



Physical education in Norway - Norwegian-Polish examples of good practice



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Physical education subject and physical activity project

Physical education is an important subject focused on developing students' **enjoyment of physical activity**.

Project: Physical activity

In Norwegian schools, one of the elements for implementing the recommendation of a minimum of 60 minutes a day of physical activity for pupils is the *subject*, or rather *school project, Physical Activity*, which is implemented in practice for one hour a week in classes VI and VII of primary school.

"There is no bad weather, there is only bad clothing".



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Norway and Poland - great convergence of physical education concepts (but)

The theoretical assumptions of physical education implemented in a Norwegian school indicate the Key Elements of the subject and include the following subject areas:

- Movement and teaching through and about movement;
- Participation and interaction in movement activities;
- Outdoor activities and movement in nature.



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A key term in physical education is **lifelong enjoyment of movement realised through**: "shaping/deepening; tailored teaching; physical skills; health skills and deepening teaching".

This is an added value to Polish physical education. The focus on **lifelong enjoyment of movement** is particularly strongly emphasised at the end of secondary school physical education.



J. Kilanowska, Presentation 2: Health education in a Norwegian school

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Promoting a healthy lifestyle in a Norwegian school - Pupils' physical activity



- **TL – Trivselsprogrammet (Leaders of active breaks)** it is the largest activity and integration programme in primary and lower secondary schools in Scandinavia.
- **BlimE-dansen** – the programme, which has been implemented for 10 years, is linked to a nationwide action aimed at kindergartens and schools throughout Norway. **Once a year on the same day and at the same time the pupils dance to the rhythm and choreography of a previously chosen song.**



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Promoting a healthy lifestyle in a Norwegian school - Pupils' physical activity

- **FRILUFTSLIV I SKOLEN** - project under the auspices of Norsk Friluftsliv, an organisation of 17 NGOs that promote spending **time in nature**.
- **SKOLEJOGGEN** – a nationwide action. Pupils all over Norway run or walk in solidarity with some of the world's most vulnerable children who lack care or are at risk of losing care from their loved ones.



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Promoting a healthy lifestyle in a Norwegian school - Pupils' physical activity

- **FYSAK** involves allocating time for physical activity in the school curriculum without including physical activity as part of the teaching of another subject.
- **FYSAK** thus becomes in many ways a new, independent subject in the students' timetable.
- **FYSAK** is led by a teacher or assistant, but is not bound by curriculum or assessment.
- The aim of **FYSAK** is to contribute to better physical fitness, better wellbeing at school, better academic performance and a better learning environment.



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Preventive health care in a Norwegian school

HOPP FOR HJERTET - the aim is to inspire more physical activity at school. Children from classes IV-VII compete **in skipping**. The action takes place every year and lasts 1-2 weeks. Children record how much time they spend **skipping** during school breaks or in lessons, up to a maximum of 60 minutes per day.



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HOPP FOR HJERTET - physical activity is integrated into theoretical subjects. Pupils work together for the benefit of the class. Minutes are converted into points. A cash prize is awarded to the winning class. Opportunity for all pupils to get involved. More than 100,000 participants in 2020.

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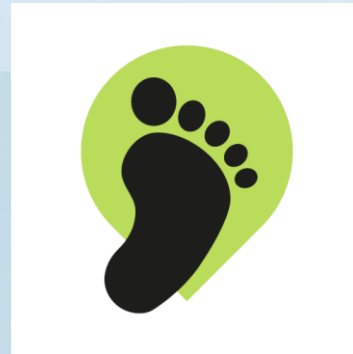
- **BEINTØFT** - a national campaign focused on schools to encourage pupils to walk, cycle or use public transport to and from school.
- The competition runs over several weeks and is aimed at primary school pupils. It promotes physical activity and environmental protection activities.



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FOTSPOR is a programme that combines learning **with physical activity**. It allows you to create your own trips, which you can share with others **in the form of an application**. Allows you to explore and exploit the local environment with the help of digital tracks. It uses **GPS**.



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What is worth using - what should be transferred to a Polish school?

- ***Movement as joy*** - programmes and projects focused on well-being, play and movement, using songs and movement to be together - integration and community.
- ***Outdoor school*** - spending free time in nature in different seasons according to the principle "***There is no bad weather, there is only bad clothing***".
- ***Physical activity - always has a social message*** - we run, we exercise for some social purpose - this integrates students and shows the value of physical activity.

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Presentation of examples developed within the project "Healthy lifestyles - we think globally - we act locally".

- *"Movement is health" - workshop for pupils and parents - **Zofia Międlar-Mruk**, Headmaster of Primary School in Tyczyn*
- *"School in the fresh air" - cross-curricular integration - **Jolanta Tworek**, Primary School No. 10 in Tarnobrzeg*



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Reference materials:

www.pcen.pl - Project "Healthy lifestyles we think globally - we act locally"

Presentation based on project materials

Dr Jolanta Kilanowska

1. Physical education in a Norwegian school - presentation 2.
2. Promotion of a healthy lifestyle in a Norwegian school. Physical activity - presentation 3.
3. Health prevention in a Norwegian school. Mitigating health risks for children and youth in the context of civilisation diseases - presentation 4.