

## ACTIVITY REPORT

### Activity 23, 43

#### Title of the activity:

A 23: Effect and impact of walking on the body (locomotor system, circulatory/respiratory systems)

A 43: Broadening the knowledge of the HIKING impact on health (BMI, body shaping and posture, obesity, preventing heart diseases)

Teachers Responsible	Participating Teachers	Number of participating students	Duration of the activities	Location	Method of work
		45 students	1 month	In classroom, in ict laboratory	Groups, pairs or individually

<b>Materials</b>	Pictures taken from the Internet, web research on the benefits of hiking.
<b>Final product</b>	A power point with some pictures and a short summary of the studies on the topic examined. Also a graphic that shows the positive effects of hiking on people's mind and body.
<b>Aims of the activity</b>	To stimulate the students' interests on hiking by collecting information on its benefits. To improve the knowledge of new English words on the topic. Cooperation between students on writing the results.
<b>Procedure</b>	Connection to some foreign web sites to find articles and fotos. Use of the English language to summarize the contents.

## EVALUATION SHEET

### Activity 23, 43

#### *Teacher's Assessment (From the teacher to the students)*

<i>Students' Attitude</i>	Yes	No	Sometimes
1. Students were interested in the activity.	<b>x</b>		
2. Students were co-operative with the teacher and their peers.	<b>x</b>		

<i>Students' Co-operativeness</i>	Yes	No	Sometimes
3. Students were able to work in groups or pairs.	<b>x</b>		

4. Students were able to share ideas and knowledge.	<b>x</b>		
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<b><i>Students' Autonomy</i></b>	Yes	No	Sometimes
5. Students were able to plan and organise their own work.	<b>x</b>		
6. Students were able to use different sources of information.			<b>x</b>

<b><i>Students' creativity</i></b>	Yes	No	Sometimes
7. Students have shown original thought, initiative and inventiveness.	<b>x</b>		

<b><i>Concepts learnt by students</i></b>	Yes	No	Sometimes
8. Students have learnt different concepts related to the Topic.	<b>x</b>		

<b><i>Presentation</i></b>	Yes	No	Sometimes
9. Students have presented their work neatly and in an ordered manner.	<b>x</b>		

<b><i>Students' Assessment (From the student to the activity)</i></b>			
<b><i>Evaluate the activity:</i></b> The activity has been useful...	<b>Yes</b>	<b>No</b>	<b>Sometimes</b>
1. To learn things which I didn't know about the task.	<b>x</b>		
2. To enjoy with an extra-curricular activity.	<b>x</b>		
3. To learn to co-operate with my peers.	<b>x</b>		
4. To get to know what an European Project is like.	<b>x</b>		
5. To get to know other countries much better.	<b>x</b>		
6. To learn what things are called in other languages.	<b>x</b>		
7. Did you like the activity/task?	<b>x</b>		

<b><i>Final Evaluation of the activity/task</i></b>
Positive experience for all the students involved in the activities.