



# Maria Konopnicka Primary School No. 5 in Etka, Poland



*Move to improve your body and mind  
Comenius Partnership 2012-2014*



Our adventure  
with Comenius



# Getting to know Comenius partners



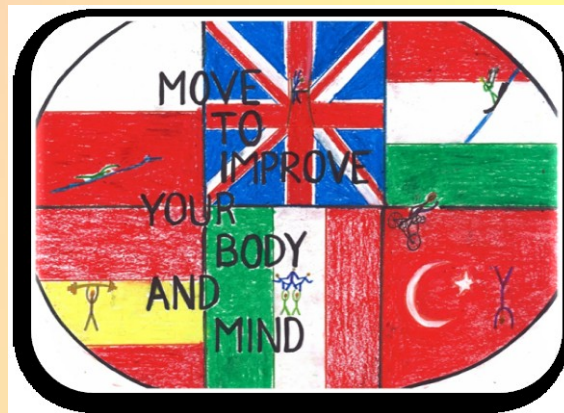


# Sharing hobbies





# Logo contest



# Local sports and players

**Maciej Falaciński**  
Junior National representative



16 year old, successful swimmer from UKS MOS (sports club) in Etka. Now a student at Sports Championship School in Cracow.

My name's Aleksandra Mońko. I'm 14 years old and I'm a student of second year at lower secondary school. I graduated from Primary School No. 5 in Etka where I attended sports class.



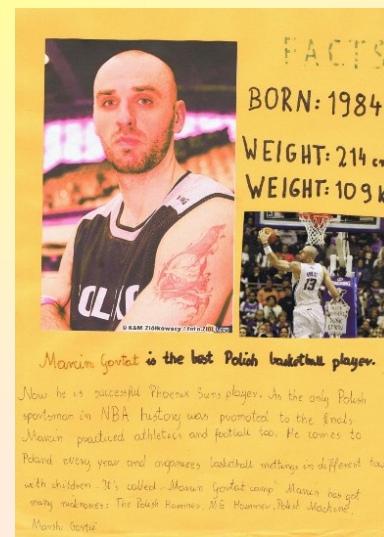
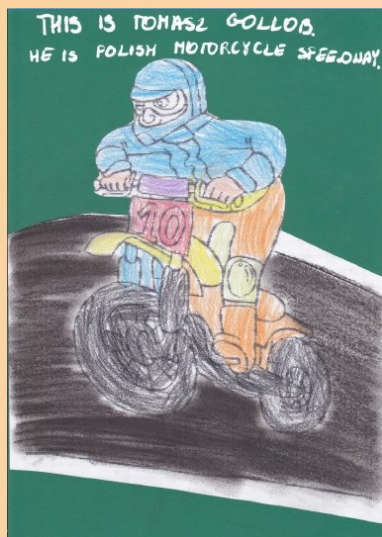
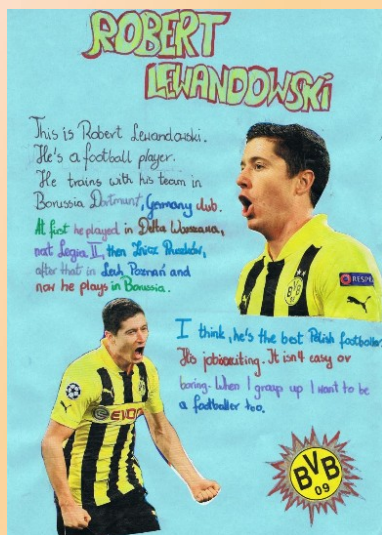
*Our school teams*



*Our school teams*







# Healthy kit





# Primary School No. 5 in Elk presents

## 8 SIMPLE WAYS TO STAY HEALTHY

Encourage your parents to be active. Spend your time on bike trips, walks or at the swimming pool.



Motywuj rodziców do aktywności fizycznej. Spędzaj z nimi czas na spacerach, rowerowych, spacerach, basenie.

Use wholegrain and dairy products, lean meat, fish, vegetables and fruit.



W swojej diecie stosuj pełnoziarniste produkty zbożowe, nabiał, chude mięso, ryby, warzywa i owoce.

Spend free time outdoors. Do what you like - swim, run, play football or walk.



