***Józef Piłsudski University of Physical Education in Warsaw***



***Faculty of Physical Education and Sport in Biała Podlaska***

***Faculty of Tourism and Health***

***Latvian Academy of Sport Education in Riga***

***University of Malaga, Spain***

***Latvian Association of Outdoor Education and Recreation*  
Outdoor Sports and Recreation Education   
Summer School 2016**

***Traditional games, tendencies   
and new ideas in outdoor activities***

**September, 08.-14. 2016 Biała Podlaska, Poland**

**SUMMER SCHOOL PROGRAMME**



**Thursday 08.09.2016**

17.00 Arrival to Agat hostel and registration

19.00 Dinner

20.00 Welcome all participants Meeting of teachers and students – “Summer School Program”

20.15 Meeting of teachers [AGAT, *no* 4]

20.15 Meeting of students [AGAT, *no* 5]

21.00 Swimming

**Friday 09.09.2016**

8.00 Morning activities **(Poland – K. Juśkiewicz and students)** [sport area]

9.00 Breakfast

10.00 Opening ceremony of Summer School [AGAT, *no* 4]

10.15 History of Summer Schools – lecture **(A. Litwiniuk, J. Grants, K. Piech)** [AGAT, *no* 4]

**(moderators: M. Lichota, K. Górniak)**

10.50 Body build vs. health – lecture **(M. Lichota, K. Górniak)** [ROBiR, laboratory]

11.05 Body build vs. health – practical classes **(K. Górniak, M. Lichota)** [ROBiR, laboratory]

14.00 New Walking – practical classes (**Z. Ossowski**) [sport area]

15.00 Lunch

**(moderators: A. Litwiniuk, Z. Ossowski)**

16.00 Meeting with Local Goverment **(v-ce president of Biała Podlaska M. Litwiniuk)**

17.30 Rope knots, tubing and stretching – practical classes (**J. Grants, I. Kravalis)** [green area]

19.00 Dinner

20.00 Summary/comments of the day [AGAT, *no 4*]

21.00 Swimming

**Saturday 10.09.2016**

**(moderators: G. Godlewski, M. Pomietło)**

7.30 Breakfast + (dry provisions)

8.00 Departure – bus

10.00 Kayaking from Malowa Góra to Pratulin **(G. Godlewski)**

16.00 Lunch in Pratulin

17.30 Departure

18.00 Handball match AZS AWF Biała Podlaska : Czuwaj Przemyśl

19.30 Dinner

**(moderators: J. Zieliński, V. Kavaliuaskas, R. Paulauskas)**

20.15 Summary/comments of the day [AGAT, *no* 4]

**(moderators: W. Kieturakis, M. Zdunek, W. Kowalik)**

20.30 Meeting of students [AGAT, *no* 4]

21.00 Swimming

**Sunday 11.09.2016**

8.00 Morning activities (**Spain – students**) [sport area]

8.30 Breakfast

**(moderators: K. Juśkiewicz, P. Lichota, R. Paulauskiene)**

10.00 **Recreational activities in groups:**

* I gr. recreational Tennis (**K. Juśkiewicz)** [tennis court]
* II gr. recreational Parkour (**P. Lichota)** [ACEPiR, green area]

12.30 Lunch

**(moderators: K. Piech, D. Różańska, I. Smuka)**

13.30 Tour to Bishop Palace

17.00 Departure

18.00 Dinner

18.45 Inmaterial coultural heritage in tourism and recreation – lecture **(I. Smuka)** [dance hall]

19.00 Latvian national dance play and Spanish dance – practical classes **(I. Smuka, O. Romero Ramos, A. Karaś)** [dance hall]

21.00 Summary/comments of the day [dance hall]

**Monday 12.09.2016**

8.00 Morning activities (**Latvia – students**) [sport area]

8.30 Breakfast

**(moderators: A. Litwiniuk, R. Merino Marban)**

9.00 Tour to Roskosz (workshop: baker’s trade)

12.30 Lunch [Roskosz]

13.30 Plays and games **(students lessons)** [Roskosz]

Stretching exercises in pairs for the main body muscles **(R. Merino Marban)**

TRX stretching exercises (**V. Kavaliuaskas, A. Litwiniuk)**

15.30 Departure

**(moderators: J. Grants, K. Piech, A. Bodasińska)**

17.00 **Physical Education in different country** [AGAT, *no* 4]:

* Tendencies in modern physical activity lessons (**K. Piech, D. Różańska**)
* Recreation and physical activity students in Lithuania **(R. Paulauskiene, R. Paulauskas)**
* Physical Education in Latvia **(I. Bula-Biteniece)**
* Physical Education in Spain **(O. Romero Ramos, R. Merino Marban)**
* Discussion

18.20 Dinner

**(moderators: I. Kravalis, O. Romero Ramos)**

19.00 Summary/comments of the day

19.30 Folk and modern dance – practical classes (**D. Różańska, M. Bilska, A. Karaś**) [dance hall]

20.30 Meeting of teachers – panel discussion of next summer school [AGAT, *no* 4*]*

**Tuesday 13.09.2016**

8.00 Morning activities (**Lithuania – students**) [sport area]

8.30 Breakfast

**(moderators: A. Litwiniuk, K. Ciekurs)**

9.15 **Lectures** [AGAT, *no* 4]:

* Adventure and extreme sports and outdoor games as the factor of sustainable

of youth and adult people (**A. Litwiniuk)**

* Nordic Walking – didactic experience **(K. Ciekurs)**
* Dogs Races (**E. Sweklej**)

11.00 Dogs Races – practical classes (**E. Sweklej)** [ACEPiR – green area]

13.00 Lunch

**(moderators: A. Litwiniuk, I. Bula-Biteniece)**

14.00 **Recreational activities in groups in Porosiuki** [green school]:

* I gr. recreational tours bikes
* II gr. recreational tours Nordic walking

15.00 Orienteering games in environment **(I. Bula-Biteniece)**

17.15 Departure to Biała Podlaska

**(moderators: W. Kieturakis, M. Zdunek, W. Kowalik, T. Kovacic)**

18.00 Presentation of each country and university **(students)** [AGAT, *no* 4]

**(moderators: M. Lichota, K. Górniak)**

18.45 Description of research laboratory results **(K. Górniak, M. Lichota)** [AGAT, *no* 4]

20.00 Dinner party

**Wednesday 14.09.2016**

7.00 Swimming

8.00 Breakfast

**(moderators: J. Grants, K. Piech)**

9.00 Evaluation of the Summer School [AGAT, *no* 4]

Presentation of next Summer School [AGAT, *no* 4]

Delivery of certificates [AGAT, *no* 4]

Departure of participants