

Art and sport
as a driving force to the school's development
Comenius Regio Partnership
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Education and Culture DG

Lifelong Learning Programme

Editors

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Romania

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Poland
City Hall Tarnobrzeg
Junior High School no.3 Tarnobrzeg
Yacht Club Katowica
Dom Culture Tarnobrzeg

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Olt County's School Inspectorate, Slatina,
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Sport High school Slatina
City Hall Slatina
Children's Palace Slatina

Web:

http://regio_gim3.tb.g.net.pl/
<http://isjolt.ot.edu.ro/>



Aims of the project

- creating an open educational environment;
- establishing cooperation between a board of education, a school and local institutions that support the artistic and physical activity of the young;
- enriching an educational offer of the school;
- teachers' improvement of professional and social competences;
- development of artistic and physical activity of the young;
- searching for new pedagogical solutions in the sphere of artistic and sports education;
- exchanging the best pedagogical experience in the field of artistic and sports education with the foreign partner;
- intensifying the European dimension of education.

Expected work results

- improvement in the work quality of the schools involved in the program;
- raising professional skills of the people who implement the program;
- creating and introducing a program that will get students having learning difficulties involved in artistic and sports activities;

- an increase in youth's activity in the field of sport and art;
- meetings of education managers and training officers from Poland and Romania in order to exchange experience and best educational practices;
- expanding the knowledge of the partner country's national heritage by organizing days of Polish culture in Slatina and days of Romanian culture in Tarnobrzeg;
- an increase in the English language knowledge of the team implementing the program;

Physical exercises

Physical exercises are well-known as a main factor of appropriate physical and mental development of the children. Studies revealed that, by practising different sport activities, communicative abilities and creativity are favoured. A decrease of aggression and inhibition are also noticed, so that better premises for complex activities, constructive for children, are achieved. Practicing physical exercises helps to both physical and mental development of the people, it prevents emotional lability, shapes the body, the temperament and attitudes, being a solid base for the developing personality.

On the other hand, a sedentary lifestyle and obesity among children reached worrying figures, and they lead to bad consequences over the health of the future adult. The former is a risk factor for cronical diseases, especially cardiovascular ones, diabetes and cancer. Physical exercises, movement games, together with natural factors like water, air, sun, enhance the human body, generating a natural defence against sickness, they increase patience, self-restrain, courage, initiative, perseverance, discipline, develop the feelings of friendship, togetherness and competitive spirit. In addition to this, by movement, by games with musical background, by dance, children express their feelings and develop their driving skills and abillities , their aesthetic sense. All these activities represent the primary prevention against the diseases, as it is already demonstrated the fact that, by eliminating the risk factors like unhealthy diet and sedenta ry lifestyle, the number of registered cardiovascular illness cases are reduced by 80%, and so are diabetes – by 80% and cancer by 40%.

Wishing to promote healthy life principles, a compulsory premise for a prosperous society, there is a need for institutional partnerships between the local public authorities and schools, which can support concrete action in order to promote a healthy lifestyle, based on physical exercises and a healthy diet among children.

Sport in childrens' life

What do represent for each of us the sport or the physical education? Any of the questioned ones could reply depending on their personal experiences or feelings.

Sport helps preventing physical and psyhical illnesses if practised starting from early ages and if we educate our children to love and practise it. The modern days offered to us many advantages, as well as disadvantages, one of the most important being that most of the children give up sports and outdoors activities, for time spent in front of a computer.

There are several things each parent can do to ensure his child an harmonious development:

- even if he does not have a ‚sportiv nature‘ ‚don't let your child spend his time inside, in front of the TV or computer;
- do initiate as many walks as possible, or trips, together with your child;
- give your child presents with „sport“ feature (rollerblades, skates, bikes,ball);
- chose a sport in accordance with your child's personality;
- for a shy, withdrawn child, who doesn't relate easily with other children, choose a team sport – football, volleyball, basketball, handball;
- for a very energetic child, choose an individual sport – skating, cycling , swimming, ski or gymnastics.



Children who practise a sport are more disciplined, more good-tempered, well-balanced, self-confident and more effective at school, their immune system will be enhanced and they won't become ill very often, they will apply and learn what the fair-play and respect toward others and toward work are.

Besides the fact that sport is the „wonder-ingredient“ of a long, healthy and qualitative life, it „builds characters“.

