

INTERDISCIPLINARY KALOSKAGATHIA PROJECT

Maria REUȚ¹

Mirela PÎRGHIE¹

Gabriela GIURANIUC¹

¹Technical College of Food Industry Suceava, Romania

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Summary: *The interdisciplinary KALOSKAGATHIA project was designed for the School Otherwise Week, the disciplines involved in the project are „Physical Education and Sports”, „Nutrition and Health” and „Universal Literature”. The main goal of this project was to provide students a image about an important part of the culture and civilization of the world, the culture and civilization of ancient Greece, the birth of the ancient Olympic spirit of competition in all areas but particularly in sports, literature and the art of the time. The educational objectives of the project were to highlight the achievements of the human spirit from that time, training students in respect of important values, to discover prosperous civilizations, to share information about the concept KALOSKAGATHIA and to awaken the interest, engagement and creativity of the students for this project as an extension of the school syllabus content which unfortunately is not Universal Literature at the level of Technical Colleges, the Physical Training is just another one class per week and the breaches in the nourishment of young people during this period are extremely dangerous. Here are just a few reasons why, we, the teachers involved in this project consider it useful, we intend to continue it in the following years, mentioning the fact that we will do a world tour, next year being among the ancient Rome with his dicton „Mens sana in corpore sano”.*

This interdisciplinary project design motivation was to show that students deserve to know the exceptional achievements of an extremely fertile period in the history of humanity and we refer to Ancient Greece. It is also the year 2012 with the Olympic Games in London, and we considered it a very good reason to remember the birth of the ancient Olympic Games and the mood of those times. Because the school syllabus for technical high schools doesn't allow to have classes of

universal literature, students don't know many things about Greek writers and we mention here only Homer the Iliad and the famous Odyssey, the writer, in the spirit of our interdisciplinarity, created a lot of songs in which he wrote about the athletes and the competitions of that time. Health was important for the inhabitants of ancient Greece, it is also important for us, and they, the Greeks, dedicated many hours for athleticism, and what do we dedicate it today? Fast food and tobacco. It's kinda a little, isn't it, dear high school students? Here it is an interesting interdisciplinary new hope a week before, School otherwise to be exciting, interesting and active.

The assumptions of this project were the following:

1. in the context of School otherwise such interdisciplinarity would be well received by students and the incoming knowledge they would get will enrich their general knowledge, not in a conservative and unwieldy way but in a pleasant and relaxing way.

2. The concept of Kaloskagathia can be for the students of this age, and teens, a boost towards a civic attitude were friendly, can be a model to convey the steps, to the noble goals.

3. The unique way to present this project, using modern methods, interdisciplinarity, activism, we hope to enable the participants to retain the information and to grow their interest and appreciation of the true correct training values.

4. Through this project we will carry out a correction of social prejudices, starting even at this age, the general goal of the concept through the beautiful and good both for the individual and for society at both physical and spiritual level.

The purpose of this activity was to present students the most remarkable accomplishments of the ancient Greek Olympics, about the birth of several notable people of that time, information which we hope to form a responsible civic attitude, to form a set of valid values (nonviolence, respect, dignity, cooperation, empathy, coping the prejudice). Also, our goal was and it still is to make students choose the path to a harmonious, taking over from real models.

The objectives of physical

Education and sport:

- knowing the importance of sports in Ancient Greece;
- Kaloskagathia - knowledge ideal;
- presentation of the Greek philosophy on the direction and content of life, in which man was supposed to take effect,

to be able to work in order to devote a higher type of activities, in order to meet the obligations of public being aware of the spiritual influence upon the physical capacities and important their balanced development, preparation of future adults for a harmonious life.

Universal literature

- knowing how the Greeks were cultivating their spirit;
- still retaining the spirit of competitiveness in the field of poetry, sculpture, oratory and painting;
- let's get acquainted with a good friend, lover of sports, Homer, who in his work „Iliad” and „Odyssey” praised those who developed a harmonious body;
- to capture specific messages of various arts;
- to be aware of aesthetic sense of beauty and the need of each of them.

Nutrition and health

- the information of students about the ancient Greeks nourishment and eating habits and the food nowadays,
- promoting healthy food;
- developing the capacity of students to work in a team.

The students who participated in this project were the majority from the 9th form, the project was addressed to them but there were other students from the 10th, 11th, and 12th forms the access was unlimited, each child being received with joy.

The project duration was 4 hours, displayed as follows:

- I. the first hour was dedicated to literature;
- II. the second hour was for physical education and sport;
- III. the third hour was for nutrition and health;
- IV. the fourth hour was dedicated to the active participation of the students in the project by doing physical activities, like dancing, basketball, volleyball, jogging, table tennis.

