

Subject of the class scenario:

Movement means health!

Author: Martyna Sianko

Time of performance: 60 – 90 mins

Participants: young people aged 13 – 15

Place: Alfons Karny Museum of Sculpture

General goal: promotion of healthy lifestyle among young people.

Specific goals:

Cognitive goals

- The participants know the artistic output of Alfons Karny.
- The participants know who Henryk Jordan was.
- The participants know what role was played by sports in ancient Greece.

Training goals

- The participants are able to find ancient art inspirations in modern sculpture.
- The participants are able to point out the differences between the ancient Greek and modern Olympic Games.

Didactic goal

- Participants develop healthy and active leisure-time behaviour.

Methods of work:

- Exploration of the museum;
- talk;
- work with a text;
- performance of tasks from the worksheet;
- situational method.

Forms of work:

- individual;
- group;
- collective.

Teaching aids:

- parts of the text *Movement Means Health* by E. Ślącza-Poskrobko – included in *Tales from the Museum* by E. Ślącza-Poskrobko and M. Sianko (the book including this story is available as a hard copy at the Alfons Karny Museum of Sculpture and as an audiobook on www.sztukabezgranic.muzeum.bialystok.pl);
- worksheets;
- stationery.

Course of the class:

1. The educator greets the participants at the museum. He/she briefly presents the profile of the artist Alfons Karny and the subject of the meeting.
2. The participants form teams of four, which are supposed to find sculptures and objects connected with sports in the museum exhibition, e.g. weights, skis, or sculptures: *Skipping Rope*, *Boxer*, images of athletes. The group which finds most of them wins.
3. During a brief talk, the educator presents Alfons Karny's interest in ancient Greek art and presents example works referencing the ancient culture. He/she explains what role was played by sculptors in ancient times. The participants learn how important sport was for the culture and life of ancient Greeks. The educator mentions such aspects as cult of a fit body, depicted in the art, or the religious and educational meaning of sports.
4. The participants perform tasks concerning Olympic Games, as included in the worksheet. Young people start a game of charades, intended to familiarize the participants with competitions of the ancient pentathlon. Five volunteers act out the competitions: *stadion* (a short-distance race at a distance of one stadium), long jump, discus throw, javelin throw, wrestling. The other persons guess the presented phrase.
5. All participants of the meeting go over to the room in which the portrait sculpture of Henryk Jordan is on display. The educator informs that among Alfons Karny's works, one may find images of people who were not professional athletes but propagated the practice of sport.
6. The participants form teams of several people each, again. Based on parts of the text *Movement Means Health*, the created teams are supposed to answer the question:
 - Who was Henryk Jordan?
 - What innovations for children and young people did he introduce?
 - What worries the fairytale sculpture of Henryk Jordan, found in the museum's exhibition?
7. Having finished the work with text, the youths stay in their teams of several people. The participants perform the task from the worksheets – they become personal coaches planning daily timetables for three people, taking account of all necessary activities. All teams present the effects of their work.