Spędzaj jak najwięcej czasu na świeżym powietrzu, ruszaj się. Rob to, co lubisz - pływaj, biegać, graj w piłkę, spaceruj.

Drink at least 1.5 litres of fluids a day.



Pij dużo płynów, około 1.5 litra dziennie.

Take part in PE lessons at least 4 hours a week.



Ćwicz na wychowaniu fizycznym, minimum 4 godziny w tygodniu.

Care about your body posture. Don't slouch while sitting at school or in front of computer or TV.



Dbaj o postawę ciała. Prawidłowo siedź w ławce, przed komputerem, telewizorem. Nie garb się.

Eat 5 meals a day. Try not to have snacks between them. Start your day with breakfast.



W ciągu dnia spożywaj 5 posiłków. Staraj się nie podjadać między nimi. Nigdy nie zapominaj o śniadaniu.

Avoid sweets and crisps.



Unikaj słodyczy i chipsów.

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Comenius Partnerskie Projekty Szkół „MOVE TO IMPROVE YOUR BODY AND MIND” 2012 - 2014  
Projekt realizowany przez Szkołę Podstawową nr 5 im. M. Konopnickiej w Elku



Projekt realizowany przy wsparciu finansowym Komisji Europejskiej



# Local games - „kwadrant”





# Playing our friends' games





# Healthy recipes







A healthy jar of porridge

"Mazurian sailboats"  
sandwiches



# Dances





# Mini olympic games





# Visit in our school





# Students' opinions

COMENIUS TEACHES  
US TEAM WORK.

We like  
cooperation

It's important  
to be active.

We enjoy  
playing new  
games

We love chatting with  
Comenius friends via skype

We like being in Comenius.  
For us it means making  
friends with our Italian peers.  
At English lessons we wrote  
letters then we sent them at  
ICT. We also talked with  
students from Italy via skype.

I like mini games.  
**COMENIUS IS  
GREAT!**

We like getting to  
know different  
cultures, traditions

We have shared hobbies  
with other children.

Croquet is my  
favourite game. It  
helps concentrate  
and be accurate.

We exchanged  
letters, cards  
and small gifts  
with students  
from Italy.

We love being part  
of the Comenius  
project.

We like cooking different  
meals from our "healthy  
recipes"

