



**ACTIVITY REPORT**  
**„together...we make the way!”**

<b>Activity</b>
<b>number 12</b> <b><i>Title of the activity: Effect and impact of walking on the body (locomotor system, circulatory/respiratory systems)</i></b>

<b>Teachers Responsible</b>	<b>Participating Teachers</b>	<b>Number of participating students</b>	<b>Duration of the activities</b>	<b>Location</b>	<b>Method of work</b>
Iwona Suberlak Anna Olechnicka Anna Kufel	Magdalena Shmidt	60	45 min	School	Lecture / discussion

<b>Materials</b>	
<b>Final product</b>	posters
<b>Aims of the activity</b>	Students widen their knowledge about positive influence of hiking on health
<b>Procedure</b>	Students discuss with the teacher all the advantages of hiking, the teacher adds some information if necessary.



### EVALUATION SHEET

Activity:

#### **Teacher's Assessment ( From the teacher to the students )**

<b>Students'Attitude</b>	Yes	No	Sometimes
1. Students were interested in the activity.	<b>x</b>		
2. Students were co-operative with the teacher and their peers.			<b>x</b>
<b>Students'Co-operativeness</b>	Yes	No	Sometimes
3. Students were able to work in groups or pairs.	<b>x</b>		
4. Students were able to share ideas and knowledge.	<b>x</b>		
<b>Students'Autonomy</b>	Yes	No	Sometimes
5. Students were able to plan and organise their own work.			
6. Students were able to use different sources of information.	<b>x</b>		
<b>Students'creativity</b>	Yes	No	Sometimes
7. Students have shown original thought, initiative and inventiveness.	<b>xx</b>		
<b>Concepts learnt by students</b>	Yes	No	Sometimes
8. Students have learnt different concepts related to the Topic.			
<b>Presentation</b>	Yes	No	Sometimes
9. Students have presented their work neatly and in an ordered manner.			

#### **Students'Assessment ( From the student to the activity )**

<b>Evaluate the activity:</b> The activity has been useful ...	Yes	No	Sometimes
1- To learn things which I didn't know about the task.			<b>x</b>
2- To enjoy with an extra-curricular activity.	<b>x</b>		
3- To learn to co-operate with my peers.		<b>x</b>	
4- To get to know what an European Project is like.		<b>x</b>	
5- To get to know other countries much better.		<b>x</b>	
6- To learn what things are called in other languages.	<b>x</b>		
7- Did you like the activity/task?			<b>x</b>

#### **Final Evaluation of the activity/task**

Students had a chance to talk about the health aspects of hiking both in English (on Medical English classes) and in Polish (on P.E.) and use their knowledge in practice when walking with their P.E. teacher

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