



**SPORTS ACTIVITIES
AT OUR SCHOOL AND
IN BENEDIKT**

SPORTS DAYS:

- We are offered various activities (hiking, doing athletics exercises, ice skating, skiing...), the older students prepare some sports games for younger students too. They always have fun and also they learn how to participate in a team.



RaP (extended programme):

- This is an additional subject for students who want to exercise more. You can enjoy many activities (volleyball, basketball, football, outdoor running...).
- It lasts for 45 minutes, students like the subject very much.



ACTIVE RECESS:

- From Monday to Friday we have active recesses in our school gym. Each day one class has got an active recess and they can do anything they want.
- Girls usually play volleyball and boys play football. You can also dance.



SPORT FOR RELAXATION:

- It's a subject for 9th grade students, which is meant to be relaxing.
- In winter we go bowling, ice skating and skiing.
- In summer we usually participate in football and volleyball matches.
- Unfortunately we haven't got many hours of this subject, but it is very nice and many younger students want to joint the subject.



SWIMMING COURSE:

- Each year, students from 1st to 4th grade have got a swimming course for 1 week in Terme Ptuj.
- They learn how to swim and jump in the water. After that, they can play games in the water and they can go on the slide. Students love this week and enjoy very much.



CYCLING EXAM:

- Cycling exam do the students of the 5th grade.
- First they have theory on computer and if they pass the theory, they can do a practical part.
- They cycle around Benedikt and each year a police officer comes and helps them with the exam. They learn a lot about cycling gear and about traffic signs.



FITNESS:

- There is also a fitness in our school for everyone (even if you aren't from our school). You can do stretching exercises, weightlifting, run on the treadmill, play badminton...



COMPETITIONS:

- Football is very popular at our school. Boys want to play it every day. Some girls like it too and we have many **competitions for girls football and boys football** with schools, which are near our neighborhood / region. We also like playing basketball, volleyball, table tennis and do athletics.



SCHOOL IN NATURE:

- Every year students from 5th, 6th and 8th grades enjoy **school in nature for 1 week**.
- In the **5th** grade in June, students go to the **sea** in Fiesa. This week is so great, because every day you just **swim and explore** the place, on the beach there are a volleyball court and a football field.
- In the **6th** grade in January, students go on Areh. During this week students practice **skiing** from morning till afternoon, but in the evening, they have lectures about nature and also they go hiking.
- In the **8th** grade in September, students go to **mountain** home Kavka, where they have many lectures about plants, animals and about our body, first aid. Students **hike** every day and watch the animals in the water. There is a cave too and students are very interested in it. They also get tested in **archery and climbing**.



SPORTS IN BENEDIKT

- In Benedikt there are some sports clubs, like **volleyball** team and Tenis Bar with **tennis** court.
- Once we had a football team, but there was no interest anymore so they cancelled. There is a **chess** playing 'club' for older people.
- We have **twirling** club.
- At Postružniki farm we have **shooting** with a air gun and **Boules**. In center of Benedikt we have voluntarily **fire department**.



What sport facilities do we miss in Benedikt?

- Swimming facilities
- Ice-skating
- Men's handball league
- Golf
- Bigger football field

QUESTIONNAIRE

1. How many days a week do you travel to school by walking or cycling?

Half of the students answered that they almost never go to school by walking or cycling.

2. Does your school encourage you to travel to school by walking or cycling?

78% of the students answered with yes.

3. Are you part of a school sports club?

Half of the students answered with no.

4. If yes, what school sports clubs do you participate in?

Football, athletic, dance, volleyball, sports for relaxation, basketball,...

5. If no is it because,

60% of the students are not interested in any sports.

6. If there is not a club that you would like to join what club(s) would you like your school to introduce?

Golf, hiking, dance, chess, riding, yoga, cycling, karate, kickbox, ...

7. Are you member of a sports club outside of school?

Half of the students choosed yes and half of the students choosed no.

8. If yes, how many days a week do you practice sports?

More than half of the students exercise several days a week, many of the students exercise every day too.

9. How many days a week do you exercise or take part in sport in your free time without a sports club or gym. Walking and cycling to school do not count.E.g. playing football on the street, cycling, running, rollerblading, swimming.

Most of the students exercise several days a week or every day.

10. How many days a week do you exercise or take part in sport for at least 1 hour? Add up all forms of sport or exercise that you do in a day. Also include your travel time to and from school.

24% of the students do exercise 3 days a week, 17% of the students do exercise 4 or 7 days a week.

11. Which accommodation for exercise and sport are present at your school?

47% of the students choosed rollerblading and 40% of the students exercise in fitness room.

12. How many hours of physical activity lessons do you take part in during the school week?

Most of the students (30%) of the students do physical activity lessons for 2- 3 hours a week.

13. On a scale of 1- 5 with 5 being the most enjoyable, how much do you enjoy physical activity lessons?

31 students out of 69 chose number 4.

14. On a scale of 1-5 with 5 being the best, how good in your opinion are the sports facilities in your school?

50.7% of students chose number 4.

15. Does your school organize a compulsory sports day for all students at least once a year? And do you participate in this?

76% of the students chose YES AND I PARTICIPATE

16. Does your school organize other sports activities for all students? E.g. Sports camps, sponsored runs, tours and/or sporting trips.

77% of the students chose YES.

17. If yes, what kind of activities?

Camps, skiing, ice-skating, sports days, school in nature, running, football, field trips, hiking, swimming

18. Do you participate in these activities?

82% of the students said YES.

19. Does your school participate in (school) sports tournaments with and/or against other schools? And do you participate in this?

54% of the students chose YES AND I PARTICIPATE.

20. What improvements could be made at school or in the community to allow you to be more physically active?

More exercise, more sports days and tournaments,