

Conference “How to cope with stress?”
organized in the framework of the “Not Only Fair Play” Project
including the workshop for teachers about the project results
Gdańsk, Poland
21.04.2016

Minutes

Participants

1. Wiśniewski Jerzy – special guest, the Pomeranian School Superintendent (regional educational authorities)
2. Bulińska Kinga - primary school
3. Chys Jadwiga – secondary vocational school
4. Dziekan Kamila – non public kindergarten in Pruszcz Gdański
5. Gilla Bożena – primary school
6. Jasiel Jarosław – lower secondary school
7. Józwiak Małgorzata - lower secondary school
8. Kałabun Małgorzata - primary school
9. Kardasz Joanna - primary school
10. Kasprowicz Agnieszka – sport secondary school
11. Kowalczyk Iwona - primary school
12. Lelmacher Natalia - primary and lower secondary education complex
13. Majewska Sylwia - primary school
14. Majka Agnieszka - lower secondary school
15. Mikulska Justyna – non public kindergarten in Pruszcz Gdański
16. Miotk Adam – sport secondary school
17. Mońko Marek – centre of vocational and continuing education
18. Mostowska Katarzyna – secondary school
19. Osipowicz Magdalena – lower secondary school in Rumia
20. Pawlicka Mirosława – primary school
21. Piotrowska Beata – secondary school
22. Raszke Dorota - sport secondary school
23. Reszka Jarosław – secondary automotive school
24. Samujło Beata - primary school
25. Sawicka Joanna – secondary vocational school
26. Stąsień Sławomir – secondary school
27. Stolz Agnieszka - primary school in Sobowidz
28. Tempska Ewa - primary school
29. Ziółko Agnieszka - primary school
30. Zygzuła Mariusz – secondary vocational school
31. Rogalski Krzysztof – secondary vocational school
32. Płoszaj Jerzy – secondary school
33. Kochanowicz Kazimierz – AWFIS w Gdańsku

Minutes

1. The profile of the participants

The special guest of the conference was the Pomeranian School Superintendent, the representative of local educational authorities who took a honourable patronage on the event. The majority of participants were PE teachers of all schools levels. We also hosted a few teachers of other school subjects and school directors from Gdańsk and surrounding towns. There were representatives of academic staff of Gdańsk University of Physical Education and Sport. A group of 35 students of the university (Faculty of Tourism and Recreation) joined spontaneously the audience, without registration on the list.

2. The contents of the workshop

The conference containing the workshops about the Not Only Fair Play Project was organized by OKUN in cooperation with Gdańsk University of Physical Education and Sport at the university's premises. The theme of the conference was related to stress that affects both athletes during sport competitions and teachers in their everyday practice.

The first part of the event was devoted to the Not Only Fair Project. OKUN presented the main project assumption, goals, phases and results. We focused on the assessment of the project portal and the utility of the database of the best practices and study cases as well as the toolkits for all the target groups.

The debate following the presentation session allowed to share the participants' experiences and opinions about the project results. Taking into account a wide range of speakers' age and professional position the result of the discussion was a great number of experiences from different points of view. The participants agreed that the project initiative and its goals meet a big need in Polish education. It is compliant with the latest trends to promote PE and Sports in schools as well as popularize a healthy lifestyle, confirmed in new educational legislation. The participants assessed the toolkits as very useful didactic materials and appreciated the translation into national languages. In their opinions the variety of aspects of "sport in schools" issue included in the toolkits make them universal tools not only for teaching staff but also for students and their families.

Some speakers shared their school experiences and made critical remarks about bad PE practices and uncreative approaches that sometimes happen in schools. In the conclusion the participants agreed that it is teachers responsibility to create an atmosphere of fun and fair play spirit during PE lessons. They also underlined the importance of parents' support in balancing sport and studies.

The PE teacher who is involved in one of the best practice included in the project database, shared his experience with the audience giving explanations and tips to the teachers interested in his initiative.

Finally, we presented the plans to organize the sport event that aims at testing the toolkit „How to promote less popular sports”. The event had been planned before, in cooperation of our three partner schools. It will include sport competitions of goalcha, American football and crossminton. The debate session was closed by handing in the sport equipment to the teachers who are involved in the preparation and implementation of the project sport event.

After a short coffee break the session about coping with stress was conducted by the professor of the university. The content of the lecture was connected with many aspects of teacher work related with stress, including the challenges that face PE teachers. The practical exercises, applied to 2 groups of participants by the experts of Faculty of Health Psychology were organized in two workshop sessions.

At the end of the conference the participants were asked to fill in the evaluation forms.

3. Annexes

- a. Programme of the conference
- b. List of the participants with signatures
- c. Materials distributed (apart from the project leaflets and toolkits – printed versions, comment forms, evaluation forms, workshops materials, certificates)
- d. Processing of the evaluation forms file
- e. Pictures