

COOPERATIVE LEARNING IN PHYSICAL EDUCATION

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Abstract:

Gymnastics exercises? Strengthening exercises? Oh, that is boring.... Not necessarily.

Gymnastics and strengthening exercises in a pair or group, making human pyramids, acro yoga... can make Physical Education even more interesting and attractive for pupils.

During my lessons I have noticed that especially typical total body strength training can be boring. To avoid this problem, we can use one of the learning techniques called cooperative learning. This method utilizes small groups of students working together to maximize their own and one another's learning. In this way we can improve certain motor or functional skills in addition to having fun.

We recorded the activities, made 25 videos and wrote instructions in the English language. This project was part of the KA2 project Erasmus+ Cell (Cooperative Europe Looking for Learning) with two more partners from Spain and Poland.

At the end of last school year we tested pupils attending all three partner schools and used those videos to improve skills that turned out to be underdeveloped.

Pupils were very proud of their new or improved knowledge, and later proudly used it during every school event.

Keywords: physical education, cooperative learning, gymnastics, acro yoga