It's more  
interesting  
than at home

We think it's more  
interesting than  
sitting at home

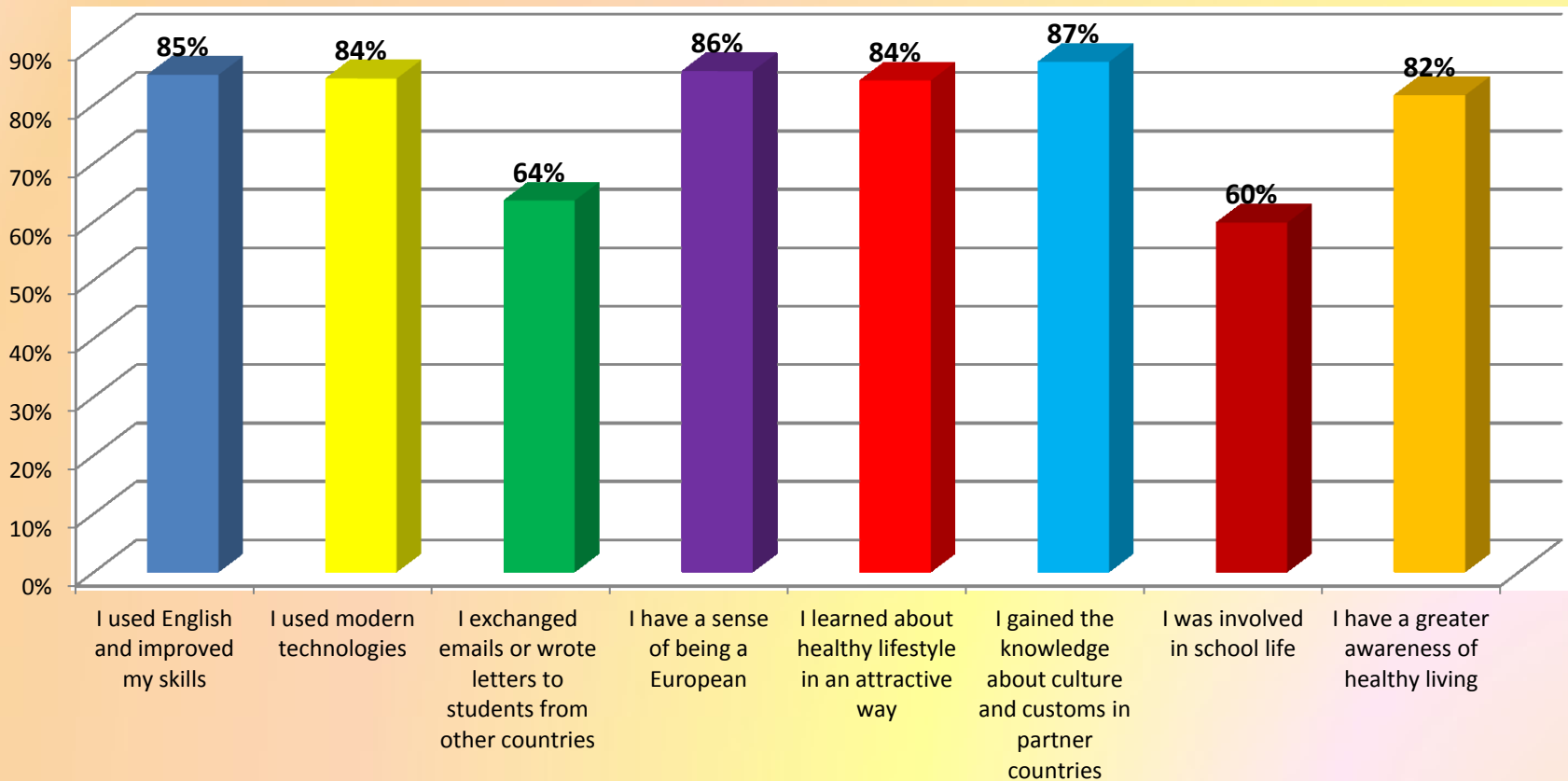
We have learnt a lot  
of different new  
games from other  
countries. We are  
going to play  
softener basket. It is  
a Spanish game.

Mini Olympic Games were great. There were  
lots of interesting competitions.



# Impact on students

Thanks to the project:



