Physical Education in Poland

EUPEA BOARD MEETING
OPOLE 29-31.V.2015
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- Chair of the Department of Methodics of Physical Education
- Vice-President of The Polish School Sport Federation
- Member of experts team:
- Ministry of Sport and Tourism
- Ministry of National Education
- Supreme Chamber of Control
- Editor of „Journal of Physical Education & Health-Social Perspective”, Index Copernicus Value - 7,47
- European Physical Education Association (since 1991)
Since 1999 in Poland does not apply the state curriculum of physical education uniform for all schools.

The program replaced the core curriculum that defines the minimum competence in physical education applicable to all teachers and students in every Polish school. The core curriculum is a record of what the state commits learn to average gifted student.

After completing the compulsory content, the teacher determines the content of complementary depending on the capabilities of their students and school conditions.

The core curriculum is written in a language of requirements for student and teacher.
The reform introduces alongside traditional physical education lessons in the class groups (such as on all subjects), a new organizational form of classes called:

- Lessons to be chosen by the student
- (optional classes)
Nowa podstawa programowa
Co nowego w sprawie ilości WF?

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<tr>
<th>1 stage</th>
<th>2 stage</th>
<th>3 stage</th>
<th>4 stage</th>
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<tr>
<td>3 classes</td>
<td>2 classes</td>
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<tr>
<td>2 optional classes</td>
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**PE classes**
Traditional lesson in class-lesson system

**Optional classes**
Obligatory participation but chosen contents/activities/sports
### Health Training

Diagnosis physical fitness and physical development

Lifelong sports and rest

Safety and personal hygiene

Sport

Dance

### Health Education

Specific requirements in terms of:

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- **6 lat**: 1 stage, 2 stage
- **18 lat**: 3 stage, 4 stage
Examples of requirements for a student - a primary school

A diagnosis of physical fitness and physical development. A learner:

- can perform physical fitness Cooper test without a pause;

Health training:

- can measure pulse rate at rest and after effort;

Lifelong sports and rest: while playing, can: bounce a ball while running with a change of running direction.
Nowa podstawa programowa
Co nowego w sprawie obligatoryjnych WF?

3 classes  2 classes  2 classes  1 class
1 stage  2 stage  3 stage  4 stage

2 optional classes  2 optional classes  2 optional classes

Sports profile  Sports profile  Sports profile
Recreational profile  Recreational profile  Recreational profile
Dancing profile  Dancing profile  Dancing profile
Tourist profile  Tourist profile  Tourist profile

Different offers for students:

6 lat  18 lat
§ 3. 1. The school principal prepares a proposal for activities to be chosen by the students, taking into account:

1. health needs of students, their interest and achievement in a particular sports or physical activity;
2) sports equipment and facilities,
3) residence of students;
4) sporting tradition,
5) human resources.
What do we gain through the optional classes?

Student - practicing what he likes, not this what school imposes him.

Students practice with more involvement.

The school strives for an attractive, competitive offer of sports activities.
Nie ma nic złego w tym, że nie wiemy wszystkiego
Marcelo Gleiser
A jeśli nieznane stanie się znane,
a w jego miejsce nie pojawi się nowe nieznane?
Eric Fischl

Zespół autorski podstawy z wychowania fizycznego i edukacji zdrowotnej:
(dodajmy, że jest to kompilacja z kilku fotosłów – trudno było bowiem wszystkich razem zebrać w jednym miejscu)

A w Numerze zamieszczamy:
Autorskie spojrzenie na reformę
- BARBARA WOYNAROWSKA – Edukacja zdrowotna w nowej podstawie programowej
1. As a result of the reform, school and teacher work have become more autonomous.

2. As a consequence, teachers have more self-realisation opportunities, among others in the fields of: curricula selection, creating your own original programs, implementing novel grading system in school practice.

3. The student will select physical activity guided by the interests and abilities.

4. Rank of health has been emphasized as an important value in human life.
After 1989 occurred in Poland significant political changes.

As a symbol of breakthrough in Polish physical education was The First Congress of Physical Education Teachers, organized in 1990 in Warsaw.

Jerzy Pospiech was elected President of the Congress and as a representative of The Polish PE Teachers has participated on February 1991 in Brussel’s EUPEA founding meeting.

Opening on the European culture was a powerful stimulus to the modernization of physical education & school sport in Poland.
NOWA PODSTAWA PROGRAMOWA

II SEJMIK
SZKOLNEJ KULTURY FIZYCZNEJ

Jerzy Pośpiech

MINISTERSTWO
EDUKACJI NARODOWEJ I SPORTU

IV SEJMIK
SZKOLNEJ KULTURY FIZYCZNEJ

Jerzy Pośpiech

Państwowa Wyższa Szkoła Zawodowa w Raciborzu

VI SEJMIK
SZKOLNEJ
KULTURY FIZYCZNEJ

Warszawa, 25-26 października 2004

RUCH RZEBI W MYŚLI

Jerzy Pośpiech

VII SEJMIK
SZKOLNEJ KULTURY FIZYCZNEJ

ORGANIZATOR

Warszawa 23-24.11.2010

VIII SEJMIK SZKOLNEJ
KULTURY FIZYCZNEJ
DOLNY ŚLĄSK 2012

Jerzy Pośpiech
At the VI Congress in 2004 under the slogan: "School physical education to face the challenges of civilization," Dr. Anna Radziwill, Deputy Minister of Education told to the participants:

"You can be proud of, the issue which you are dealing with - physical education in school - is an important part of the national culture"
What is the status of the subject and physical education teachers after:
26 years of Polish Solidarity,
24 years of Polish membership in the EUPEA,
10 Forums of the Congress of Polish Physical Education Teachers?
1. 3-4 lessons per week of compulsory physical education for student.

2. Normal working hours of physical education teachers is the same as teachers of other subjects (18+2 per week).

3. Rules for calculating the PE teachers' salaries are the same as teachers of other subjects (degree of education + professional degree + years of service - max. 20%).

4. The teacher after completing the requirements stored in the core curriculum implements its own program of physical education.

5. Facilities and equipment for physical education and sport in schools has been significantly improved.
...A nie mogliśmy, dziadku, poogładac tej Snieżki na video?
Thank you for your patience and attention