

„ School in the open air”

Examples of cross-
curricular integration that
can be done outdoors.



MATHEMATICS AND PHYSICAL EDUCATION

LEARNING OBJECTIVES AND CONTENT The pupil can :

- identify and use physical exercise equipment available in the local area.
- combine physical exercises, games and activities with elements of mathematics, such as: **measurement, distance, mass, weight, distance, conversion of units.**
- **calculate your capacity, aerobic endurance, strength and flexibility with the help of the teacher.**

FREQUENCY AND DURATION - Once a month



MATHEMATICS AND PHYSICAL EDUCATION

EXAMPLES OF GAMES AND PHYSICAL ACTIVITIES

* movement games and plays with counting units, exercises

METHOD OF EVALUATION

- discussion and children's opinions,
- questionnaire for children and parents,
- teacher's documentation,
- photo journal (Facebook , You Tube)



FAMILY AND PHYSICAL EDUCATION

LEARNING OBJECTIVES AND CONTENT

- To equip pupils with adequate knowledge about the positive effects of physical activity outdoors.
- Adjusting clothing to the weather conditions.
- Development of fitness and physical performance.
- Strengthening the body and protecting it from excessive sunlight.
- Exploring different games and outdoor activities.
- Safety during classes.
- Group cooperation.



FREQUENCY AND DURATION-two-hour classes once a month.

FAMILY AND PHYSICAL EDUCATION

EXAMPLES OF GAMES AND PHYSICAL ACTIVITIES

- marching and running using natural terrain obstacles,
- use of outdoor gyms,
- games of skill and agility,
- dart games,
- motor and didactic games in the open air.

METHOD OF EVALUATION

- a survey addressed to pupils, parents and teachers.
- discussions with pupils,
- observation of pupils,
- report on actions taken - self-evaluation.



ART, HISTORY AND PHYSICAL EDUCATION

LEARNING OBJECTIVES AND CONTENT

The pupil respects the rules of safe behaviour during activities,

- uses instruments safely
- knows the rules for choosing clothing according to weather conditions,
- develops creative imagination and creative thinking,
- learns patience, discipline, self-control.

FREQUENCY AND DURATION

1-2 hours, once a month



ART, HISTORY AND PHYSICAL EDUCATION

EXAMPLES OF GAMES AND PHYSICAL ACTIVITIES

- Use of playing fields, playgrounds, parks, outdoor gyms, rope parks for outdoor games.
- **Painting with coloured chalk** on the pavement
- **Walks** to places of historical value

METHOD OF EVALUATION

- pupil questionnaire,
parents and teachers,
- talks



POLISH LANGUAGE and PHYSICAL EDUCATION

LEARNING OBJECTIVES AND CONTENT „ With Polish for a walk”

Educational objectives:

- enriching vocabulary,
- consolidating names of parts of speech,
- developing a passion for exploring the world,
- developing interest in culture in the local environment,
- developing the ability to perceive value and beauty.

FREQUENCY AND DURATION Once a month



POLISH LANGUAGE and PHYSICAL EDUCATION

EXAMPLES OF GAMES AND PHYSICAL ACTIVITIES

- phraseology puns,
- **drama in the open air,**
- hare and hounds game,
- **train of words, 'what I'm looking at is...'** listing adjectives,
- developing vocabulary while involving different senses (what is rough, what smells?).

METHOD OF EVALUATION Questionnaire for pupils,

- emoticons at the end of the class,
- discussions with pupils,
- a questionnaire for parents.



EARLY CHILDHOOD EDUCATION AND PHYSICAL EDUCATION

LEARNING OBJECTIVES AND CONTENTS -example requirements:

Pupil - formulates questions about task situations;

- expresses him/herself in a structured and developed form on experiential topics,
- uses acquired skills to solve problems and explore the world, plans and performs simple observations, experiments and
- makes notes on observations; protects nature,
- indicates selected places of protection in the immediate vicinity
- determines the main directions in the field based on the shadows
- draws with crayon, chalk, pencil, stick (flat and round), pen, charcoal;
- listens, looks for sound sources and identifies them

FREQUENCY AND DURATION Full-day classes 2 times per semester
(autumn, winter, spring, summer)

EARLY CHILDHOOD EDUCATION AND PHYSICAL EDUCATION

EXAMPLES OF GAMES AND PHYSICAL ACTIVITIES

A trip to the park/forest:

- movement games,
- team games,
- observation of trees and forest/park inhabitants,



METHOD OF EVALUATION

- observation of pupils during classes,
- pupils' artistic creations,
- a pictorial form to evaluate the level of satisfaction with the classes,
- discussions with parents.

NATURE, BIOLOGY and PHYSICAL EDUCATION

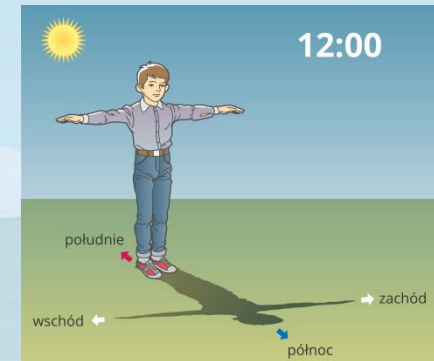
LEARNING OBJECTIVES AND CONTENT

- learning about the world of organisms at different levels,
- planning and carrying out observations
- describing, ordering, recognizing organisms,
- identifying directions in the field,
- describing weather conditions.

FREQUENCY AND DURATION

at **Nature** once a month for 2-3 hours each,

- at **Biology or Geography** once a semester (2 hours in the form of outdoor classes).



NATURE, BIOLOGY and PHYSICAL EDUCATION



EXAMPLES OF GAMES AND PHYSICAL ACTIVITIES

"animal tracks journey",

* with a magnifying glass for a walk,

- find a bush or tree,
- searching for the largest and smallest natural object,
- guessing game (whose it is? who does it belong to...? tag game - "the leaf burns" ,
- orienteering march (to designated sites) , preparation of herbarium .

METHOD OF EVALUATION

- evaluation through play and observation, e.g. on which side of the line you stand,
- use facial expressions and gestures to show how much you have understood today's topics,

"Let's live healthily,,

The lack of movement, as we all know,

**is felt by almost all,
we will pay dearly in the future -
you, me and our loved ones.**

**Children will be more likely to wheeze
sluggish from obesity,
and they may get diabetes
and not live to a ripe old age.**

**So start moving
get out of the house and get up
from your desk,
so you can take more steps
find a skipping rope, a piece of
string.**

Get Johnny out of his desk at school,

**take Kasia for a walk,
take the class out on the swings,
hop on the bike more often.**

**Let them walk to school
instead of going in their dad's car,
let them hurry to the field,
soon they'll see the results.**

**Do not be afraid of bad weather
but take appropriate clothes,
even if the cold comes,
nothing will happen to you.**

**And take an example from Norway
today,
where exercise and nutrition
is the goal of the new strategy.
There, the focus is on action!**

**Throw away processed food,
Eat a healthy breakfast every day,
buy what's local and tried and tested,
and you won't become obese!**

**Grow herbs and radishes,
have a backyard garden,
be fond of chives and carrots,
bring back a basket of berries from
the forest.**

**Change your eating habits -
yourself, at school and locally.
Everyone will be healthy
in the city, the country and globally!**

THANK YOU FOR YOUR ATTENTION

Sources: the images used are from Google graphics.