuola. L'esperienza vissuta rimarrà nel nostro cuore per lungo tempo.

Con la visita a nuestros amigos de la Szkola Podstawowa n° 30 de Wroclaw, Polonia, damos por finalizadas las actividades transnacionales con alumnos, enmarcadas en nuestro proyecto "Many Countries One Goal-Development Through Sports", que venimos desarrollando desde septiembre de 2016. En este último viaje con alumnos le hemos dado el toque final a algunos de los productos que hemos ido desarrollando en nuestro proyecto: entrenamiento y práctica de diferentes deportes (en Polonia tocaba fútbol), explicación de juegos tradicionales de cada país, elaboración de un póster gigante con los beneficios del deporte, grabación de vídeos con explicaciones de técnicas de entrenamiento de diferentes deportes, etc.

En esta última actividad transnacional con alumnos, hemos podido compartir la semana además de con nuestros compañeros de proyecto -los colegios de Cluses (Francia), Biancavilla (Italia), Izmir (Turquía) y Wroclaw (Polonia)-, con profesores y alumnos de otros 4 colegios europeos que también comparten proyecto con nuestros amigos polacos: colegios de Livorno (Italia), Oporto (Portugal), Atenas (Grecia) y Antalya (Turquía). Durante estos 7 días también hemos tenido tiempo de visitar la ciudad de Wroclaw y sus alrededores, disfrutar de una tarde de ópera junto a su palacio de la música, ver cómo viven y estudian niños de otras nacionalidades, realizar talleres de robótica, de música, practicar diversos deportes y jugar a juegos tradicionales, etc.

From Spain

Visitando i nostri amici presso Szkola Podstawowa di Wroclaw, in Polonia, concludiamo le attività transnazionali con gli studenti, del progetto "Molti paesi One Goal -sviluppo attraverso lo sport", iniziato nel settembre 2016. Con quest'ultimo viaggio con la partecipazione degli studenti abbiamo dato il tocco finale ad alcuni dei prodotti che abbiamo sviluppato nel nostro progetto: praticare diversi sport (in Polonia hanno giocato a calcio), la spiegazione dei giochi tradizionali in ogni paese, lo sviluppo di una gigantografia con i benefici dello sport, registrazione video con spiegazioni di diverse tecniche di allenamento sportivo, ecc.

In quest'ultimo viaggio transnazionale con l'attività degli studenti, abbiamo condiviso la settimana in aggiunta alla nostri colleghi delle scuole del progetto Cluses (Francia), Biancavilla (Italia), Izmir (Turchia) e Wroclaw (Polonia) - con insegnanti e studenti di altre 4 scuole europee che hanno condiviso un progetto con i nostri amici polacchi: le scuole di Livorno (Italia), Porto (Portogallo), Atene (Grecia) e Antalya (Turchia). Durante questi 7 giorni abbiamo avuto anche il tempo di visitare la città di Wroclaw e i suoi dintorni, di godere di una serata di musica lirica. Abbiamo visto come vivono e studiano i bambini di altre nazionalità, i nostri alunni sono stati coinvolti in laboratori di robotica, musica, e hanno praticato vari sport e giocare a giochi tradizionali.



With the visit to our friends of the Szkola Podstawowa No. 30 in Wroclaw, Poland, we end the transnational activities with students, framed in our project "Many Countries One Goal-Development Through Sports", which we have been developing since September 2016. In this last visit with students we have given the final touch to some of the products that we have been developing in our project: training and practice of different sports (in Poland played football), explanation of traditional games of each country, elaboration of a giant poster with the benefits of sports, video recording with explanations of different sports training techniques, etc.

In this last transnational activity with students, we were able to share the week as well as with our project partners - the schools of Cluses (France), Biancavilla (Italy), Izmir (Turkey) and Wroclaw (Poland) -, with teachers and students from 4 other European schools that also share a project with our Polish friends: schools in Livorno (Italy), Porto (Portugal), Athens (Greece) and Antalya (Turkey). During these 7 days we have also had time to visit the city of Wroclaw and its surroundings, enjoy an afternoon of opera next to its palace of music, see how children of other nationalities live and study, hold workshops on robotics, music, practice various sports and play traditional games, etc.

TEST FOR PHYSICAL INDICATORS: the following tests will be done to the students in three moments throughout the project.

INDICATORS FOR MEASURING THE OBJECTIVES
 TEST TO MEASURE THE IMPACT OF THE PROJECT ON THE OTHER ASPECTS OF IT: we will carry out this test at the beginning and at the end of the project. Some questions may be asked directly to parents for further participation.