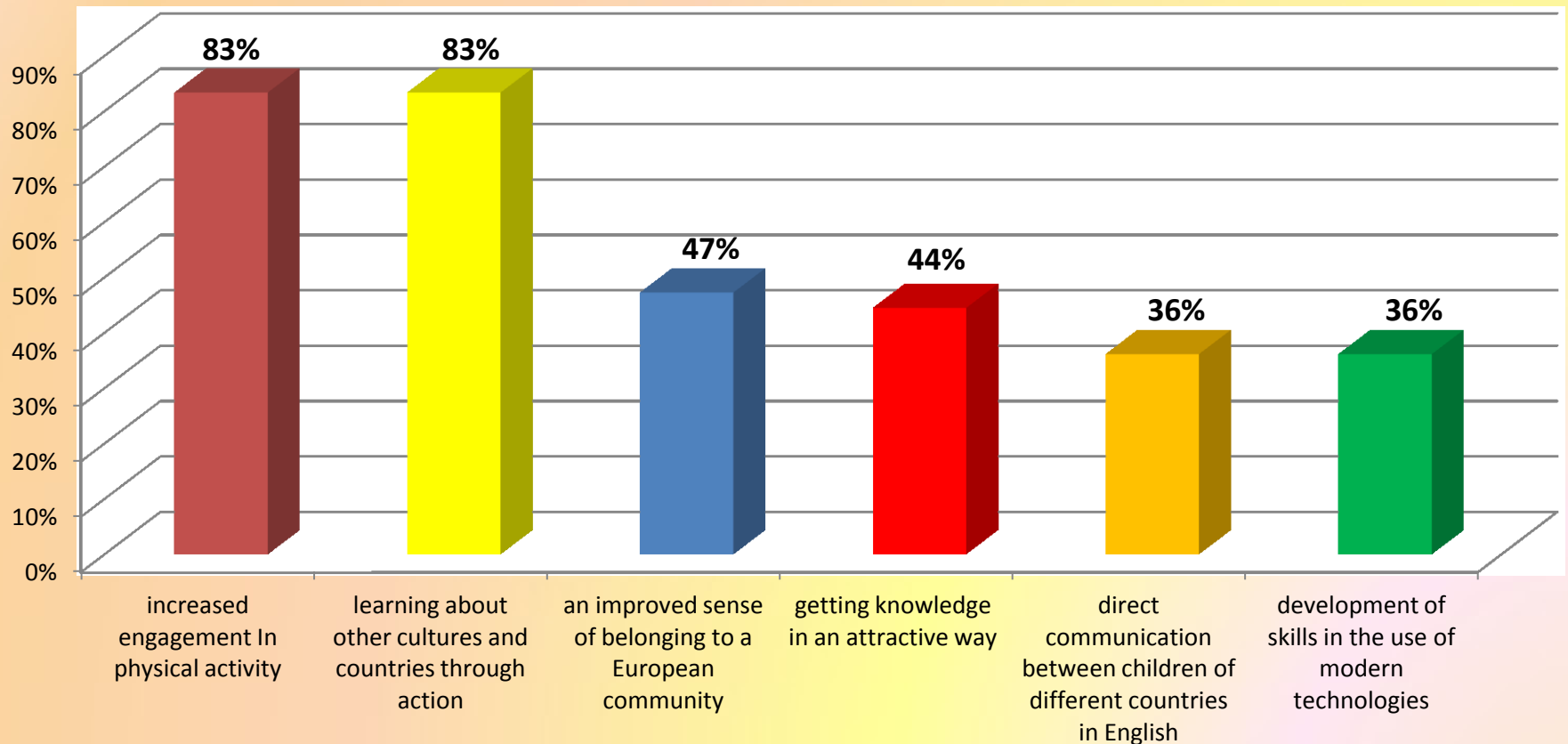


## Other comments

- I understood how important a team work is.
- We did sport more.
- We have met our local karate players.
- We participated in mini olympic games for the first time.
- We have learnt new dances from another countries.
- We can communicate in English better.
- We have pen pals from Italy.
- We have learnt new games and interesting spare time activities.

