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# *Improving standards in Teaching School Sport to Foster Physical, Cognitive and Social Development in Pupils*

## 'News'

### **THE PROJECT NEWSPAPER**

#### Partners:



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Madonas pilsētas 1.  
vidusskola,  
Madona, Latvia



Närpes stad/Närpes  
högstadieskola,  
Närpes, Finland



Liceum Ogólnokształcące  
w Gilowicach, Gilowice,

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Miedźna, Poland



On the 2-6 October 2017 in Liceum Ogólnokształcące im. prof. Zbigniewa Religi w Gilowicach a short students exchange meeting took place. The main topic of this meeting was **SWIMMING**.

### ***POLISH ADVENTURE - 1<sup>st</sup> DAY***

On the second of October we started our meeting in Poland in Gilowice. First arrivals were students from Czech Republic. They were sightseeing Pszczyna's square, park and the castle. Later the Austrians, the Fins and the Latvian were picked up from Cracow. They went to Gilowice with Czechs.



We started introducing ourselves to one another trying to remember names. After that we were playing games. First game was called 'Simon says'. It was led by one person, she was making us doing something by saying for example 'Simon says stand up', 'Simon says raise your hand' but when she said 'Sit down' and someone did it he lost. Another game was 'pif

paf'. The rules were to there was one person in the middle of the circle. She pointed a gun (made of her hands) to somebody saying 'pif' and that person had to make a squat, two other students who stood next to this person had to shot the person and say 'paf'. The pupil who did it first, won and the other had to leave the circle.

Then we played 'Alvaro'. There were circle made of chairs. The students were sitting on them and behind them there stood another person, one chair was empty. The person behind the empty chair had to wink to somebody on a chair and this person was supposed to run to the empty chair. Students who were standing behind the chairs had to stop the person from running to the empty chair. Last game let us know better foreign languages. We learnt how to say 'How are you doing?', 'Good', 'Bad', 'So so' in five languages. The person in the middle was asking 'How are you doing?' to a person and if they answered 'Good' we were doing two squats, if 'So so' we had to move one chair, if 'Bad' we had to run to another chair somewhere in the circle. It was great fun!



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After the fun we changed clothes and did a cross training. It was led by PE teacher from Poland. We were divided in pairs. We started with warm up and then did a few activities for example different types of jumping, crunches and push ups. It was a little bit tiring but we did our best and we enjoyed it.



That was the end of the programme for the first day. After that we went to hosts' homes. We met their families and spent some time with them. In the evening everyone met at a bonfire party. We sung songs, ate sausages, danced and had a lot of great fun. Next we went to our homes and went to bed.

## ***ANTI-DOPING ON TUESDAY - 2<sup>nd</sup> DAY***

This is the summary of Tuesday. At the beginning of the second day we came to school at 9a.m. and every country had an interesting presentation about their swimming champions. After this Dariusz Blachnio, who is an expert from the National anti-doping agency, came to our school. We had a presentation about doping and he told us how dangerous it can be for our health.



After that we had a workshop to create anti-doping gadgets. We could try to be anti-doping officer and we had the same gadgets as they normally use to test athletes. We also could fill documents like they do about the athletes. Moreover we did a quiz on the computer about this theme. At the end we got anti-doping shirts, caps, pens and bracelets from him.

Then we had delicious lunch prepared by our lovely Polish host students. After lunch we went to Wola where a 25 meters long swimming pool is. They show us the whole sport center. We saw the gym and one lifeguard showed us some exercises. Before swimming we had a presentation about swimming club in Wola.

At 3p.m. we heard a presentation by the manager of volunteer Water Rescue Organization about rescuing a drowning swimmer and after that we went to try it out by our self with the Little Anne CPR doll and lifeguards gadgets. The lifeguards also showed us a real time rescue of a drowning swimmer. At 5p.m. we started our first swimming lesson by coach Slawomir Formas, who is one of the best coaches of the swimming team in Wola. He showed us technique for backstroke and freestyle. We liked this swimming lesson but for some of us it was harder than we expected, so some of us were really tired. At the end of the day we drove back to school where our host students picked us up and we went home and did something with our hosts.



