ALTERNATIVES MAGAZINE

ERASMUS PLUS PROJECT

2018-1-IT02-KA229-048268

Social Media - Natural Learning Environment

ISTITUTO COMPRENSIVO "LOMBARDO RADICE" CALTANISSETTA - ITALY

N.4

INTRODUCTION

Hello dear friends!
Here we are at the last number of our magazine, everybody made a great job!
This year the whole world had to live an unexpected fight against a terrible enemy, a virus that obliged all humanity to renounce to its everyday life and its safety; all of us was forced to renounce to social exchanges and to apply restrictions and laws to protect health and avoid the diffusion of the virus.
Even hugs, kisses and physical closeness have been forbidden.
We learnt to find new strategies to survive and to keep on with our lives, manifesting our love and respect towards our friends and families.
From February to June we worked at home through Didactic at distance, and in September we came back to school with a lot of restrictions and rules, trying to transmit more than before enthusiasm and armony.
Our Hobbies Clubs gave new input to our students and stimulated their creativity.
Special thanks to our teachers and students for their contribute and their job!

SPORT CLUB

One of the activities carried on by our Physical Education teacher was Functional Training (or functional training), a training method based on "gymnastics" with free body and with small tools - ropes: elastic- fitball- sticks ...

It's "functional" because:

- strengthens the muscles so that biomechanics and human physiognomy are always respected;
- improves proprioceptive abilities, balance and quick or fast strength;
- aims to make the students more agile, more responsive, more coordinated, but above all more prepared to face even the simplest movements;
- improves anaerobic power.

The students are divided into as many groups as there are stations, they perform the indicated exercise, recover by moving to the next station. At the end of the circuit they detect the heart rate to check the work and for greater involvement.
The training unit is divided into 3 parts:
1. General and specific heating
2. Circuit
3. stretching and cool down.

The photos show an example of our workout
• Method: interval circuit training
• Means: squat, skip, plank, chair, bridge, jumping jack:
. Volume: 30 sec workout for 6 stations for 2/3 rounds;
Cooldown: 30 sec between stations
• Duration: 30 min.

Postural gymnastics is part of the path of health education and the promotion of correct lifestyles.

The lifestyle of our days leads children to develop bad habits, to do little physical activity and to assume postures which, if prolonged over time, can lead to musculoskeletal alterations. Postural gymnastics aims at the prevention and re-education of both simple spoiled postural attitudes and the paramorphisms of school age such as dorsal hyperkyphosis, lumbar hyperlordosis, scoliosis, varus or valgus knee, flat foot.

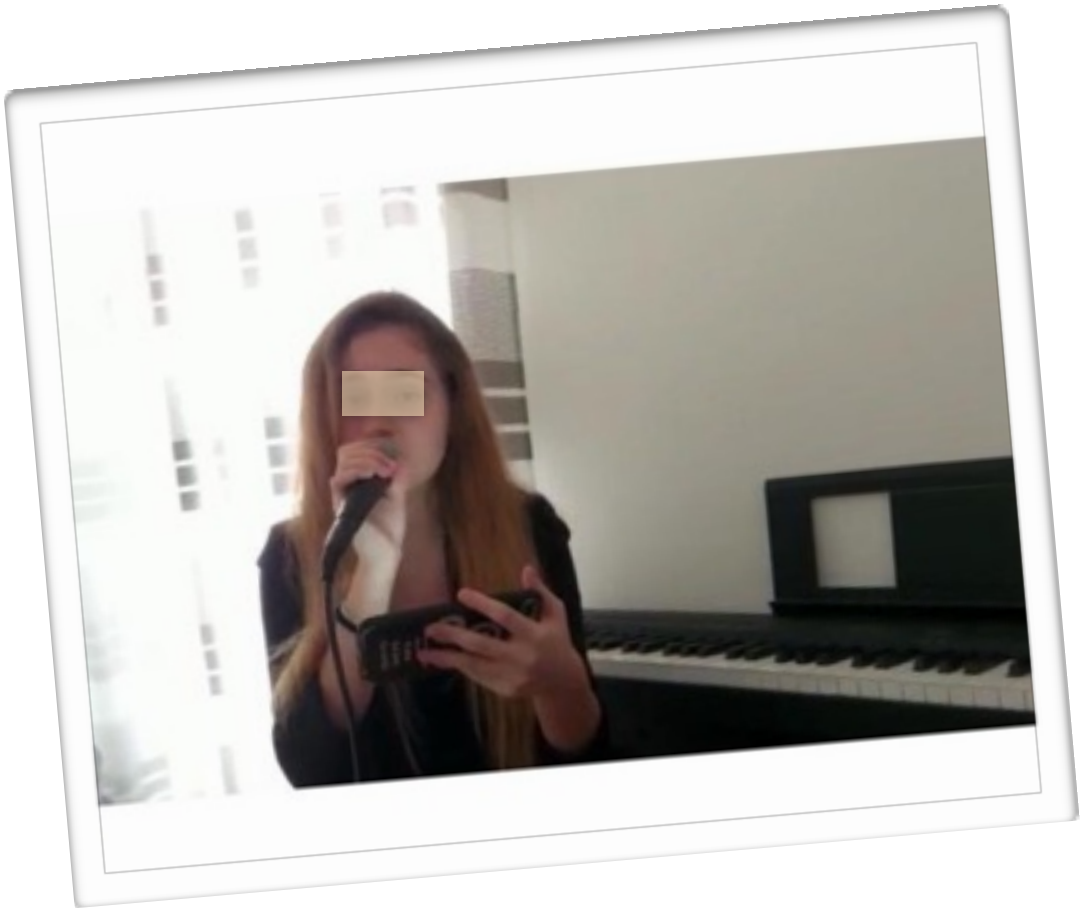
Specific exercises for mobility, stabilization, muscle strengthening, balance, proprioception, lengthening and stretching exercises - are designed to improve self-knowledge and to use your body correctly.

