

## Sports as a Chance of Social Activation of the Youth

Nowadays the world is developing at a very fast pace. Our pupils will shortly become fully independent members of the society. Therefore, it is crucial to realize that it all depends on us whether and how they will become successful in their lives.

It is a moral responsibility of every human being to stay healthy and fit for the organism to be able to achieve the goals which you have set. The physical education lessons and sports activities aim at a multidimensional development of a young organism. Since sport is not only about physical strength but it also develops the mind and traits such as self-discipline, endurance and strong will in order to achieve high scores. Here is where the teacher and school have an important role to play, which is to develop such traits in pupils and consequently show them how to use these traits in a social context. This can be achieved by encouraging them to engage in other forms of sports activities outside the school and promote active leisure.

One of the most important sports activities include qualified tourism such as yachting, sailing or skiing – disciplines which require a fair amount of effort, strengthen the ability to overcome physical exhaustion and enable to prove yourself in various conditions. But there are also more recreational forms of active leisure, suitable for all ages, such as nordic walking or jogging, which you can do along with your family and friends.

All these kinds of physical activities may constitute a great hobby, they definitely improve our health, help fight with stress and reduce the risk of chronic civilization diseases. It is common knowledge that the more active you are the healthier you stay. Brain and heart function longer and better.

When looking at the statistics concerning the social awareness of the significance of physical activity, the research data are quite alarming: 40% of children and teenagers require regular medical care and assistance. There is a dramatic fall in the level of physical efficiency and endurance. The students have easy access to drugs, alcohol and cigarettes.

The subsequent year groups are taller, heavier and weaker. Most of them sit in front of the computer or TV all day. Thus it is important to engage parents as the co-shapers of health attitudes, behaviour models and life strategies, in the promotion of physical activity.

To meet present demands and to weather the problems in this respect, in our school there operates the Student Sport Club "Bartosz", where the pupils can choose among a variety of disciplines. The most popular is the volleyball section, which has gained many successful results in the Amateur Tarnobrzeg Volleyball League (TALPS).

Thanks to the efforts of our association in cooperation with the school authorities, we have established a gym for our students. What's more, our pupils participate in every tournament and championship held in the city. They are also taught coaching skills and take part in the organisation of various sport events. The extracurricular activities involve sightseeing trips, cycling excursions, picnics and campfires, which serve the integration of students and teachers.

The school also organizes numerous field school programmes during the whole season (winter through summer) when teenagers practice skiing, snowboarding, sledging or ice-skating. When its warmer, the kids go on field trips, go sailing, swimming or cycling. Those pupils who prefer more artistic forms of activity can participate in aerobics or break-dance workshops. We try to engage students with didactic and psychological problems as well.

What's most important is the final outcome of such efforts which is a student with the adequate skills, knowledge and habit to develop his/ her physical and mental efficiency. We strive to cultivate lasting interest in sports, active leisure and teach basic hygiene habits, so that our youth will be able to overcome difficulties, cherish established values and experience many successful moments in life.

*Małgorzata Szaraniec  
Gimnazjum nr 3, Tarnobrzeg  
Translation Ewa Korczyńska – Madej*