

Riga State Technical School coordinate Erasmus + project
“Effective dialogue methods among the millennium generation and the teachers, employers”
Co-funded by the Erasmus+ Programme of the European Union

FRAMEWORK FOR METHODS

1. Information about teacher/worker in school.

Teachers/worker name, surname:	DRAŽEN GRBAC
Position:	PHYSICAL EDUCATION TEACHER
2-3 about teacher:	FATHER OF MILLENIAL SON AND MILLENIAL DOUGHTER, BASKETBALL COACH.

2. Description for method.

Method name :	PERIPATETICS REVISITED
In what subject you can adapt this method:	Any subject that requires theoretical lessons, longer verbal explanations. My suggestion is that listening to the lesson in altered circumstances and elaborating important topics there, may result with better understanding and memory of the subject in question.
Description in few sentences:	This method could hardly be named as a new one. In the fourth century B.C. a group of ancient Greek philosophers gathered around Aristoteles called themselves Peripatetiki, used walking/strolling as some kind of tool to make their discussions more efficient. We can also look at it as a proof, or should we say a confirmation of later famous Latin saying: Mens sana in corpore sano.
Description of process :	Our school, tough in town, is situated near to a brook that has walking paths on both sides, and few bridges connecting them. After a five minute approach from the schoolyard, crossing the road and passing between few houses, we reach a nice piece of nature. The green area is very different from the usual school environment that the students are in hours and hours during the day.
1.	In order to execute this kind of lesson, the teacher should prepare it using a simple tool as windows movie maker. Bye recording the audio materials (own voice, recordings available on-line), combining it with some visual images teacher should complete around twenty minutes lesson and post it in the e-classroom.
2.	The students load it to their mobile devices (or the school tablets) using the presented link, so they can follow it during the walk by the brook.
3.	Reentering the classroom there should be some simple questions presented by 1KA application referring the theme, to control the effect of the new teaching method.
4.	At the same time, this way of lesson realization can be considered as a little "counter punch" to the sedentary life style. Most of the youngsters practice it, and school should do more to fight this extremely harmful habit.
Example:	Prior to begin with my athletic program of preparation for the Cooper's test I prepare the "Peripatetics revisited" lesson with following chapters: <ul style="list-style-type: none"> - aerobics or physical endurance, - general principals of practicing and developing aerobic capacities, - our specific program of 12 minutes runs, my demands and valuation, - dr. Kenneth Cooper