



Erasmus+

EVENT 1

Cultural, sport and cognitive day

The day „We are from different generations but we are passionate about sport“ helps students to learn to communicate, to do sports together with disabled children and the elderly.

The programme of cultural, sport and cognitive day at school „We are from different generations but we are passionate about sport“

The description of the event:

Our school has a tradition to educate tolerance, friendliness, collaboration and trust. This school year we decided to connect this tradition with Erasmus+ project “Let’s stop violence at school through art, sport and literature” in order to teach children not only to be tolerant to people who is different and to respect them, but also to stop bullying of those who is weaker. We had an idea to teach students to communicate with disabled children and with sport veterans as we live in an age in which bullying and violence are becoming an increasingly urging problem, to be solved both at school and outside it. Therefore we organised activities for our students together with students from Šiauliai special education centre and Šiauliai sport veterans association.

2015 school year.

The programme was prepared by:

School social pedagogue Irena Tamošaitienė, teacher Vitalija Drungilaitė, teacher Edita Pupkevičiūtė – Kiguolė and coordinator of Erasmus + strategic partnership project “Let’s stop violence at school through sport art and literature” Zulfija Guzienė.

Organisers:

Head teacher’s assistant Brigita Mažonavičienė, Headteacher’s assistant Andrius Stočkus, social pedagogue Irena Tamošaitienė, teacher Arvydas Mockevičius, teacher Vitalija Drungilaitė, teacher Edita Pupkevičiūtė – Kiguolė, teacher Lina Kaselienė, class teachers of 6-11 forms.

Partners:

Šiauliai sport veterans association, Šiauliai special education centre.

Date: 2015-05-27

Tasks and aims:

- To encourage tolerance among students
- To educate creativity, altruism and voluntarism
- To activate cooperation of school society with social partners
- To encourage and to strengthen positive behaviour while preventing the negative one
- To promote children to express their thoughts and feelings
- To introduce the technique of physical exercises to the students of 6-11 grades.

The plan of the event:

- From 10.10 till 10.20 welcoming of the guests
- The announcers of the event starts:
- Hello everyone gathered today together- sportsmen, sport veterans, representatives of Šiauliai special education centre and all our secondary sport school society!
- Thank you for coming, for spending your time together with us, for possibility to know and understand each other better!
- Now a word to the head teacher of our school:
- The head teacher and her assistants welcomed all guests and participants.
- The announcers of the event:
- Thank you for your kind words!
- Today during our meeting we are going not only to communicate and exercises, but we are going to give a special meaning to this day. As you know, words sometimes are not remembered for a long time, so in order to keep long lasting symbol of our meeting, let's plant a hedge around our school– it is going to be our friendship hedge!
- Let's work together and plan this hedge!
- While everybody plant the hedge Lithuanian traditional music is playing
- 10.20 – 10:35 Planting of bushes for the hedge.
- The announcers of the event:
- So we have done a good job, and now we hope the our hedge of friendship will grow successfully and remind us about this event for many years.
- 10.35 activities in the gym.

e) The announcers of the event:

- Our meeting is not over yet, it is just the beginning. The students of our school are not only good at sport and achieved good results in various championships, but they are active, creative and interested in traditions of our country.
- So we are inviting our teacher Silva Maskaliovienė and students to teach us how to play Lithuanian traditional games. By the way, these students participated in international Erasmus+ project meeting and played these games together with students from Greece, Turkey and Portugal!

f) Lithuanian traditional games:

1) **“Limping roll”**

The game is played by a group of 4 – 10 people.

At first it is necessary to choose one player- a “roll”; he has to catch one of the players hopping on his foot.

If “the roll” touches the ground with his second foot, he has to catch two players.

The second caught player becomes “a roll”.

“A roll” can change his foot, but in such way that only one foot has to be on the ground.

When he catches the player, he has to shout: “This is a roll, give it to somebody else”!

2) **„Baking a pot”**

Put chairs in two rows with their backs together.

The team of players must have one player more than there are chairs in the rows.

Everybody is sitting except one of the players. He goes around chairs and hits one of the sitting players (any), saying „I am baking a pot! “

Then he and a player who was touched run to opposite sides around the chairs towards the free chair.

A player, who reaches the free chair first, sits on it and another one becomes a „potter“ and starts to bake pots again.

3) **„The third run!”**

Players have to stand in two circles (with the gap of 2-4 steps between them).

The players of external circle have to stand just behind the players of internal circle.

