

Subject: Polish team games

GENERAL INFORMATION

Organization unit	Faculty of: Physical Education Chair of: Physical Education Chairman: prof. Karol Gryko
Course name	Polish team games
Subject code	WFI-41
Teaching language	English
Type of subject (obligatory/ facultative)	facultative
Level of studies (eg. bachelor, master)	bachelor
Study year	III
Semester	V
ECTS points	2
Professor	Dr Michał Sadowski
Studies program in which the subject is realized	Physical Education
Method of realization (stationary/ distance learning)	Stationary
Prerequisites	-

DETAILED INFORMATION

Course aims and objectives

<ol style="list-style-type: none"> 1. Transfer of basic knowledge of various team games of Polish origin and its skillful use in practical activities in the process of educating children and youth. 2. Acquisition of skills in effective use of presented team games in developing physical fitness and improving health. 3. Acquisition of skills in conducting recreational and utilitarian activities in various conditions and with different age groups. 4. Preparation for participation in the implementation of basic physical culture tasks set for children, youth and adults.

Main topics

No	Topic
	Lectures/classes

1.	Organization of classes. Health and Safety regulations. Requirements for passing the course.
2.	Introducing, organizing and refereeing the “two fires” game
3.	Introducing, organizing and refereeing the “four fires” game
4.	Introducing, organizing and refereeing the “ringo” game
5.	Introducing, organizing and refereeing the “ringo on goals” game
6.	Introducing, organizing and refereeing the “smolball” game
7.	Introducing, organizing and refereeing the “fistball” game
8.	Introducing, organizing and refereeing the “kwadrant” game
9.	Introducing, organizing and refereeing the “palant” game
10.	Introducing, organizing and refereeing the “taspony” game
11.	Introducing, organizing and refereeing the “ultimate” game
12.	Introducing, organizing and refereeing the “Zośka” game
13.	Introducing, organizing and refereeing the “indiacą” game
14.	Playing the mix of the most liked games chosen by students
15.	Written knowledge test

CONDITIONS FOR PASSING CLASSES:

- Attendance and active participation in classes. Any missed content due to absence must be made up during consultations and/or by attending practical classes with other groups.
- Theoretical test in the form of open questions verifying knowledge of previously given and discussed issues, as well as from the indicated literature.
- Practical assessment in refereeing selected fragments of team games.

1 ECTS point = 25 hours students work (contact + self study)



TYPES OF CLASSES	HOURS
1. Contact classes	30
2. Students' preparations for refereeing chosen fragments of different games	5
3. Self study as reading text prepared by the teacher	15
Total = 50 hours- ECTS points 2	

Author of the class card:	Name, surname and email Michał Sadowski m.a.sadowski@gmail.com
Date:	04/2025