

EVERY THING YOU NEED IS IN YOU



Erasmus+

# Teacher's guide

The project was implemented by the cooperation of

Uşak Ayşe Ana Imam Hatip School-Turkey  
Zespół Szkolno-Przedszkolny nr1 w Łodzi -Poland  
Felsőtárkány Primary and Music School-Hungary

# Introduction

**„Everything you need is in you”- this is the title of our project which was started in 2021. The main aim of the project was the popularization of sport as an active free time activity. The teachers who conducted the programme are committed to the different forms of everyday sport.**

**We offered numerous alternatives to boost the physical activity and motivation and present the negative effects of using the social media.**

**The project was implemented with the cooperation of three countries: Poland Turkey and Hungary. The coordinator of the project was Zespol Szkolno from Łódź, Poland. Ayse Ana Imam Hatip Ortaokulu from Usak, Turkey and Felsőtárkány Primary School from Felsőtárkány, Hungary were involved to the project as partners.**

**We organized five international meetings, two in Poland, two in Turkey and one in Hungary. We dealt with the different aspects of sport such as the positive effects of doing sport, dangers, physical education in the partner schools and popular national sports. During the international meetings students took part in various indoor and outdoor sports such as wrestling, martial arts, ball games or horse riding. The students also taught their favourite sport games to each other. We implemented workshops and presentations in each country leading by professional sport experts or popular sportsmen. The participant students worked on sport related topics in teams and made digital books, posters, videos, and surveys cooperatively. Our Teachers' Guide is a collection of the project-based lesson plans.**

**For more information about the project please  
visit our website:**

**<https://everythingyouneedisinyou.com/>**

EVERY THING YOU NEED IS IN YOU



Erasmus+



POLAND

# CLIMBING LESSON PLAN



**Zespół Szkolno-Przedszkolny nr1 w Łodzi**

**Subject: Physical Education**

**Topic: Introduction to rock climbing**

Goals and requirements	Activities	Organization, instructions	Time
<b>PREPARATION</b>			
	<b>1.Preparation, assembly</b> <b>2.Departure to the climbing centre</b> <b>3.Arrival at the sport centre</b>	<i>Keep pace! Don't fall behind!</i>	<b>10'</b>
<b>Main Part</b>			
Introducing a new type of activity	<b>Warm up &amp; Basic climbing instruction</b> <ul style="list-style-type: none"><li>• The importance of warm up:<ul style="list-style-type: none"><li>○ to prepare our muscles for the</li></ul></li></ul>		<b>25'</b>



students Summary and evaluation	• <b>Discussion</b>	Ss express their opinions about pros and cons of this sport	
---------------------------------------	---------------------	---	--



<b>Prepared by:</b>
Prepared by: Lukasz Lenica
18/05/2023

# ATHLETICS

## INTERNATIONAL SPORTS DAY



**Zespół Szkolno-Przedszkolny nr1 w Łodzi**

**Subject: Physical Education**

**Topic: International Sports Day**

Goals and requirements	Activities	Organization, instructions	Time
<b>PREPARATION</b>			
Greetings of the participants  Description of, games, activities, exercises	<b>1.Preparation, assembly</b>  <b>2.Presenting the programme and the activities</b>	Gathering, report, greeting, checking attendance and preparation for exercises. Inspection of attire, exercise area, condition of utensils and equipment.	<b>20'</b>
<b>Main Part</b>			
	<b>Warm up &amp; Basic instruction</b>		<b>180'</b>



<p><i>Presentation of the objectives of the lesson and justification of the need to achieve them.</i></p> <p>Preparation for the activity</p> <p>the student knows the safety rules that apply during the activity.</p> <p>Skills: the student can cooperate in a team.</p> <p>Physical fitness: developing speed, endurance, jumping ability.</p> <p>To ensure safety and respect the rules</p> <p>To encourage the students</p>	<ul style="list-style-type: none"> <li>Running - 5 laps around the room, revival game, e.g.: bricklayer, barge, exercises to shape the muscles of the arms, torso in different planes.</li> </ul> <p><b>2.Sports competition</b></p> <p>1.60 m run</p> <p>2.200 m run</p> <p>3.4x200 m relay run</p> <p>4.long jump</p> <p>5.medicine ball throw</p> <p>6. volleyball match.</p>	<p>Presenting the rules</p> <p>raising attention to the importance of fair play and preventing accidents</p> <p><b>Note:</b> equipments: markers, relay batons, balls.</p> <p>Voluntary students and teachers help the implementation.</p>	
---	--	--	--