Another discipline practiced in our school is athletics called the "Queen of sports".
It is an activity that has its origins in ancient Greece and is based on basic and natural movements such as running, throwing and jumping.
Athletics prevents the negative effects associated with a too sedentary lifestyle, improves motor coordination, endurance, speed, concentration and self-discipline.
It can be practiced individually, this allows children to find their own specialty based on their body. Social skills, on the other hand, can be developed during relay races. Athletics teaches to be fair, sporty and to respect the rules of the game (fair-play).
Activities are practiced in the school yard, except for jumping activities (long jump and high jump).
The photos show some moments of our students as they carry out the vortexing, the endurance race around the school yard and a relay race with the game of tic-tac-toe: the team that manages to make the trio first with the Chinese at the inside the circles wins the point.

MUSIC CLUB

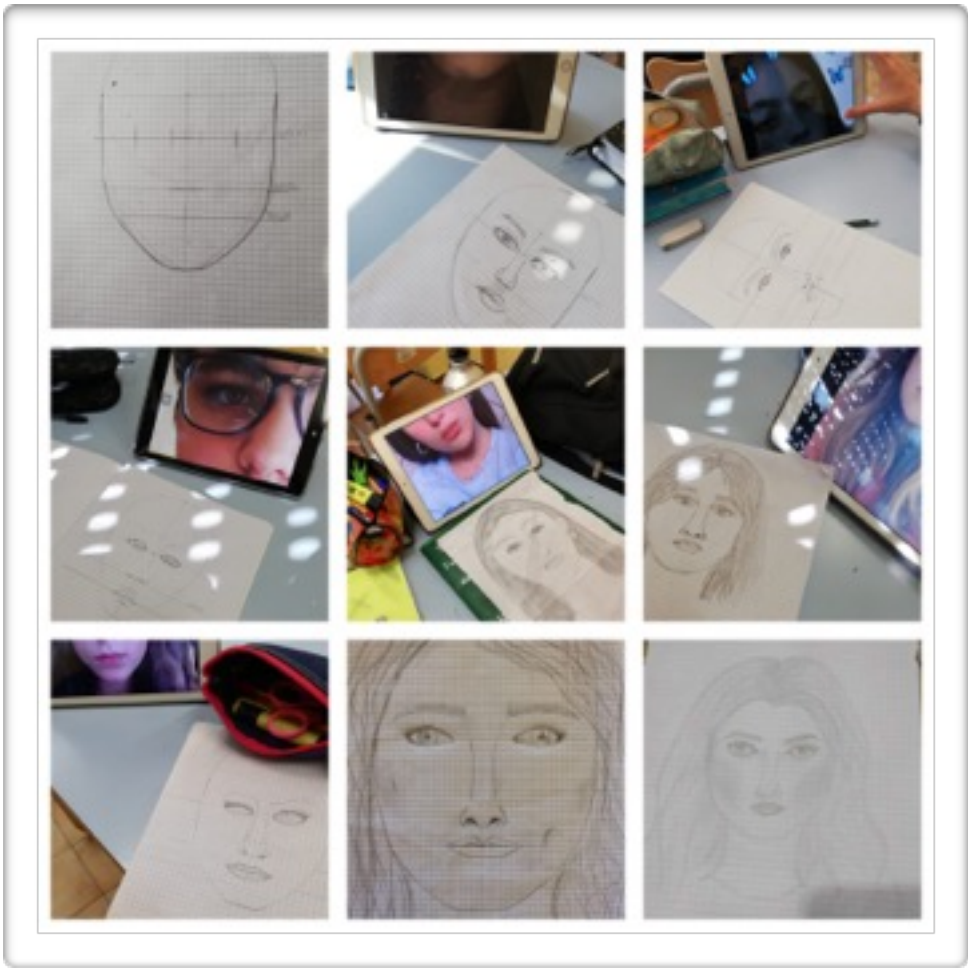
Even far from school and classrooms, away from our friends and teachers we wanted to keep on expressing joy and happiness through music and to fell joined to everybody!

This image is part of a video made by a 3B student during the lockdown. The song is Scrivimi (Write me) and was part of the project "Say that with a letter". The goal of the project was to make today's kids, accustomed to using faster means of communicating such as SMS, emails and chats, appreciate the beauty of the written letter, the most suitable means to express their emotions, to let our heart speak.



ART CLUB

In our Art Club students enjoyed themselves a lot working at the main topic of our Magazine: tre management pf ghiera account on the web.
Regarding this subject they worked on the realization of their avatar.
It was so funny!
The first photo describes the face drawing technique with which the pupils made their portrait through a selfie.



The second photo contains a screenshot of the cartoonify link that allows students to draw their own avatar.

The third compares the 2 graphic techniques with the portraits of the pupils made in the 2 versions.
That's amazing!

DIGITAL CLUB

Teens and students love Facebook, so in our Digital Club we thought about making imaginary profiles for educational purposes.
What we like about the project is that creating fake Facebook profiles requires a good deal of skill: students have to search, find information and transform it, this forces them to be creative. They also need to juggle computer tools to create presentations. A fake Facebook page is a fun way to check if the student understands the concepts of a book, a historical figure or even a scientific concept. The pupils, using "Google Slides" created a model by copying the original Facebook graphics, identified the character and then finished the work in groups by finding the information and creating the false profile.

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