



'Personalised Education for Social Activity'



Provstegårdskolen

LESSON PLAN_C5_Personalised school profile - extra curricular activities

Topic:

Athletics - Provstiaden

Brief description of the lesson:

As a school with special sports classes, for students on high level in their sports, we also practice athletics in PE a let all students compete in 5 different sports for an entire day, called *Provstiaden*.

Class duration:

We use 12 classes.

3 times 2 classes in PE, and a full day at the city's olympic stadium.

Class activities *(description of particular stages/activities):*

PE classes - 3 times 2 hours.

In these classes students have the opportunity to practice the different athletic disciplines, learn about the different techniques etc. to approve as much as possible.

Provstiaden:

On this day all the students compete in the 5 different activities - 400 meter run, 100 meter sprint, high jump, long jump and javelin.

The day is taking place at the city's Olympic stadium, and we try to make it look as much as possible, as an olympic day, with a speaker which tell about who is in lead, new records, making interviews etc.

It all ends with the 100 meter sprint final, before it is time for medals to the three best in each category.

Evaluation *(summary/comments or how students' feedback about the activities will be collected):*

The evaluation is in two parts:

1. First of all the Provstiade, is an evaluation, where we can see whether the students have improved in the different sports or not. Hopefully they have improved, due to the 3 times 2 classes of practice and theory in the different sports
2. Each year we let the students evaluate the full day of Provstiaden. The feed back is always positive, they like the day of competing, and how much effort is put in to make it feel like the reel olympics.

Prepared by ... *(Stina, Steen and Peter - Provstegårdskolen)*