

Physical Education at Zespół Szkół Ekonomicznych in Rzeszów

Physical education is, when it comes to health education, the most important lesson in our school.

According to our students' opinion, which is expressed in annual surveys, one of the negative factors influencing their well-being is stress.

It is a known fact that in the age of adolescence control on affective faculty grows as well as ways of expressing negative emotions develop. Gradually positive emotions, which can be developed through sport and recreation, take precedence.

That's why Physical Education teachers often use these types of physical activity which are helpful in dealing with stress and minimising its negative impact.

Teachers of Zespół Szkół Ekonomicznych, provide their students with a wide range of physical activities:

- compulsory – lessons
- extracurricular – additional classes at school, health education programmes
- school and city tournaments
- city and national sport events



On Physical Education lessons we offer our students wide range of physical activities, so that each person could find a sport discipline that will be enjoyable and interesting for him/her.

The main stress is put on a variety of exercises, adjusting them to needs and physical potential of our students, individualisation, boosting automotivation to further physical development.

Our PE classes include:

volleyball, basketball, football, floorball, table tennis, badminton, gymnastics, athletics, fitness, gym, dance, relaxation activities, handball



GESUNDHEIT 4.0
GESUNDHEIT IN SCHULE BEDEUTET
AUCH GESUNDHEIT IM BERUFSLEBEN

We try to diversify our lessons with new contents, methods, aids to make compulsory classes more attractive and bring positive emotions.

Students have opportunity to check their potential in new sport and recreation forms and, in the same way, to increase their chances to find 'the sport of their life'.

Recently, we introduced:

Dart`s,

Chookball ,

Boules,

Nordic walking

Playschemes

Rugby



Within the framework of compulsory PE classes we have 10 hours of health education a year.

These classes it is an information and education campaign promoting healthy lifestyle. We cover the topics of: proper nutrition, methods of dealing with stress, meaning of physical activity, free time rational management, active patient awareness, preventing addictions.

We organise workshops, lectures, discussions, competitions devoted to health education.



PE teachers put a lot of effort to show examples of how properly and actively manage your free time, investing in that way in your own health.

We systematically conduct extracurricular classes devoted to sport and recreation.

These classes encompass disciplines which are the most popular among our students: volleyball, gym, basketball, badminton, fitness as well as touristic and recreational trips.



We take part in pro-health programmes and actions:

- School Programme of Alcohol Prevention – in cooperation with Health Department of the City of Rzeszów
- Week for Health
- 'Preventing overweight, obesity and chronic disease through public education on nutrition and physical activity' - Polish-Swiss cooperation programme KIK 34
- Action 'Everyone can exercise' - part of a programme Active School Year – in cooperation with Ministry of Education
- National survey on general physical efficiency of students – Józef Piłsudski University of Physical Education in Warsaw
- European Sport Week
- European Week of Sustainable Mobility



Competition, respect for your opponent, ambition, overcoming your weakness, joy of victory, ability to lose. There is no such an area of life in which the above phenomena appear more eminently than in athletic competitions.

We provide students with positive emotions through:

Cyclic organisation of school tournaments and competitions:

- School championship in football (girls)
- St Valentines Day volleyball tournament of mixed pairs
- School Table Tennis Girls and Boys Championship
- 1st grade girls basketball tournament
- Streetball Tournament.
- School Sport Days
- Fitness Marathon



- Our students take part in each sport event on a city, regional and national level organised by School Sport Association
- In recent years we succeeded in badminton, floorball, girls' football and basketball



We always take the opportunity to take part in pro-health and sport events organised by outside institutions – city authorities, non-governmental organisations, central authorities:

- Street runs: Rzeszów Marathon, Rzeszów 10 „x”, occasional runs
- Bicycle Critical Mass
- Sport shows – professional: volleyball, football, acrobatics, archery,



Educational activities connected with sport and recreation boost students' health awareness, motivate them to implement pro-health behaviour and activate students to promote healthy lifestyle.

