

## **Blended Intensive Programme**

### **Fundamental Motor Skills – Your map to understanding the educational role of modern physical education and sport**

ID: 2024-1-PL01-KA131-HED-000197572-1

Duration: 5 days + 4 online meetings

Location: University of Physical Education in Warsaw Faculty of Physical Education in Biała Podlaska/ online components

Participants: Students of Physical Education/Sport/Physiotherapy

Dates: 21.04.2026, 28.04.2026, 05.05.2026 and 11-15.05.2026, 19.05.2026

Accommodation: Dormitories ABC

The aim: The aim of the programme is to raise awareness of the importance of fundamental motor skills as a prerequisite for undertaking informed, lifelong physical activity, to promote international cooperation, cultural diversity and the exchange of experience in the field of teaching/learning motor skills, and to promote physical activity and healthy lifestyles.

Students: Poland, Lithuania, Latvia, Spain, Portugal

Methods: lectures, practical workshops, group activities, world cafe method, mutual learning among participants

Forms: virtual (online) and practical activities

Online form:

- welcome session
- introductory lecture
- project summary
- lecture recordings (available at the end of the project)
- online platform for the exchange of knowledge and materials (after completion of the project)

### **BIP Committee**

Hubert Makaruk (Prof.) – scientific coordinator

Anna Bodasińska (PhD) – programme coordinator

Małgorzata Charmas (PhD) – executive coordinator

### **Members:**

Tomasz Niżnikowski (Prof.)

Wilhelm Gromisz (PhD)

Artur Litwiniuk (PhD)

Beata Makaruk (PhD)  
Marta Nogal (PhD)  
Paweł Róžański (PhD)  
Tomasz Sacewicz (PhD)  
Marcin Starzak (PhD)  
Marcin Śliwa (PhD)  
Janusz Zieliński (PhD)  
Michał Biegajło (MA)  
Mariusz Buszta (MA)  
Agata Chaliburda (MA)  
Karol Kowieski (MA)  
Anna Kudelska (MA)  
Marek Sacewicz (MA)  
Bogusz Suchecki (MA)

### **Student committee**

Paulina Kalicka - coordinator  
Gabriela Kołodziejczyk  
Marcin Michalczuk  
Gabriela Niczyporuk  
Julia Wasilewska  
Kamil Zawada  
Student Council

### **Schedule**

21.04.2026

#### **1<sup>st</sup> Online meeting**

16:00 - 17.30

- welcome session + presentation of participants/countries/universities taking part in the project introduction to Erasmus BIP – discussion of the programme and project objectives (Małgorzata Charmas, PhD)
- lecture: “Fundamental motor skills – definition and relevance in conscious undertaking of lifelong physical activity” (Hubert Makaruk, Prof.)

28.04.2026

#### **2<sup>nd</sup> Online meeting**

17:00 - 18.30

- lecture: „Presentation of the results of scientific research on the assessment of the

level of fundamental movement skills of Polish school pupils” (Marcin Starzak, PhD)

- student presentations (5-10 minutes) on a selected motor skill (e.g. running, jumping, throwing, catching) - theoretical introduction and practical tips for teaching the skill – moderator – Marcin Starzak (PhD).

05.05.2026

### **3<sup>rd</sup> Online meeting**

17:00 - 18.30

- lecture: Discussion of the research and organizational principles of the scientific experiment entitled "Level assessment and teaching of fundamental movement skills", conducted in Biala primary schools (Agata Chaliburda, MA)
- student presentations (5-10 minutes) on the development of 3 movement games or activities that can be used to teach fundamental movement skills – description of principles, objectives and equipment requirements – moderator Agata Chaliburda, (MA).