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## ***SO MANY PLACES, SO MUCH TO SEE - 3<sup>rd</sup> DAY***



On the third day of our Erasmus+ meeting in Poland which was the 4<sup>th</sup> of October we spent an amazing day together. After having a breakfast at the hosts houses we went to Wola and had a presentation with

Mr. Piotr Woznicki – former coach of the Polish senior national team about the famous swimmers from Oswiecim. After the such an interesting lecture we have started a training on

a swimming pool. The coach was showing us some exercises for butterfly and backstroke styles.

At 11:45 am the training was over so we could go to the museum of Birkenau Camp. We were there for only 20 minutes, and we haven't seen much but it was so hard but also very interesting experience.

We were so hungry and so we had lunch at the shopping centre in big hurry because we were forced to have another training – training session for stamina with the coach at the gym in the swimming pool complex. We were exercising on TRX and other different machines especially for swimmers to practise even outside the water. We have learnt a lot during these lessons and it was a fun time for us. We spent there almost an hour – 2:30 pm – 3:30 pm. And then the teacher let us have relax in the swimming pool and enjoy being there by ourselves for 70 minutes!

We walked to the ice rink to see how it's look like and we met there a few little girls who were learning how to skate! It was adorable. Then we went on foot to the pizzeria - Tawerna and ate really big pizzas!!! Our hosts picked us up about 8pm from school, so we finally could get some rest. After so many hours off the houses we were exhausted and really tired but we are happy to spend time in many different places. Thanks to doing all these things together we had an occasion to talk more and get known better.

## ***LITTLE SCHOCK AND 191 METERS – 4<sup>th</sup> DAY***

As always we met at 9 at school. After that we had a very exciting meeting with **Magdalena Solich-Talanda** the world record holder in freediving. She told us that she can stay under water for **5:40** without **swimming** and she can swim **191 meters** under water without fins. **Kamil** was very shocked because he can not even swim under water **half** of the **25 meters** pool. She explained us she's secret techniques of taking deep breath (**packing**). You have to relax every muscle and **stay calm**. Every **extra movement** makes the record worse.

Next thing was the training with **Sławomir Formas** in **Wola**. We trained **breast stroke** style. The training was very professional and really hard for beginners. **Thankfully** nobody **drowned**.



We felt very tired and hungry so we went for lunch in Wola's

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best restaurant “**Rycerska**”. The chicken was very tasty, but the rest not really. We have left the **recomandation** on a piece of paper that was in a corridor.

After that we went to school again, ate some snacks and started writing this **article**.

When we ended our journalistic job (haha), came time for warm words and thanks to everybody for such a great work and cooperation for almost a week! Every foregin student was given a certificate of being part in Erasmus + in Poland., of course their teachers get theirs too :) It was an amazing and full of stress week but it was worth it! We have made many beautiful friendships for life :) It was a pleasure to learn something new and have nice new faces around.



And for the end we made a little “first impressions talk”

### **IMPRESIONS OF PROJECT**

Students from

**Latvia, Finland, Czech Republic and Austria** came to **Poland** on a swimming project.

We've made quick little interviews to see how people from other countries and Poland feel about it:

#### **GUESTS:**

"The best thing in this project was to meet new people and learn about them and their countries more!"

"Meet so nice and beautiful people!"

"When we came here and met for the first time, we were playing few games. That time spent with all was best."

#### **TEACHERS:**

"I think it is a good project for teenagers, we can improve our skills, meet some new people."

"Teachers can get many precious experiences :)"

"Even students who have graduated our school still have contact with people who they met during this project and that confirms the importance of this project."

#### **HOSTS:**

"I'm glad that I could meet new people :)"

"I improved my english skills a lot with no dobut!"

"I'm sure I keep contacts with these amazing people :)"

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