Europeana Learning Scenario

Title

From antique sports to fitness in the XX century

Author(s)

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Abstract

This Learning Scenario is related to an online lesson about a sporty healthy lifestyle. The students have to collaborate in breakout rooms and create the final task, which is a digital storytelling book. Students will reflect on the sporting heritage in Europe and the importance of sport in our daily lives. Students should identify the reference modalities, outstanding athletes, results, modalities, and athletes. Using the Europeana platform, students should be able to develop the proposed subject.

Keywords

Antiquity Greek Sport, Fitness gyms, physical activity, team games, private health clubs.

Table of summary

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Subject	History, English, IT, Citizenship
Topic	History of Sport
Age of students	15 -16
Preparation time	5 hours
Teaching time	3 hours
Online teaching material	https://padlet.com/ https://quizizz.com/ https://www.canva.com/ https://www.google.com/ https://www.storyboardthat.com/
Offline teaching material	Britannica Encyclopedia Books from school library
Europeana resources used	https://www.europeana.eu/en/item/9200579/n3fkk264 https://www.europeana.eu/en/item/9200579/w4trha6f https://www.europeana.eu/en/item/9200579/jjfbtvh7 https://www.europeana.eu/en/item/9200579/x69zfxfc https://www.europeana.eu/en/item/9200579/t4sd2sev

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Integration into the curriculum

The topic forms part of the curriculum of History in the second year of upper secondary school in Romania. In particular, it refers to aspects of XX century daily life. It provides students with the opportunity to reflect upon the importance of sports (fitness) in this particular moment, which for some aspects can be related to the historical period of Antiquity. Reading and understanding authentic text is an important part of History learning. Creating digital content is an essential 21st-century skill. The transdisciplinary lesson addressed to Physical Education, History, ICT, English subjects. Students develop language skills, communication, critical thinking, scientific knowledge, and creativity.

Aim of the lesson

As part of this activity, students will explore and learn about fitness history, its evolution, and development. At the same time, students reflect on Europe's sporting heritage. Students should identify examples of athletes, the results obtained, and the well-being resulting from the practice of sport.

Outcome of the lesson

- Knowledge of the history of European sport
- Sports results obtained by individuals or clubs
- Give examples of European sporting heritage
- Creating posters about the results of athletes and fitness clubs
- Creating collaborative success stories about famous athletes

Trends

- Collaborative Learning: a strong focus on work group
- Visual Search & Learning: images and multimedia are more powerful than verbal stimuli
- Open – Source Learning: teachers copy, share, adapt, and reuse free educational materials

21st century skills

This learning scenario enhances:

- Health literacy: Understanding preventive physical and mental health measures, including exercise, risk avoidance and stress reduction.
- Critical thinking as the students have the chance to read and compare the past through real documents of the age.
- ICT literacy: Use technology as a tool to research, organize, evaluate and communicate information.

Name of activity	Procedure	Time
Group making	They will complement what they know about fitness and the first activities on maintaining well-being. After that, the students were split into 4 groups. The students chose one Ancient Olympic Sports: discus throw, hoplitodromos, long jump and pankration. The cards are based on the European sport heritage collection. Then the group members discuss who will be responsible for dates, spelling and writing. The teacher asks students to debate the reasons why sport is so important for their health.	10 min
Get to know the tasks	My students worked for the first time with Europeana, so an explanation is needed. First, I introduce them to Canva and show them how it works. Then I explain what Quizizz is and what they are going to use it for.	10 min
Research activity	Each team will be documented using information from the encyclopedia, books, Internet, Europeana collections, from the school library on fitness activities, on maintaining health and well-being either individually or in an organized setting, at the club. Students read the articles many times and collect useful words, expressions and data that are relevant. Then they analyze images. In a Padlet previously created by the teacher, students will insert the results of their research.	20 min
Creating digital content	Divided into their groups, students will have to make up 5 questions in Quizizz, of which 2 relate to the European sports heritage, and 3 to fitness and well-being. Then the students will choose questions and will create a Quizizz game with 30 questions.	25 min
Learning with the created content	Students will use Canva in their groups to make up three posters related to fitness practice and European sports heritage. The posters will then be presented in class and explained their contents. Then they'll be displayed in a public place in the school. They will create digital storytelling about athletes, fitness clubs and sports heritage. (ex.Jane Fonda) using https://www.storyboardthat.com.	50 min 15 min 35 min
Feed back	The Quizizz game will be administered to the students. Students will write on Jamboard how they felt during the learning activity.	15 min

Assessment

At the end of the learning scenario, students will be tested with a Quizizz on the whole scenario. Jamboard is a feedback to the teacher. The final writing task is referred to the whole project.

**************************** **AFTER IMPLEMENTATION** ****************************

Student feedback

Students really liked the Quizizz quiz. They helped each other and enjoyed it.

Teacher's remarks

I think the whole project was successful because the students learned about fitness and how to stay healthy.

About the Europeana DSI-4 project

Europeana is Europe's digital platform for cultural heritage, providing free online access to over 53 million digitised items drawn from Europe's museums, archives, libraries and galleries. The Europeana DSI-4 project continues the work of the previous three Europeana Digital Service Infrastructures (DSIs). It is the fourth iteration with a proven record of accomplishment in creating access, interoperability, visibility and use of European cultural heritage in the five target markets outlined: European Citizens, Education, Research, Creative Industries and Cultural Heritage Institutions.

European Schoolnet (EUN) is the network of 34 European Ministries of Education, based in Brussels. As a not-for-profit organisation, EUN aims to bring innovation in teaching and learning to its key stakeholders: Ministries of Education, schools, teachers, researchers, and industry partners. European Schoolnet's task in the Europeana DSI-4 project is to continue and expand the Europeana Education Community.