

Newspaper

Improving Standards in Teaching School Sport to Foster Physical, Cognitive and Social Development in Pupils

23 - 27 January, 2017

Madona Secondary School No.1

Latvia





Erasmus+



Monday, January 23

Sightseeing RIGA & Arrival in Madona

After landing in Riga on Sunday afternoon, we started our first morning in Latvia with a nice breakfast in our hotel. After that, we were picked up by a bus at around 10 o'clock and met the other groups. We started with a sightseeing tour, with a bus and we did some stops for taking photos of the skyline. This was followed by a walk through the old town of Riga, where we saw some of the main tourist attractions like the "Three Brothers", the "Freedom monument" and the "National Opera of Latvia". We got the opportunity to learn something about the Latvian history by listening to the tour guide.



After the tour we stopped at a restaurant to have lunch. It is as popular for the Latvian as it is for the tourists and it had a very big variety of food. Then we went back to the bus, stepped into it and drove to Madona. It took us about 2.5h and we had the chance to see the Latvian landscape.

There we got the keys for our accommodations for the next 5 days. Our whole group was staying in 3 Canadian-Style log houses, which were next to the slope. In Madona we rent our skiing equipment for cross-country-skiing.

Around 6 o'clock, we were picked up by another bus, which took us to the secondary school of Madona, where we also had dinner, which was followed by an evening, where we played a lot of games to get to know each other better. After 2.5h of our event, we went back to our accommodation.



Paul Hufschmidt, Marcus Schnellinger, Marie-Theres Kellner, Lara Miskovic, Mag. Manuel Brummer from Austria.



Tuesday, January 24

So, here we are, it is Tuesday. In the morning we had a breakfast at hostel, yummy. After meal we went to school where we were welcomed by a principal, then a local student Nadine sang a song for us. After this performance, each country has to present something about their (our) school, town and sports. The next activity was a workshop with Elite Gusarova in a gym. She showed us what they are doing at sport lessons and we also could try some. It was really fun. When we finished we still had a free time so one of the representative of school showed us some classes, like biology or art lesson. It was 1p.m. so the time of a lunch already came. Thereafter we went back to Smeceres sils and we were ready for a next workshop-cross country skiing with local teacher D.Vuskans. Firstly he proudly introduced us his team and then was our turn. Each of us has to do some exercises like skiing with only one ski without touching the ground by the other leg. When it ends it was a time of competitions like who will reach the farthest without any move. When has this workshop ended we had a short free time and at 6-6:30p.m. we went to school again for a dinner (soup, chicken, vegetable salad and a fruit with cream).

At the evening we had a activity with latvians as a day before. Today we had to discuss advantages and disadvantages of individual and team sports. Luiza separated us to a small groups and the task of each was to write down some pros and cons. When we all have presented our tasks we were separated again to different groups, we got some spaghetti and something like play-doh and we tried to build the highest tower as it was possible. Then we went back to hostel and we had a free time finally. So we played cards and some other games and then we went sleep.



Oto Podlipny, Eva Nemravova, Žofie Ursinyova, Aleš Mach from Czech Republic.



Wednesday, January 25

In the morning we had a lesson with the Professor of Sport Pedagogy at Latvian Academy of Sport Education Juris Grants. He taught and introduced us with skiing steps and showed us some video materials. In mixed teams we had to show our opinion about skiing step qualification and make presentation about it.

In the afternoon we had a practical lesson with the professor. We had a warm-up exercises and then we tried out all skiing steps.

After lesson we were travelling to the Madona`s centre to the local candy workshop. At first we had a short tutorial how candies are made and then we made our own candies.

In the evening we had friendly matches. We played floorball, basketball, volleyball and did different relays. It was entertaining and fun. Of course friendship won at the end.

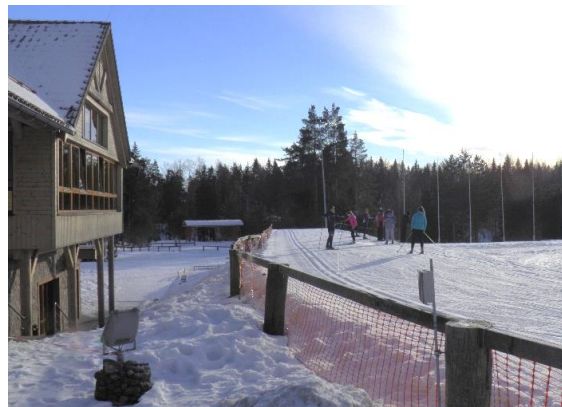
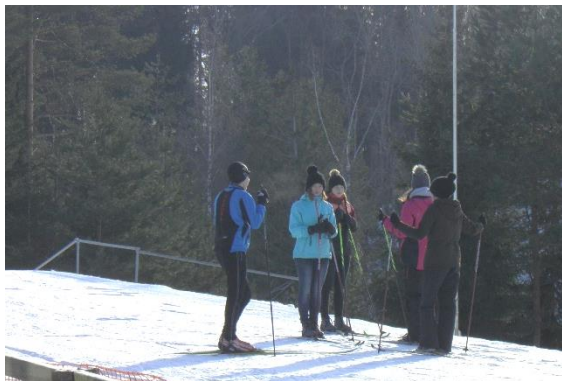


Kalvis Kristers Krīgers, Lauris Kaparkalējs, Kima Krūmiņa, Didzis Avotiņš,
Lība Marta Igaune, Elita Gusarova, Dainis Vuškāns from Latvia.



Thursday, January 26

In the morning skiing workshop with Dainis Vuškāns, sports teacher at Madona Secondary School No.1 and Latvian national youth cross - country skiing coach.



Tilda Träskvik, Nicole Sten, Marius Bengs, William Granskog, Göran Småros, Stefan Träskvik from Finland.



Friday, January 27

On the fifth day of our Latvian adventure, after eating a delicious breakfast (pancakes, yuppi) we headed for Sigulda – a small town located on a picturesque stretch of the primeval Gauja river valley.

Thanks to our tour guide we could take in the poetic ruins of Old Sigulda Castle, build as a fortress by Livonian Brothers of the Sword and the imposing 19th century New Castle where the Sigulda Region Council has been located since 1993. The building was built in the Neo-Gothic style as the living house for the owners of the manor, the Kropotkin family.

We also saw Saint Bērtulis' Church, Atis Kronvald's Monument (Latvian writer contributing much to the language and culture) and an open-air music hall where traditional Opera Festival takes place each summer.

The next attraction was a Bobsleigh Track which used to be the only bobsleigh track in the former USSR. As there was going to be a Youth International Bobsleigh Competition on the following day we could observe international teams while training. We saw the first model of a bob, wooden and a bit primitive and the newest versions as well, better and safer, made of different materials.

Then, we went to Fisher Winter Championship in cross country skiing. There, we were cheering up our new Latvian friends who took part in a competition and had a chance to say goodbye and thank them for all the things they had done for us.

Summing up, the whole week was a great and very interesting experience. We met many amazing people and did amazing things, ate mouth watering Latvian dishes.

While the participants from the other partner countries were showing and improving their skills in cross-country skiing the Polish team was learning how to fall down (even standing still, with skis on) or how to break poles ...

Meetings, discussions and the Latvian dances are unforgettable, as well! So we will never forget the experience. Thank you, guys.

Natalia Ulczok, Aleksandra Gorczyca, Katarzyna Gorczyca, Wiktoria Sajdok,
Anna Woźnikowska-Tyc, Aleksandra Stuczyńska from Polish.





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January 25, 2017 – Smeceres sils, Madona, Latvia