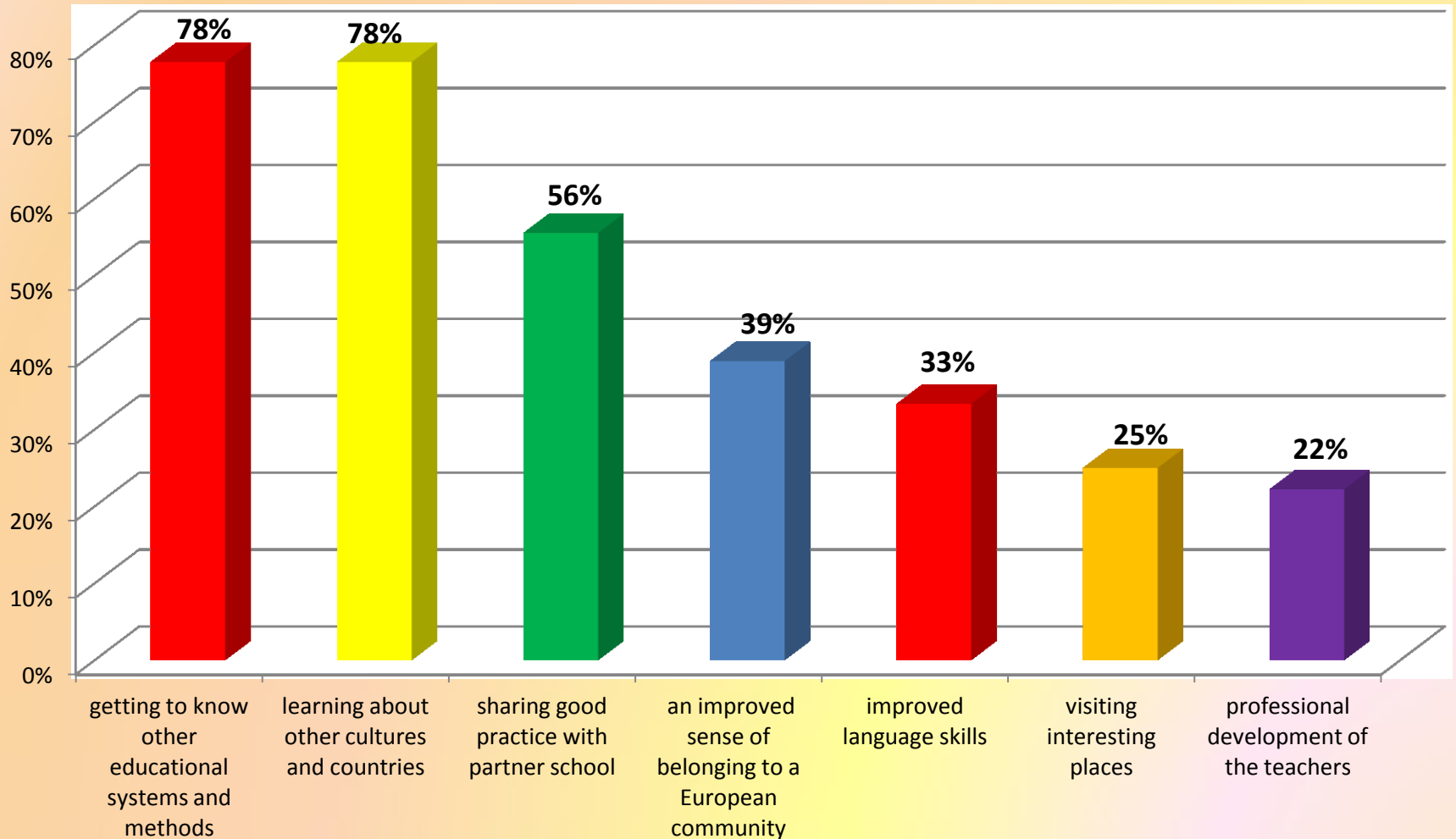
# Teachers' opinions

## The impact of the project on your students

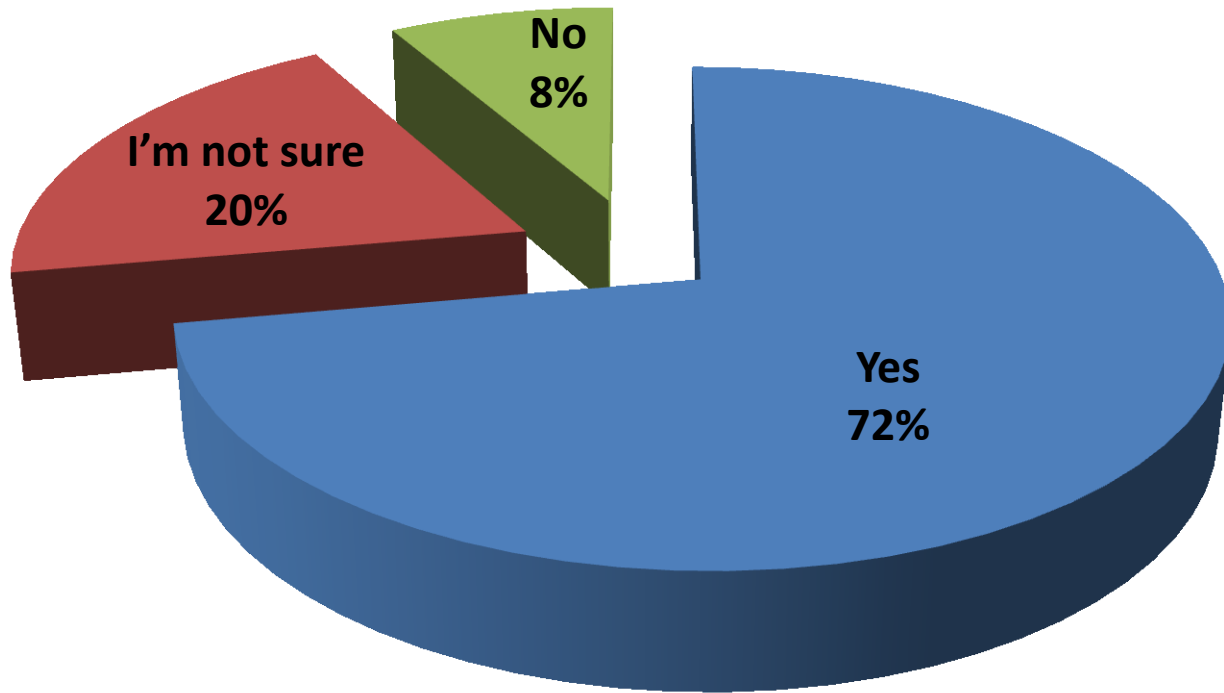




