

Physical Education at school

Juodšiliai „Šilas“ gymnasium
2021-2022





**According to the
Lithuanian Law of
Education schools
can run **formal** and
non-formal
education programs**

Formal education

- Formal education - education that is approved in accordance with the procedure established by legal registered curricula leading to primary, basic, secondary and higher education.
- According to the general curricula in the gymnasium, physical education lessons are divided:
 - Primary school (1-4 classes) - 3 lessons of PE and 1 Dance lesson a week
 - Elementary school (5-8 classes) – 3 PE lessons a week
 - Higher school (9-12 classes) – 2 PE lessons a week

Non-formal education

- Non-formal - education according to different educational needs, qualification improvement and additional competence acquisition programs.
- Gymnasium, taking into account the needs and opportunities of students, creates conditions for various sports, health activities and thus develops students' understanding of a healthy lifestyle, the meaning of sports as a main form of leisure.

Extra sport activities

- Basketball, football, volleyball and „Young shooters“ clubs operate and are very popular in the gymnasium.



“Young Shooters” club

- One of the goals of the gymnasium is to educate students to be not only physically active but also patriots of their country. Therefore, a “Young Shooters” club has existed in the gymnasium for many years. There students strengthen themselves not only physically, but also learn to live in various extreme conditions, participate in hikes, get acquainted with fighting strategies, develops endurance, self-confidence. It is especially popular among boys but girls are also involved in the activities of the club..





Football club



Basketball club



Young learners' activities



Pre-school

- The gymnasium provides a pre-school education program and children aged 3-5 also do sports and actively participate in physical activities.





Projects

- The gymnasium participates in various physical activity and health programs. The school is currently involved in two Erasmus + projects aimed at developing physical activity and a healthy lifestyle.





Health promoting school

- In 2018 the gymnasium received the status of a health-promoting school.
- The goal of health-promoting schools is to strengthen the physical, mental and emotional health of students and other members of the school community, deepen health knowledge and develop healthy lifestyle skills, create an integrated, comprehensive health promotion system and health-friendly environment through joint efforts of teachers, doctors, family and society.

Activities

- For this purpose teachers and students organise mobile breaks in the gymnasium, outdoor walks are mandatory on a daily basis.
- The gymnasium pays great attention to a healthy diet (healthy food is prepared in the canteen, which contains a lot of vegetables, fruits, cooking recipes are strictly regulated, sweets and sweetened soft drinks are not sold). Many activities that help to develop children and teachers' emotional intelligence, strengthen mental health are also organized at school.







3Q program

- The gymnasium will soon join a new health education system, the 3Q system, which aims to develop a mature personality. It was prepared by the Ministry of Education and Sport.
- **Health = physical mental social entirety**

Be positive and happy!