**Final part**

<p>Cool down</p> <p>Building positive relationship between students</p> <p>Summary and evaluation</p>	<p><b>1.Marching combined with relaxation exercises.</b></p> <p><b>2.Gathering and evaluation</b></p>		<p><b>'30</b></p>
---	---	--	-------------------



	<b>3.Presentation of diplomas and awards.</b> <b>4.Farewell.</b>		
--	---	--	--



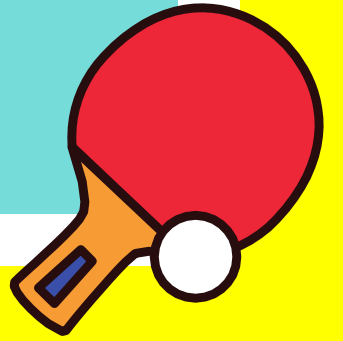
<b>Prepared by:</b>
Prepared by: Lukasz Lenica
18/05/2023

EVERY THING YOU NEED IS IN YOU



Erasmus+

# Teacher's guide TÜRKİYE



# BOCCE SPORT LESSON PLAN



**Uşak Ayşe Ana Imam Hatip Secondary School**

**Subject: Physical Education**

**Topic: Introduction to Bocce Sport**

**Grade: From 5th to 8th grade**

Goals and Behaviors	Topics	Learning Teaching Methods and techniques & Equipments	Time
<b>PREPARATION</b>			
<p>Ss Gathering in a disciplined manner in front of the schoolyard</p> <p>Ss boarding the bus properly</p> <p>Ss line up in front of the sports center</p>	<p>1. Queuing up, preparing for go the sport center</p> <p>2. Departure to the sport center</p> <p>3. Arrival at the sport center</p>	<p>- Don't disturb your friends on the bus!</p> <p>leave your belongings in the locker room</p> <p>whoever needs to go to the toilet should go now!</p>	10'
<b>MAIN PART</b>			
<p>- Knows the game rules of bocce sport</p> <p>- Learn the rules specific to the sport of bocce</p>	<p>Introducing petanque balls</p> <p>Learning field measurements</p> <p>Drawing the shooting circle</p> <p>Introducing the number sign</p> <p>Petanque game rules</p>	<p>- Use of measuring rope and meter</p> <p>- Practicing foot posture in petanque</p> <p>- Touching the shooting line in petanque</p> <p>- Ball shooting techniques in petanque</p>	40'

## FINISH

Pack your things	Return to the bus properly	Wait quietly on the bus	10'
------------------	----------------------------	-------------------------	-----

# ARCHERY LESSON PLAN



**Uşak Ayşe Ana Imam Hatip Secondary School**

**Subject: Physical Education**

**Topic: Introduction to Archery**

**Grade: From 5th to 8th grade**

Goals and Behaviors	Topics	Learning Teaching Methods and techniques & Equipments	Time
---------------------	--------	---	------

## PREPARATION

<p>Ss Gathering in a disciplined manner in front of the schoolyard</p> <p>Ss boarding the bus properly</p> <p>Ss line up in front of the sports center</p>	<ol style="list-style-type: none"> <li>1. Queuing up, preparing for go the sport center</li> <li>2. Departure to the sport center</li> <li>3. Arrival at the sport center</li> </ol>	<p>Don't disturb your friends on the bus!</p> <p>leave your belongings in the locker room</p> <p>whoever needs to go to the toilet should go now!</p>	<p>10'</p>
--	--	---	------------