Sport represent ambition, respect, tolerance, joy, agony, friendship, unity, elegance, altruism, feeling and love. Sportmen and the true lovers of sport are people who feel the emotion and they conquer by competitiveness, by being natural, inventive, hard-working, people who wish to progress constantly, passionate about what they do and wish to achieve during their lifetime.

Sportmen were, are and will continue to be models. Because, no matter what happens behind, he is seen as a man who gets where he gets by his work, by clean means and he puts on his laurels by abnegation, self-sacrifice and perseverance dedicated to accomplish the dream of becoming the best in the entire world.

Art and sport – linking bridges

Art and sport represent two distinct domains which, at the first sight, don't seem to have anything in common. Art addresses to the spirit, while sport keeps the body fit. Art is the circle inside which people thought to be sophisticated, refined, spiritual, educated, erudit, artist. Sport is a much more popular domain, accesible to anyone who likes games, competition, physcal culture.

In spite of these features which make the difference between them, we ask ourselves what could bring them closer to each other or what could link them in order to achieve the same goals. Even if there seems to be nothing which could lead to accomplish some common aims, this is just an appearance, and whoever believes that this join is impossible to accomplish is wrong. In the following, I will try to demonstrate the opposite.

As I said in the preliminaries, art and sport addresses to the spirit and , respectively, to the body, which are both parts of the same whole. It is the ideal for a person to be interested in both domains, and there is not imperative necessary for him to reach exquisite performances or records in any of them.

Another aspect which could bring these two domains together on the same way is the interest showed in the early childhood in one of the two.

Starting with the early years of age, children show interest in arts. The first of them is drawing, then, while learning the alphabet, they discover the fascination for literature. Along with their growing, children develop their musical taste and almost simultaneously, they become interested in dance. During the teenage, they meet another art which has created many universal masterpieces, the cinematography, and some become interested in theatre. After that, the taste for photographic art arises, even if only to capture the important personal moments which are worth being kept.



Once he becomes adult, we can say a person has already discovered the Seven Arts, and some of us remain faithful to them, although less keep an open heart toward arts the entire life. And this is because we are conscious that art is the one which enriches and adorns life.

Se same interest is present also for sport. During the childhood we run a lot, we climb everywhere we can – to our parents' worry and despair -, we play games taught from one generation to the other, or simply invent new games. At school, the child meet a new school subject – the physical education. By the teacher, the child learns which are the benefits of keeping fit through doing sport and he discovers the rules of the individual and team games as well.

Both domains form and develop competencies, attitudes and skills which get on well. Although it is said that art is a spiritual nourishment for human beings, some arts develop, besides the artistic and esthetic tastes, physical aptitudes, as well. For instance, the dance requires, besides esthetic skills, aptitudes of proppeling force. After all, the dance has lead to the birth of another sport, the aerobics, which is within reach of everyone. The theatre and the cinema also imply movement, and not just any kind of it, but an artistical one. By sport, the taste for competition, the team spirit, mutual help, the desire for winning, the fairplay are built up. Art and sport aim the body, the mind and the spirit as well.



In my opinion, we should pay more attention to these two domains when we conceive the educational curriculum. In every school we discover pupils having artistic tastes which could be valued by organising literature, painting, dance or theatre clubs. The same is true for sport. Apart from the contents stipulated in the schools curricula, sport clubs and associations could be organised as well. It is true that these activities are already offered by the Sports Clubs or by the Childrens' Club. There are still children who don't have time to participate into such extra-school activities. It would be much better if schools came to meet the expectancies by integrating such courses into the curricula.

The Key-Competencies	Aspects of the added-value of the sport and art activities;
Communication in mother tongue	Achievement and enhancement of the scientific and literary language; The capitalization of the creativity and imagination;
Communication in a foreign language	The recognition and appreciation of different cultures and civilisations and their capitalization;
Maths competence	Logical thinking, probabilities, prognoses; Strategies and stratagems;
IT competence	Communication by IT; Use of the artistic digital instruments and applications with artistic contents;
Metacognitive competence	The estimation of the difficulty degree; Strategic Planning; Results assessment;

<p>Interpersonale, inter-cultural, social and civic competence</p>	<p>The body language for expressing and understanding of the ideas, feelings and esthetic values ; Disponibility for coloboration within groups / teams and out of them (colleagues, teachers, etc); Developing of the competitive spirit; Promoting the fairplay ;</p>
<p>Antrepreneurship competence</p>	<p>The possibility of capitalization of the knowledge and skills aquired and promoting one's own bussiness.</p>
<p>Cultural sensitivity and expression</p>	<p>The esthetic sense, the opening for beauty.</p>

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