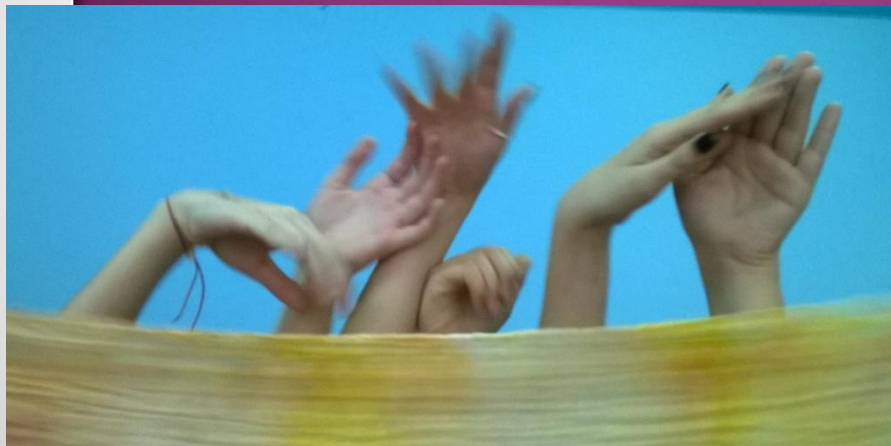




Pupil Health & Well-Being

1ST EXPERIMENTAL JUNIOR HIGH
SCHOOL OF THESSALONIKI



Amalia Drakou
PE teacher

London
27 June - 1 July, 2016

JUST SOME QUICK REMINDERS

- ◉ Our school - 152 students, 17 teachers
- ◉ About 12 different subjects taught at every grade
- ◉ Physical Education one of them (taught at every grade, 2 hours per week)
- ◉ Not many chances/much time for actions that would include all student at the same time - focus on high performance
- ◉ Limited sport facilities / space

INTERDISCIPLINARY TEACHING



- ◉ The key to our problem
- ◉ One theme, 6 - 10 hour teaching (sometimes co-teaching)
- ◉ Two or even three “different” subjects are taught in parallel or at the same time
- ◉ Addressed to one class of 26 students
- ◉ Connecting different parts of one issue (i.e. human body is approached by Biology and PE)
- ◉ Targeting to the big picture (i.e. the child as a whole)

INTERDISCIPLINARY TEACHING EXAMPLES

1. **Music- Physical Education-** *Discovering **music** in every move (it was scheduled one year before the PHWB project!)*
2. **Household Economy- Physical Education- English (Clil method) - **Nutrition- Exercise- Health****
3. **Computer science - Biology- PE- **Outdoor Sport Recreation****
4. **PE - Geography- Computer Science- European **cycling** route Eurovelo**
5. **History - French - **Olympic ideals****

INTERDISCIPLINARY TEACHING

What about the rest of the school? How could all students be involved in the aspects of interdisciplinary teaching, since this method was only addressed to one class each time?

Dissemination

- Official school's website
- Traditional notice board
- “Open” cafeteria presentation
- School festival of programs and innovative actions in the end of the school year
- Mouth to mouth advertising

OUTDOOR SPORT RECREATION OR ONE MORE REASON TO LOVE PHYSICAL ENVIRONMENT

- ◉ Digital scenario created by the PE teacher of our school <http://aesop.iep.edu.gr/node/21707/5437>
- ◉ It links Biology with PE
- ◉ The theoretical part took place in the computer lab (3 hours)
- ◉ Students were asked to use interactive digital tools to answer, fill in gaps, play, learn
- ◉ In a playful way, students were theoretically introduced to outdoor sport recreation
- ◉ The scenario links together concepts such as "environment", "health", "quality of life" and fosters environmental awareness

OUTDOOR SPORT RECREATION - THE PRACTICAL PART



- It took place at an adventure park, during the standard educational 3 day trip to Athens to visit the Parliament
- This trip usually involves museum and sights of historical value visits with the visit to the Greek Parliament as the central aspect of the trip
- However, this year we planned a two hour practice in zip lines and bungee trampoline
- The activities nicely followed the theory and turned to be the highlight of the trip





TEACHERS PARTICIPATE TOO!



EUROPEAN CYCLING ROUTE EUROVELO 6

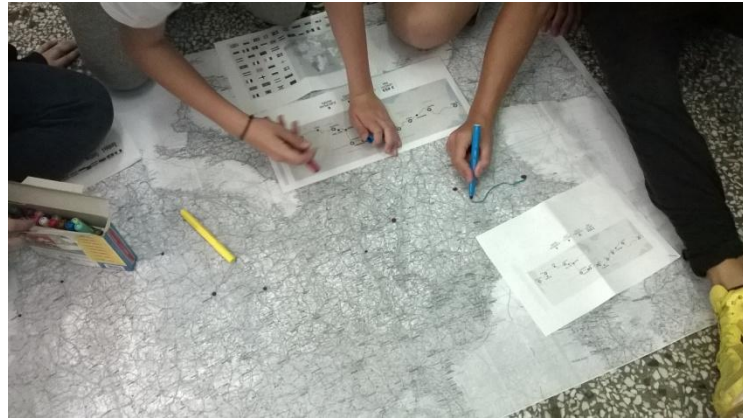
OUR MISSION

Digital scenario created by the Computer Science teacher of our school <http://aesop.iep.edu.gr/node/16575>