11.05.2026

### **Day 1: Organizational day**

13:00 - 14:00 Lunch (canteen Meta)

15:00 - 17:30 A tour of the university (Student Council) and a guided “walk” through the city (Szczepan Kalinowski, PhD and Mariusz Buszta, MA)

18:30 - 20.30 Dinner (traditional polish dinner – catering) + integration activity “Polish Day” (canteen Meta) – moderator Mariusz Buszta (MA):

- cultural part
- culinary part (making dumplings, baking the Baumkuchen) – Wiesława Gryta, Alina Bebko
- a mini lesson in Polish

20.30 - 22.00 Disco „Café Bochenek’s” (Student Council)

12.05.2026

### **Day 2: Diagnosis and assessment of fundamental motor skills**

7.30 Outdoor exercise classes for those wishing to participate (Paweł Różański, PhD)

8:00 - 9:00 Breakfast (canteen Meta)

9:00 - 10:30 World Cafe: „Cultural approaches and differences in defining and teaching/learning fundamental motor skills” – working in national groups – presentation of conclusions (Tomasz Niżnikowski, Prof.)

11:00 - 13:15 Practical workshop: “How to diagnose and assess fundamental motor skills?”. - introduction to testing and diagnostic tools – demonstration of the TEST FUS and TEST FUS Application (Beata Makaruk, PhD; Marta Nogal, PhD)

13:30 - 14:30 Lunch (canteen Meta)

15:00 - 17:15 Practical workshops: “Analysis and evaluation of fundamental motor skills in a laboratory setting” – international group activities in the ROBiR laboratory (Tomasz Sacewicz, Karol Kowieski)

18:00 - 19:00 Dinner (canteen Meta)

20.00 - 22.30 Team-building activities: organized sports activities of your choice / e-sports tournament / spa & wellness (Student Council)

13.05.2026

### **Day 3: Field practice**

7.30 Outdoor exercise classes for those wishing to participate (Artur Litwiniuk, PhD)

8:00 - 9:00 Breakfast (canteen Meta)

9:50 - 12:35 Practical workshops at the school: “Observation, diagnosis and testing of fundamental motor skills using the TEST FUS application – international group work” (Anna Bodasińska, PhD; Marcin Śliwa, PhD)

13:30 - 14:30 Lunch (canteen Meta)

15:00 - 17:00 Practical workshops: “Analysis of data and observations from school/sports club practice – presentation of results and conclusions from testing” – international group work (Janusz Zieliński, PhD; Bogusz Suchecki, MA)

18:00 - 19:00 Dinner (canteen Meta)

20.3120:00 - 22:30 Integration activities: „Café Bochenek’s” (Student Council)

14.05.2026

### **Day 4: Innovations in teaching motor skills**

7.30 Outdoor exercise classes for those wishing to participate (Wilhelm Gromisz, PhD)

8:00 - 9:00 Breakfast (canteen Meta)

9:30 - 11:00 Practical workshops: “Developing curricula for teaching/learning fundamental motor skills based on modern educational methods” – international group work/student presentations (Michał Biegajło, MA; Agata Chaliburda, MA)

11:30 - 17.30 Trip/canoeing

18:00 - 19:00 Dinner (canteen Meta)

19:30 - 21:30 Integration activities: film in the ROBiR auditorium or “summer cinema in the open air” or

21:30 Campfire (WOD-KAN)

15.05.2026

**Day 5: Summary and evaluation**

7:30 Outdoor exercise classes for those wishing to participate (Students)

8:00 - 9:00 Breakfast (canteen Meta)

9:30 - 10:30 Panel discussion: “Conclusions and recommendations from the project” (organizers and participants) – moderators Hubert Makaruk (Prof.), Tomasz Niżnikowski (Prof.)

10:30 - 11:00 Presentation of certificates and completion of the programme – BIP Committee

12:00 - 13:00 Gala dinner/departure of participants (canteen Meta)

19.05.2026

**4<sup>th</sup> Online meeting - BIP summary**

16:00 - 18:30

- session: “Evaluation of the project – collection of feedback from participants” (Małgorzata Charmas, PhD)
- Impressions and opinions of participants – moderator Małgorzata Charmas (PhD)