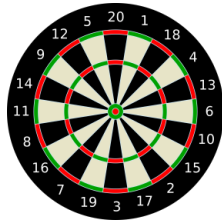
## MAIN PART

Follow safety rules	- Teaching pressing and traction technique with exercise tires	- Arrow - Bow - Aim - Event card - Exercise tire - Related to archery materials - Warming up and cooling down - Archery accessories	40'
Carry out your responsibilities	- Practicing posture, grip, pressing and traction techniques with exercise tires		
Demonstrate fair play behavior	- Aiming techniques		
Collaborate with your friends	I'm Ready to Shoot		

## FINISH

Pack your things	Return to the bus properly	Wait quietly on the bus	10'
------------------	----------------------------	-------------------------	-----

# DART LESSON PLAN



Uşak Ayşe Ana Imam Hatip Secondary School

Subject: Physical Education

Topic: Introduction to Dart

Grade: From 5th to 8th grade

Goals and Behaviors	Topics	Learning Teaching Methods and techniques & Equipments	Time
---------------------	--------	---	------



## PREPARATION

<p>Ss Gathering in a disciplined manner in front of the schoolyard</p> <p>Ss boarding the bus properly</p> <p>Ss line up in front of the sports center</p>	<p>1. Queuing up, preparing for go the sport center</p> <p>2. Departure to the sport center</p> <p>3. Arrival at the sport center</p>	<ul style="list-style-type: none"> <li>- Don't disturb your friends on the bus!</li> <li>- Do not damage the Equipments</li> <li>- Leave your belongings in the locker room</li> <li>- Listen to your teachers</li> <li>- Whoever needs to go to the toilet should go now!</li> </ul>	<p>10'</p>
--	---	---	------------

## MAIN PART

<p>Follow safety rules</p> <p>Carry out your responsibilities</p> <p>Demonstrate fair play behavior</p> <p>Collaborate with your friends</p>	<p>Teaching pressing and traction technique with exercise tires</p> <p>Practicing posture, grip, pressing and traction techniques with exercise tires</p> <p>Aiming techniques</p> <p>I'm Ready to Shoot</p>	<p>Arrow</p> <p>Bow</p> <p>Aim</p> <p>Event card</p> <p>Exercise tire</p> <p>Related to archery materials</p> <p>Warming up and cooling down</p> <p>Archery accessories</p>	<p>40'</p>
--	--	---	------------

## FINISH

<p>Pack your things</p>	<p>Return to the bus properly</p>	<p>Wait quietly on the bus</p>	<p>10'</p>
-------------------------	-----------------------------------	--------------------------------	------------

# JUDO LESSON PLAN



# Uşak Ayşe Ana Imam Hatip Secondary School

**Subject: Physical Education**

**Topic: Introduction to Dart**

**Grade: From 5th to 8th grade**

Goals and Behaviors	Topics	Learning Teaching Methods and techniques & Equipments	Time
<b>PREPARATION</b>			
Ss Gathering in a disciplined manner in front of the schoolyard  Ss boarding the bus properly  Ss line up in front of the sports center	1. Queuing up, preparing for go the sport center  2. Departure to the sport center  3. Arrival at the sport center	- Don't disturb your friends on the bus! - Do not damage the Equipments - Leave your belongings in the locker room - Listen to your teachers - Whoever needs to go to the toilet should go now!	10'
<b>MAIN PART</b>			
Follow safety rules  Basic gymnastics movements  Demonstrate fair play behavior  Collaborate with your friends	- Rules of judo sport Fall techniques in judo - Mae oi ukemi, ushiro ukemi (falling forward and backward) - Migi yoko ukemi(right side drop) - Hidari yoko ukemi(left side drop)	- Uwagi - Shtagi - Obi	40'
<b>FINISH</b>			
Pack your things	Return to the bus properly	Wait quietly on the bus	10'