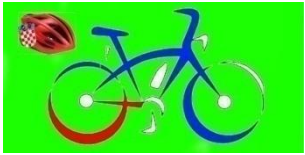
- ◉ It links PE to Computer Science and Geography
- ◉ Eight teaching hours
- ◉ Aim - to promote cycling awareness and lifelong exercise in collaboration with the subjects of Geography and Computer Science
- ◉ Students produced printed and digital material, which was notified to the rest of the students of our school
- ◉ A bike ride was organized in a route that was planned by one student, near the school



PLANNING THE ROOT



DIGITAL STUDENTS' MATERIAL



Σε αυτό το κόμικς θα ενημερωθείτε για τις 3 βασικές συμβουλές που αφορούν την εναλλαγή ταχυτήτων σε ένα ποδήλατο.

Όταν σκοπεύεις να αλλάξεις ταχύτητα, συνέχισε να κάνεις πεντάλ αλλά χαλάρωσε την πίεση που ασκείς σε αυτά, λίγο πριν την αλλαγή και κατά την διάρκειά της.



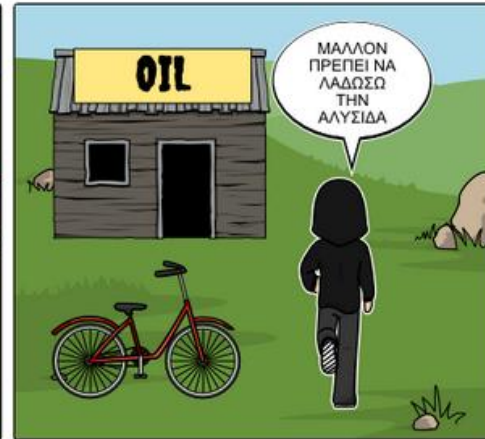
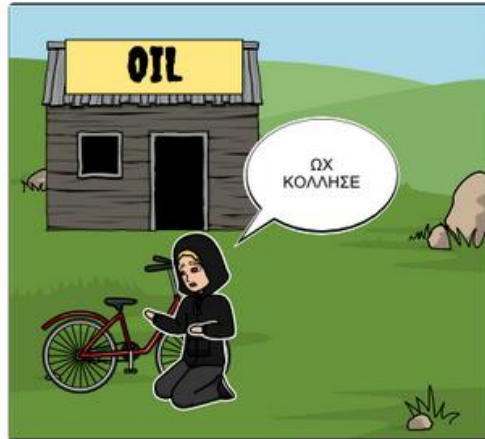
Ανίχνευσε το πεδίο μπροστά και άλλαξε ταχύτητα πριν αναγκαστείς εκ των πραγμάτων να το κάνεις. Έτσι θα διατηρήσεις την ταχύτητα και την ορμή που θα χρειαστείς για να ξεπεράσεις ένα εμπόδιο ή να ανέβεις μια ανηφόρα.



Να συντηρείς και να λαδώνεις τακτικά όλο το σύστημα, από την αλυσίδα μέχρι το ντεραγίε και τα χειριστήρια.



DIGITAL STUDENTS' MATERIAL



WORKING FOR DISSEMINATION



LET'S GO CYCLING!



OLYMPIC MUSEM PROJECT

- ◉ Cooperation of the teachers of French and Greek language
- ◉ Introduction to the Olympic ideals
- ◉ Knowledge about the history of ancient and contemporary Olympic Games