Test	Initial (1st or 2nd term course 16-17)	Intermediate (1st term course 17-18)	Final (3rd term course 17-18)	Final objective
Test of speed (30m)		-2% time	-3% time	-5% time
Test of aerobic resistance (6 min)		+2% distance	+3% distance	+5% distance
Agility test 10x5		-2% time	-3% time	-5% time
Test to know the power of legs (jump feet together in stopped)		+2% distance	+3% distance	+5% distance
Test to know the power of back and arms (launch 2kg medicinal ball backwards)		+2% distance	+3% distance	+5% distance
Cardiopulmonary test after 6 minutes of continuous race at moderate pace		- 2% heartbeats	- 3% heartbeats	- 5% heartbeats

Test	Initial results	Final results	Objective
Test of acquired knowledge			
Recognize bones on skeleton drawing			Improve
Recognize muscles on musculature drawing			Improve
Recognize joints about human body drawing			Improve
Frequent sports injuries			Improve
Places the participating countries on the map			Improve
Name the capital and the city from which the participating students come			Improve
Test to measure the acquisition of healthy habits			
How many hours a week do you spend on sports?			Improve
Do you do any extracurricular sports?			Improve
Do you have fun doing sports?			Improve
How many times a week do you eat fruit?			Improve
How many times a week do you eat fast food?			Improve
How many times a week do you eat industrial candies?			Improve
How many meals do you make per day?			Improve
Test to check the impact of the project on students			
Do you think that your vision on sport and physical activity has improved after these two years of project?			
Have you made more friends?			
Do you think your level of English has improved?			
Would you like to rejoin a project like this?			

**POLISH PROGRAM FOR ERASMUS+ LEARNING/TEACHING AND TRAINING ACTIVITIES.
SHORT-TERM EXCHANGES OF GROUPS OF PUPILS 19-27.05.2018 Project No: 2016-1-PL01**

Saturday/ Sunday (19-20.05.2018)

Arrival of delegations. Meetings with host families

Monday (21.05.2018)

09.00 - Coordinators' meeting

10.00 - Welcoming ceremony at school

12.00 - Visiting classes and healthy food pyramid activities

13.00 - Lunch with representatives from the educational department 15.30 - Visiting the most important monuments, historical places

17.00 - Time in families

19.00 - Dinner for teachers in the city center

Tuesday (22.05.2018)

09.00 - Traditional games

10.30 - Meeting with the President of Wrocław in the City Hall 12.30 - Lunch

13.30 - Water center (Producing energy by human body) 15.30 - Time in families

18.00 - Welcoming dinner for teachers

Wednesday (23.05.2018)

08.00 - Departure to Książ Castle

10.00 - Visiting the castle, the gardens 13.00 - Lunch in the castle

16.00 - Time in families

Thursday (24.05.2018)

08.00 - Football activities at school - soccer drill

09.00 - Sky Tower view point and bowling 11.30 - Football matches and training

13.00 - Lunch in the city center 14.30 - Time in families

Friday (25.05.2018)

09.00 - Closing ceremony at school

10.00 - Presentation of final products, decoration of ball 11.00 - Students teachers and parents play football matches. 13.00 - Lunch at school

15.30 - Time in Families

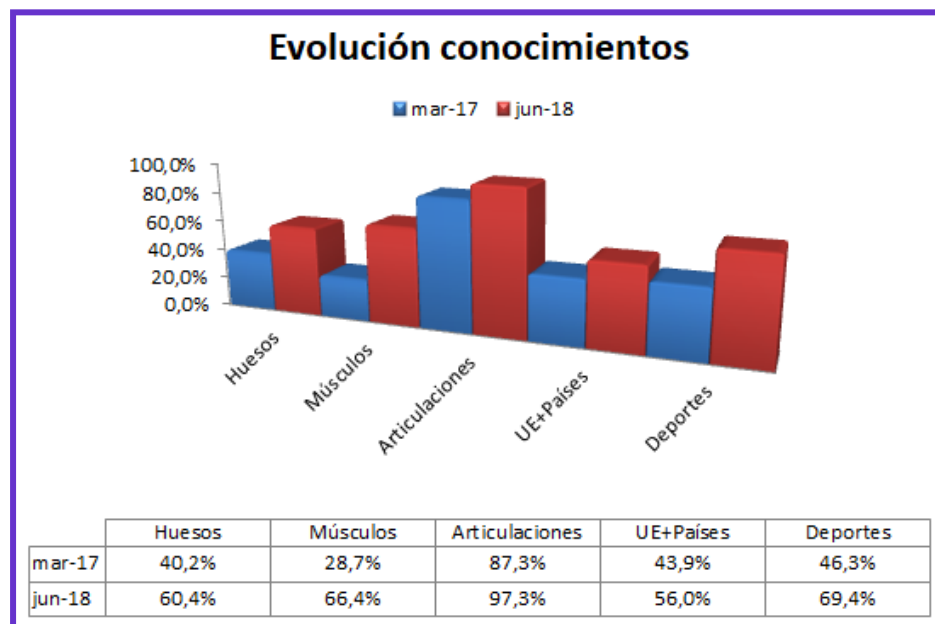
Saturday (26-27.05.2018)

Sport activities

Departures of delegations.

RESULTS

DISSEMINATION



project web site: www.manycountries.net

Italian web site: www.sgboscobiancavilla.it

Spain blog: www.manycountries.net

France: www.ac-grenoble.fr/ecole/74/la-sardagne.cluses/spip.php?rubrique110

Turkey: www.ac-grenoble.fr/ecole/74/la-sardagne.cluses/spip.php?rubrique110

Poland: www.sp30wroclaw.pl

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