# KARATE

## LESSON PLAN



**Uşak Ayşe Ana Imam Hatip Secondary School**

**Subject: Physical Education**

**Topic: Introduction to Dart**

**Grade: From 5th to 8th grade**

Goals and Behaviors	Topics	Learning Teaching Methods and techniques & Equipments	Time
<b>PREPARATION</b>			
<p>Ss Gathering in a disciplined manner in front of the schoolyard</p> <p>Ss boarding the bus properly</p> <p>Ss line up in front of the sports center</p>	<p>1. Queuing up, preparing for go the sport center</p> <p>2. Departure to the sport center</p> <p>3. Arrival at the sport center</p>	<p>Don't disturb your friends on the bus!</p> <p>leave your belongings in the locker room</p> <p>- Do not damage the Equipments</p> <p>whoever needs to go to the toilet should go now!</p>	10'
<b>MAIN PART</b>			
<p>Follow safety rules</p> <p>Carry out your responsibilities</p> <p>Demonstrate fair play behavior</p> <p>Collaborate with your friends</p>	<p>- Mae Geri technique</p> <p>- Yoi-Dachi Ready stance</p> <p>- Saluting in karate</p> <p>- Kihun, Kata, Kumite</p> <p>- Dachi Waza technique</p> <p>- Kyu Degrees, Kyu Exams</p>	<p>- Karategi</p> <p>- Obi</p> <p>- Tatama</p> <p>- Mouthguard</p> <p>- Focus Mitts</p> <p>- Training Shields</p>	40'

## FINISH

Pack your things	Return to the bus properly	Wait quietly on the bus	10'
------------------	----------------------------	-------------------------	-----

# WRESTLING LESSON PLAN



**Uşak Ayşe Ana Imam Hatip Secondary School**

**Subject: Physical Education**

**Topic: Introduction to Dart**

**Grade: From 5th to 8th grade**

Goals and Behaviors	Topics	Learning Teaching Methods and techniques & Equipments	Time
---------------------	--------	---	------

## PREPARATION

<p>Ss Gathering in a disciplined manner in front of the schoolyard</p> <p>Ss boarding the bus properly</p> <p>Ss line up in front of the sports center</p>	<ol style="list-style-type: none"> <li>1. Queuing up, preparing for go the sport center</li> <li>2. Departure to the sport center</li> <li>3. Arrival at the sport center</li> </ol>	<p>Don't disturb your friends on the bus!</p> <p>leave your belongings in the locker room</p> <p>whoever needs to go to the toilet should go now!</p>	10'
--	--	---	-----

## MAIN PART

Follow safety rules Carry out your responsibilities Demonstrate fair play behavior Collaborate with your friends	- Basic Stances and Holds in Wrestling - Standing Techniques - Techniques Performed on the Ground -	- Wrestling Singlets - Sarongs - Wrestling Headgear - Wrestling Shoes - Wrestling Earguard - Wrestling Kneepads and Mouth Guards	40'
---	--	---	-----

## FINISH

Pack your things	Return to the bus properly	Wait quietly on the bus	10'
------------------	----------------------------	-------------------------	-----

# GYMNASTICS LESSON PLAN



**Uşak Ayşe Ana Imam Hatip Secondary School**

**Subject: Physical Education**

**Topic: Introduction to Dart**

**Grade: From 5th to 8th grade**

Goals and Behaviors	Topics	Learning Teaching Methods and techniques & Equipments	Time
---------------------	--------	---	------

## PREPARATION

<p>Ss Gathering in a disciplined manner in front of the schoolyard</p> <p>Ss boarding the bus properly</p> <p>Ss line up in front of the sports center</p>	<p>1. Queuing up, preparing for go the sport center</p> <p>2. Departure to the sport center</p> <p>3. Arrival at the sport center</p>	<p>- Don't disturb your friends on the bus!</p> <p>- Listen to your teachers</p> <p>- Leave your belongings in the locker room</p> <p>- Whoever needs to go to the toilet should go now!</p> <p>- Do not damage the Equipments</p>	<p>10'</p>
--	---	--	------------

### MAIN PART

<p>Follow safety rules</p> <p>Carry out your responsibilities</p> <p>Demonstrate fair play behavior</p> <p>Collaborate with your friends</p>	<p>- Gymnastics walking technique</p> <p>- Basic postures (long sitting, squatting posture)</p> <p>- Basic postures (candle, obstacle, eagle)</p> <p>- Step exercises accompanied by rhythm and music</p>	<p>- Horizontal Bars</p> <p>- Balance Beams</p> <p>- Folding Mats</p> <p>- Combos and Packages</p> <p>- Leotards</p>	<p>40'</p>
--	---	--	------------

