**PROGRESS REPORT**

1. **GENERAL INFORMATION**

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| Organization | VIZ III. OŠ ROGAŠKA SLATINA |
| Reporting period | SEPTEMBER 2019 – DECEMBER 2019 |

1. **DESCRIPTION OF THE ACTIVITIES CARRIED OUT IN THIS PERIOD**

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| PROJECT ACTIVITY | DESCRIPTION |
| Assisting the coach from Perun Academy working with children and work analysis | We continued exercise with Elio Artic from Perun Academy. The group includes children of the third triad with better motor skills who want to upgrade their school sports knowledge.  Start of training: september  End of activity: /  Number of children: 4 boys  Aims of training:  - to get to know brazilian jiu-jitsu and its philoshopy  - to learn basic grips of this martial arts  - to strengthen self-esteem  - to develop positive personality  Teacher Activity:  Accompanying students to the Perun Academy Gymnasium, observing students during exercise and, if necessary, help. |
| Acquiring information and material for handbook with Sport activities through games. | We are continuing with the sport activities through playing. The group includes children with motor skills difficulties that deprive the children of a pleasant sports experience  Start of training: september  End of activity: /  Number of children: 2 girls, 3 boys  Aims of training:  - to satisfy movement  - to approach sport to children in playful, entertaining way  - to develop social and communication skills  - to stimulate development of perceptual processes  - to develop positive personality  Teacher Activity:  Content planning of activities, preparation of props and performance of lesson. |
| Acquiring information and material for handbook with practising Yoga for the beginners. | We continued yoga in september. In this group there are children, who have manner problems, hyperactive children, children with difficulties with attention and concentration and children who have lack of energy.  Start of training: September  End of activity: /  Number of children: 7 girls, 4 boy  Aims of training:  - to get to know yoga as an efficient way of relaxation  - to improve motor abilities  - to get to know how to feel your own body  - to calm down your body  - to develop communication abilities with your self  - to develop concentration and attention  Teacher Activity:  Observing pupils during exercise, active training with yoga instructor. |

1. **DISSEMINATION**

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| DATE | TYPE OF ACTIVITY (e-mail, newsletter, article, radio, your website, your Facebook page) | SHORT DESCRIPTION | TARGET GROUP | EFFECTS/IMPACTS |
| 9. 9. 2019 | completing the website | sport activities in our school | general public | acquainting the general public with sport activities in our school |
| 8. 10. 2019 | making power point presentation | describing all sport activities | all involves in project | acquainting all partners with sport activities in our school |
| 16. 12. 2019 | learning about singing bowls | learning about how to deal with singing bowls | children in our school | using singing bowls in yoga lessons and other relaxing activities |

1. **PICTURES OF THE ACTIVITIES**

