# Impact on teachers



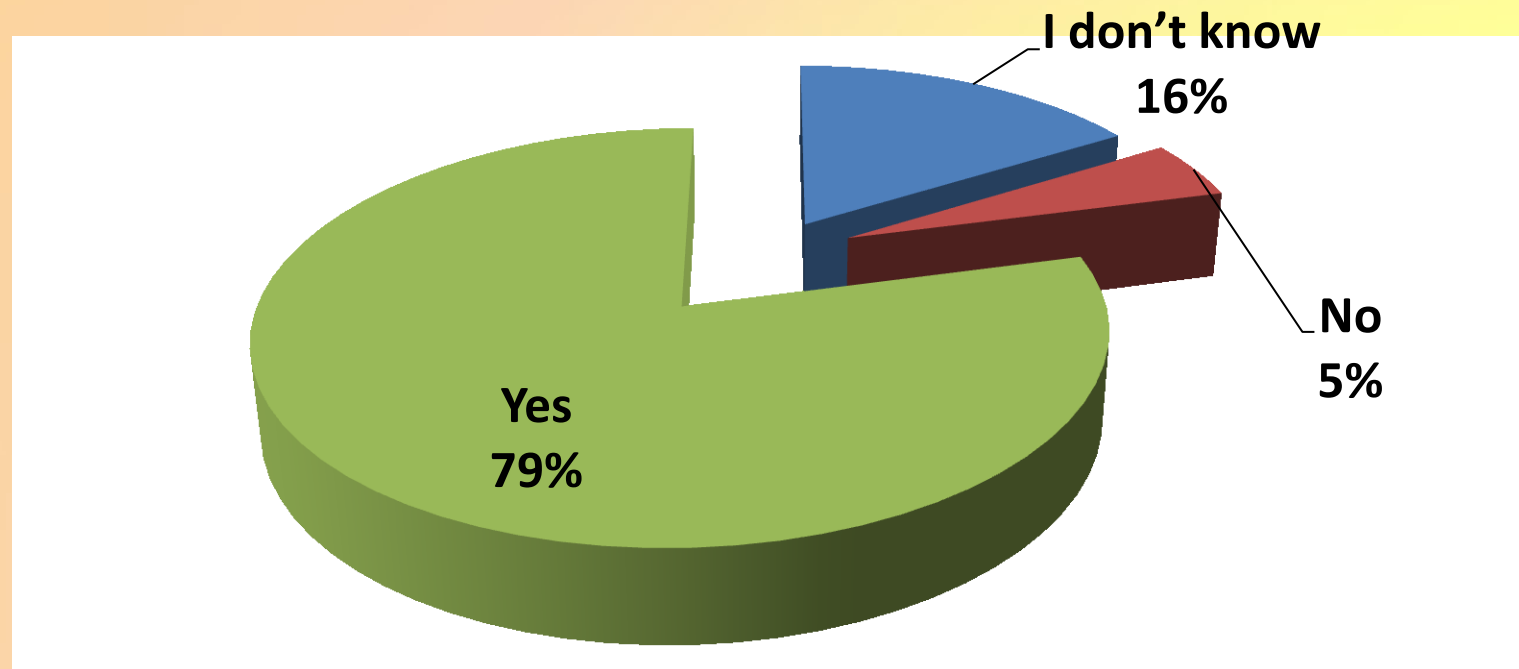
Does the project motivate your students to lead  
a healthier and more active lifestyle?