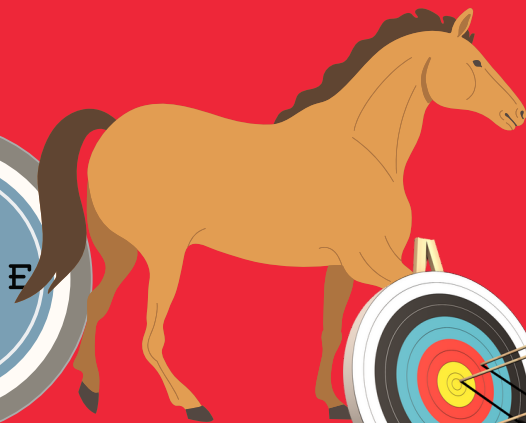
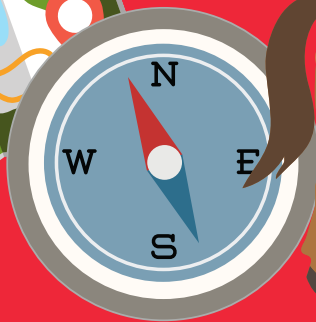
### FINISH

<p>Pack your things</p>	<p>Return to the bus properly</p>	<p>Wait quietly on the bus</p>	<p>10'</p>
-------------------------	-----------------------------------	--------------------------------	------------

EVERY THING YOU NEED IS IN YOU

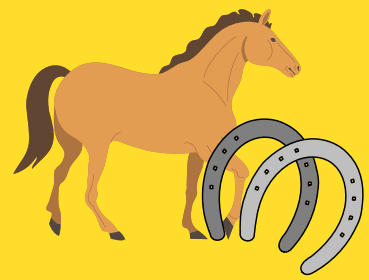


Erasmus+



HUNGARY

# HORSE RIDING LESSON PLAN



**Felsőtárkány Primary and Music school**

**Subject: Physical Education**

**Topic: Introduction to Horse Riding**

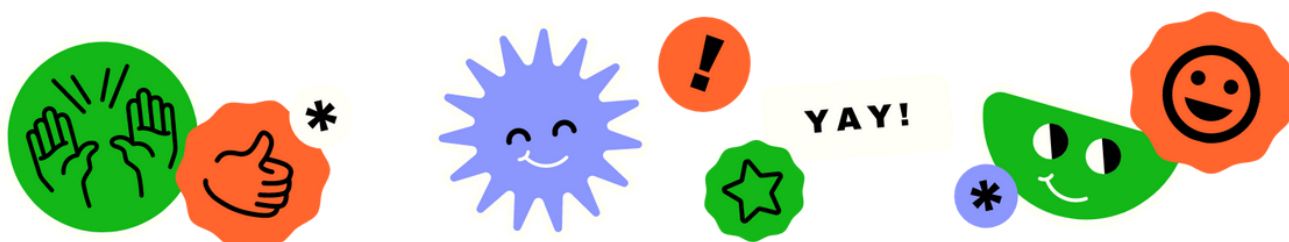
**Grade: 3rd grade**

Goals and requirements	Activities	Organization, instructions	Time
<b>PREPARATION</b>			
<p>Ss line up in pairs</p> <p>Ss should be disciplined on the way</p> <p>Ss should keep quite on the farm</p>	<p><b>1.Preparation, assembly</b></p> <p><b>2.Departure to the horse riding farm</b></p> <p><b>3.Arrival at the farm</b></p>	<p><i>Keep pace! Don't fall behind!</i></p> <p><i>Be quiet! Don't disturb the animals!</i></p>	<b>10'</b>
<b>Main Part</b>			
<p>Ss get to know how it works on the farm.</p>	<p><b>1. Theory: The basics of horse husbandry.</b></p> <ul style="list-style-type: none"> <li>• The stable, system of stalls</li> <li>• use of riding equipment</li> </ul>	<p><b>Note:</b> We form 3 teams of Ss. Each team will be at a different station and do different tasks.</p>	<b>25'</b>