PROGRAM OF ENVIRONMENTAL EDUCATION

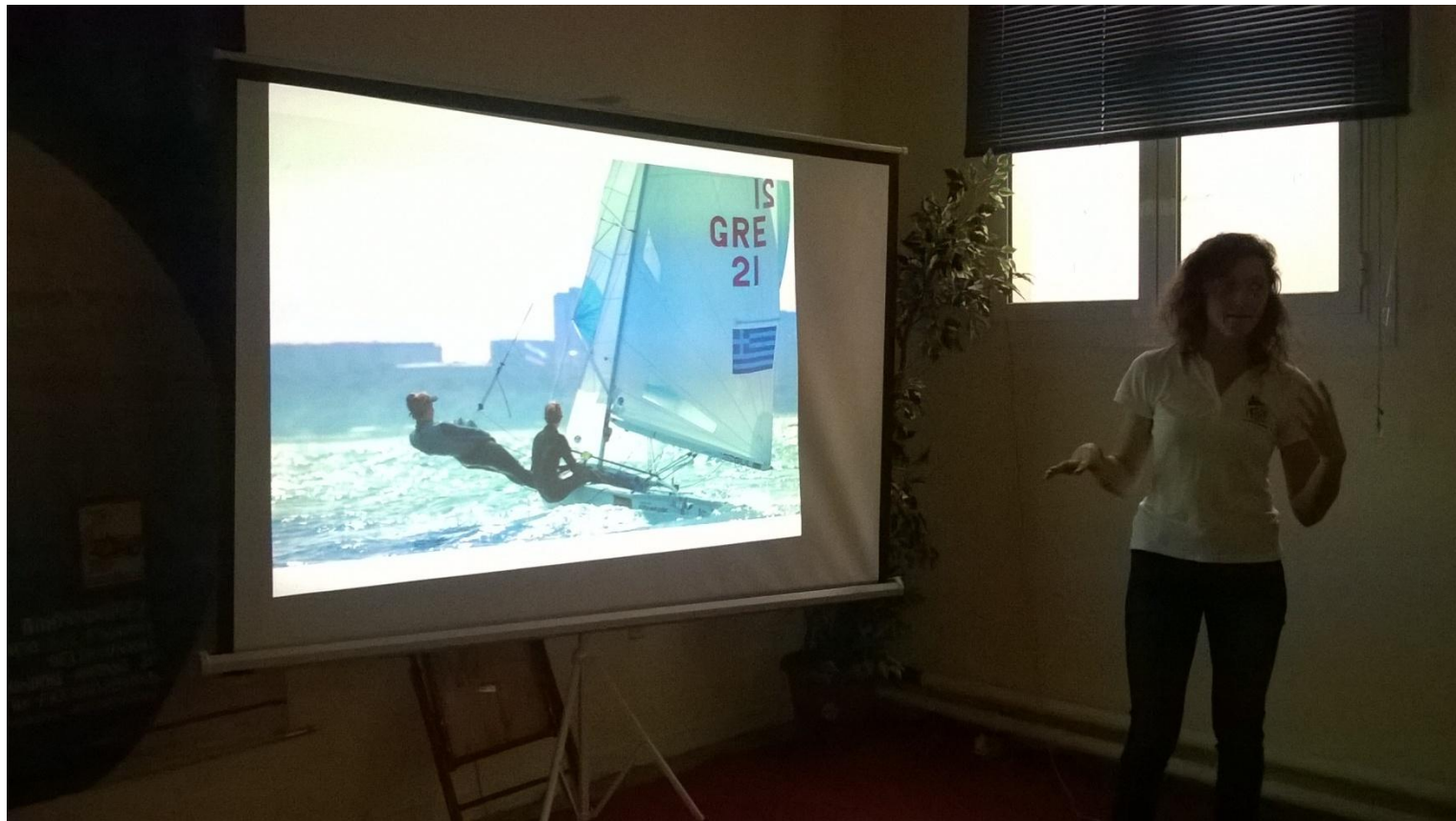
- Title *Travelling ecologically with the breath of Aeolus*
- Duration - 6 months (December 2015 - May 2016)
- Aims - to promote the idea of eco travelling , to cultivate ecological consciousness
- It included
 - Weekly meetings
 - Research and group assignments
 - Workshop with equipment (compass, map, rope) at school
 - 2 workshops in two different sailing clubs
 - Daily cruising sailing



TWO SAILING WORLD CHAMPIONS (BOZI & KLONARIDOU) VISIT OUR SCHOOL!



SHARING SAILING EXPERIENCE



SHARING SAILING EXPERIENCE



CONNECTING A HEALTHY WAY OF LIVING TO THE SCIENCE OF PHYSICS



RUNNING ...THROUGH CORFU'S HISTORY!



HEALTH EDUCATION PROGRAM

Live well - eat well!

- ◉ Duration - 6 months (December 2015 - May 2016)
- ◉ It included
 - Weekly meetings
 - Research and group assignments
 - Weekly nutrition planning
 - Visit organic products store

Among other things, students learned about

- ◉ agricultural production models with an emphasis on sustainable farming
- ◉ Local products and varieties
- ◉ The role of diet and exercise in promoting health

Nutritional consciousness development



WHAT REALLY STARTED CHANGING

- ◉ Something's started going on ...
- ◉ Teachers started thinking about health and well being aspects and ways to introduce them to their teaching
- ◉ Revalued the simple healthy habits like cycling, stretching, healthy feeding
- ◉ Small impact on school's culture
- ◉ Plans for year two
- ◉ Observed that dissemination worked
- ◉ Students were curious about what they heard other classes did
- ◉ Asked questions, wanted to get involved
- ◉ However we cannot appreciate the level of impact on kids behavior

SUMMARIZING ...

- ◉ It takes time and persistence for the benefits to health and well-being to become visible
- ◉ A strategic planning framework is required
- ◉ Connect to a social marketing campaign
- ◉ Cooperation between education and health ministries

THANK YOU FOR YOUR ATTENTION!



Sailing on students' heads!



Pupil **H**ealth & **W**ell-**B**eing