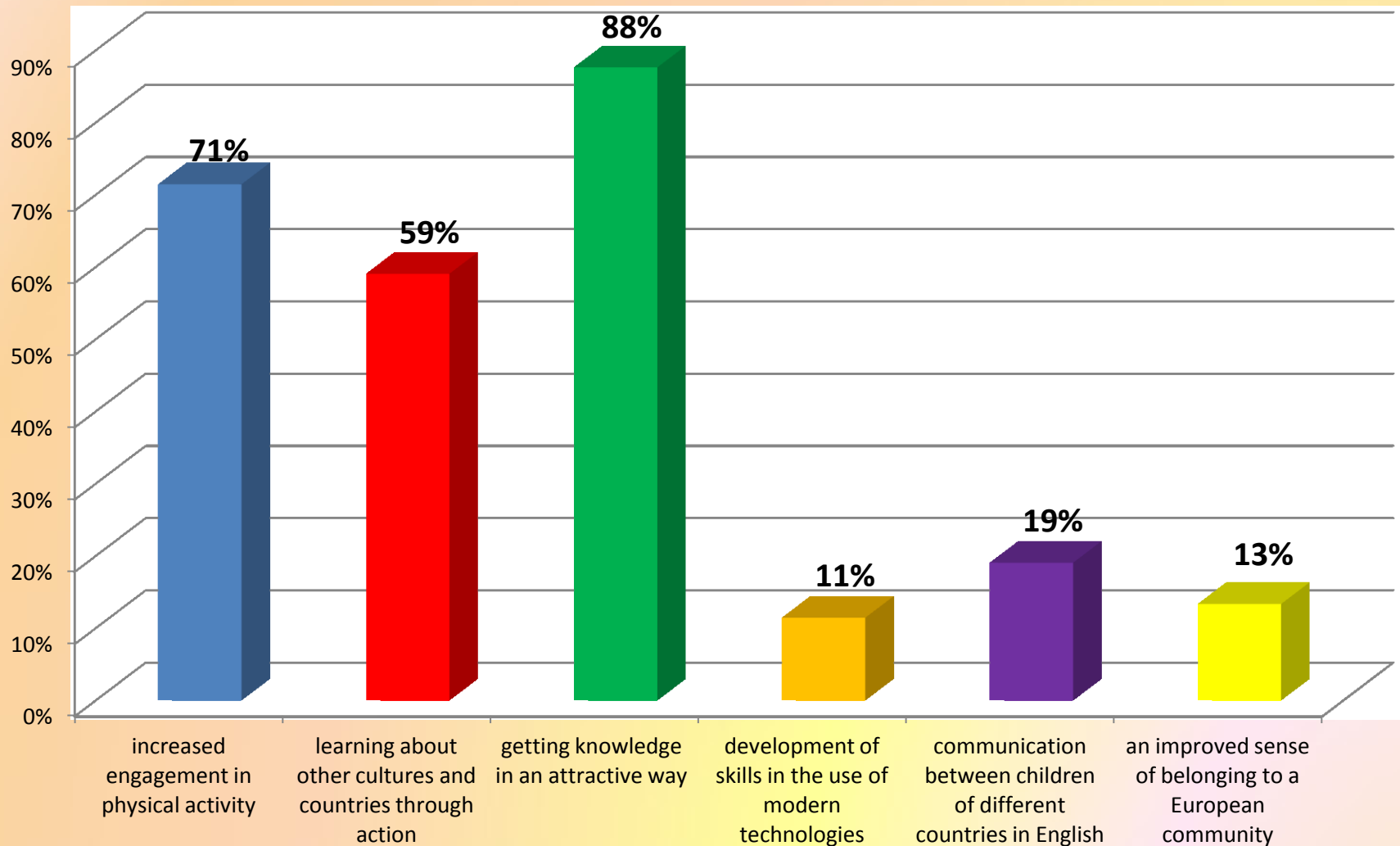


# *Parents' evaluation of the Project*

Does the project motivate your child to lead a healthier and more active lifestyle?



# The impact of the project on your child





# Impact on the school

Average assessment in teachers' opinion is 4,5

Average assessment in parents' opinion is 4,3



***Opracowanie prezentacji: Beata Ramotowska, Robert Kubel***