<p>Let the children dare to get on the horse, be able to perform certain tasks on the horse.</p> <p>Free play by following the rules</p>	<ul style="list-style-type: none"> <li>• how to wear the protective equipment</li> </ul> <p><b>2.Equestrian exercises</b></p> <ul style="list-style-type: none"> <li>• Mounting the horse</li> <li>• Exercises on the horse (arm circles, head circles)</li> <li>• trot</li> </ul> <p><b>3.Games</b></p> <ul style="list-style-type: none"> <li>• badminton</li> <li>• football</li> <li>• tig</li> </ul>	<p><b>Note:</b> During the whole session one of the instructors controls the horses. Two people ride at the same time on two different horses.</p> <p><b>Note:</b> Ss can play badminton, football or tig in the area of the farm</p>	
--	---	---	--

**Finish**

Back to school	<p><b>1. Packing</b></p> <p><b>2. Going back to school</b></p>	Ss pack the equipment. Heading back to school in two columns.	<b>10'</b>
----------------	--	---	------------



**Prepared by:**

Peter István Berényi

17/06/2023



# ORIENTEERING LESSON PLAN



**Felsőtárkány Primary and Music school**

**Subject: Physical Education**

**Topic: Orienteering**

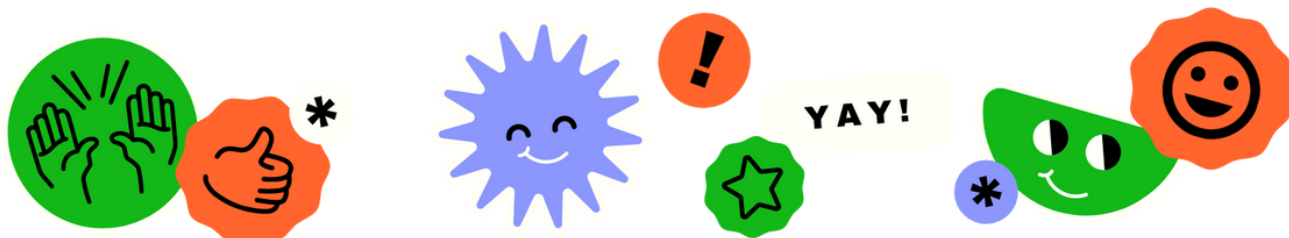
**Grade: 5th grade**

Goals and requirements	Activities	Organization, instructions	Time
<b>PREPARATION</b>			
<p>Ss line up in pairs</p> <p>Ss should walk in the street in a disciplined manner</p> <p>A short rest after the walk</p>	<p><b>1. Queuing up, preparing for the lakeside in Felsőtárkány</b></p> <p><b>2. Departure to the lake</b></p> <p><b>3. Arrival at the lake</b></p>	<p><i>Keep up the pace! Don't fall behind!</i></p> <p><i>Put your belongings on the bench, whoever needs to go to the toilet should go now!</i></p>	<b>10'</b>
<b>Main Part</b>			
<p>Ss get to know the basics of orienteering</p>	<p><b>1. Orienteering</b></p> <ul style="list-style-type: none"> <li>• Explanation of rules</li> </ul>	<p><b>Note:</b> The courses should be marked out</p>	<b>25'</b>

<p>Free play by following the rules</p>	<ul style="list-style-type: none"> <li>• Allocation of the maps</li> <li>• Continuous launch</li> </ul> <p><b>2.Free time</b></p> <ul style="list-style-type: none"> <li>• walk around the lake</li> <li>• playing on the playground</li> <li>• tig</li> </ul>	<p>and the maps should be prepared by the instructor in advance. We form 2 teams of Ss. The members of one team do orienteering.</p> <p><b>Note:</b> The other team take part in free activities in the lake area while waiting</p>	
---	--	---	--

### Finish

<p>Back to school</p>	<p><b>1. Packing</b> <b>2. Going back to school</b></p>	<p>Ss pack the equipment. Heading back to school in two columns.</p>	<p><b>10'</b></p>
-----------------------	---	--	-------------------



**Prepared by:**

Peter István Berényi

17/06/2023