Two players are chosen to be the leaders of the game: one of them is „the third“, another one is – “persecutor“. „The persecutor” has to catch the third“.

“The third” can hide by standing in front of some players and he becomes „the first” and the last in this group becomes „the third“.

“The third” has to find a new place.

“The third” has to run and to stand in front of some people, and then „the new third” has to run as fast as possible to find a new place.

„Persecutor” has to catch „the third“.

If he manages to catch, „the third” becomes „the persecutor” and the former persecutor has to stand in front of some people in the circle.

4) **“Jurgelis- master”**

Players go round in a circle and one of them (Jurgelis) stands in the middle.

While walking around players sing:

“Jurgeli-meistrelī, mokyk savo vaikus

Jurgeli-meistrelī, mokyk savo vaikus“

(Jurgelis-master, teach your children. Jurgelis-master, teach your children)

Jurgelis shows some actions and players repeat his actions singing the words:

“O, jūs, vaikai, taip darykit kaip Jurgelis daro

O, jūs, vaikai, taip darykit kaip Jurgelis daro”

(And you, children, repeat after Jurgelis

And you, children, repeat after Jurgelis)

After that Jurgelis is replaced by another player

5) **“Spoiled egg”**

All players sit on the ground in a circle.

One player goes (or runs) around the circle carrying some small thing in his/her hands and saying:
“I am carrying an egg, I am carrying an egg”.

Then he puts this thing behind one of the players and runs away. The person who had a thing behind him has to feel it and to run after that player and to try to catch him/her.

6) **“A Wolf and a sheep”**

All players stand in several rows.

One of the players is chosen to be a wolf: he chases another player- a sheep.

A game leader says “op” and all the players turn left making new rows.

A “wolf” still tries to catch a “sheep”

And other games...

The announcers of the event:

- So, after having fun playing Lithuanian traditional games we can try to do our best in sport. Those who are not going to exercises with us we invite to be our teams’ fans. Try to be as active as possible, because fans can win “The best fan” award!

h) Relay races (Physical education teacher is responsible)

Players are divided into 4 teams

“Race in bags”

The game is played outside on a flat ground.

Players have to get into the bags till the waist (or even till the neck) and to stand in a row.

After the sign everybody has to run to the exact place.

Person who comes to finish first – wins the race.

“Duck race”

Complete a duck race with the legs spread and the hands supporting you on the ground

“Bridge relay”

The team stands next to each other and supports themselves with hands and feet making a tunnel. The last in the line crawls through the tunnel and stands at the front.

“Pass the Balloon”

Prior to playing this relay race, inflate a few balloons for each team, one for the start of the game and spares for those popped accidentally. The goal of this relay race game is to pass the balloon down the teams’ rows by gripping the balloon between the knees. Every team member takes a turn and the team to complete passing the balloon to all the players first wins the game. Remember to tell players, “No hands allowed!”

“Down and Back Relay Race”

Give each team an easy-to-hold ball. Each team must pass the ball down the line and then the last person in line runs to the front and the passing begins again. Alternatively, have the team members line up across from a designated line. Each player takes the ball and runs to a designated line and back again. They give the ball to the first person in line and then take their place at the back of the line. The first team to have the ball passes through the hands of all their team members wins.

11.30- the end of the event

i) The announcers of the event:

- Thank you very much to our fans! While the jury is counting the results of the races we decide together which fans are the best.
- Dear fans, let’s demonstrate your supporting posters and to show how you support your team with loud applause!

j) Awards: The most active fans are given awards

k) The announcement of the results by the head teacher of the school.

1) The announcers of the event: We finished our games and races but we haven’t finished the event yet. We invite our sport veterans and students of upper grades to participate in discussion, and other guests and students to participate in a lesson of movements and then to have a cup of tea with us.

- From 11.30 till 12.00

m) Discussion with a cup of tea and cakes.

Discussion among sport veterans and students of our school. (Students of 12 grades are responsible)

Sport veterans together with students discuss what it means to be a professional sportsman.

2) Sharing the impressions of the day with a cup of tea and cakes.

Our school students together with the disabled students from Šiauliai special education centre share impressions of the day, talk about their school life.

- From 12.15 till 13.00.

A lecture for the students of 6-11 grades by Sports medicine physician P. Petraitis and physical therapist I. Vaicekauskienė "Peculiarities of safe sport".



Erasmus+

This plan was financed with the support of the European Commission. This publication binds only his author and the commission is not responsible of the use which could be fact of information it contains.