The location for this project was the gym of The Technical College of Food Industry.

The description of the activity

- I. in *the first hour* of the activity, students were made acquainted with Homer and his famous works, „Iliad” and „Odyssey”, they read lyrics from Hesiod, the author of the poems „Works and Days”. There were mentioned the famous sculptors of the time (Fidias and Policlet) and we

also reminded students the famous speakers of that time. We haven't forgot about the dramatic playwrights with plays that are valued until nowadays, Aeschylus, Sophocles and Euripides.

- within the first hour, was underlined the negative side of this competitive spirit of the Greeks, that led sometimes to exaggerated competition and unfortunate confrontations, which praised the conceit, envy and boastfulness. But the predominant effects were the positive ones, namely:
 - ✓ the Greeks of the time represented the driving force that forced them to go beyond the state of self-complacency, to leave aside what they got and to be concerned with what they were going to get;
 - ✓ they consolidated the democratic principle, namely that every man has the right to measure his force with another one, as equals;
 - ✓ they contributed in great measure to individualise the human being within the community, to release man from anonymity, to make them aware of the human value.

The didactic methods used: roleplay, exposure, the assault of ideas, brainstorming.

Means: the overhead projector with images from Ancient Greece (sculptures, paintings), the works of Homer and Hesiod.

- II. *The second hour* of the activity was dedicated to physical education and sport. Students were presented a Greek-Roman wrestling and pugilism, demonstration made by athletes and former athletes.

The choice of these subjects reflected the oldness of these sports. The demonstrations were accompanied by explanations of the official regulations and a little history. During this hour we have also talked about the birth of the ancient Olympics, about the Greeks concern for getting a physical form as a means of preparing young people for life, for a harmonious development.

The didactic methods used: demonstration, exposure, description, explanation.

Means: mattresses, boxing gloves, Palestrica.

III. *the third hour* of the program was dedicated to the discipline of Nutrition and health.

It was presented information about ancient Greece nourishment, which had as a basis the goat cheese and milk, fruits and vegetables. The olive oil, considered by Homer the gold liquid proves to be a source of health even nowadays.

Concerning the nourishment of our days, students have shown the benefits of a healthy diet, how can we have a healthy food, we need to have a healthy daily nourishment and the mistakes that we do frequently. An old Greek saying says to beware of the foods that you want to eat when you aren't hungry and the drinks that you want to drink when you aren't thirsty.

The didactic methods used: exposure, roleplay, brainstorming.

Means used: Internet, books-*Atlas of ancient Greece, I live so I refrain myself* by Dr. Mihaela Bilic and samples of products: bread, olives, raisins.

IV. *In the fourth hour*, students have held various sports competitions: volleyball, basketball, table tennis, jogging.

The end of the project was the coronation of participants with Laurel Wreaths made from small branches of willow and the elaboration of a few conclusions about the project. Students have completed an evaluation sheet about the activity they attended. The feed back was positive and students showed interest and desire to participate in such actions in the future. Therefore, in the next year, we hope to accomplish in the same team project interdisciplinary *Mens sana in corpore sano* focused on Roman culture and civilization.

Conclusions:

- the formation of a system of values, in which notions as nonviolence, respect for oneself and for the others, freedom, dignity, to be like the ancient Greeks, who wrote a history of courageous contests no weapons in their hands, in the spirit of fair play, a history of the battle for getting the winner crown, in which all participants are equal; a history that from all the ancient people belongs only to the Greeks;
- it is for teachers to remind students of very prosperous cultures and civilizations, ancient Greece in our case; the Greeks who weren't the first to have practiced sport, nor the first to have been preoccupied by geography, physics, mathematics, medicine, etc. But they have multiplied these skills, reaching such a level, that after the extinction

- of the ancient civilization, it took over a thousand for people to possess them again and to overcome them;
- training students in the spirit of the values which unite people and not those that get them apart. A great example of constructive values is that promoted by the Greeks, where art and Sport were very close, any one could not imagine one without the other, in the same way one couldn't imagine the development of the body culture without the development of spiritual culture, development for the benefit of the individual and of society and last but not least in the Olympic spirit: fulfillment in a physical and spiritual plan;
 - we believe this type of interdisciplinary project is a model of good practices because the information received go beyond the walls of the school and it extends in informal activities;
 - we believe that this project has guided students for spiritual interests and territories others than those known by them; students participated actively in all activities.

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Titlu: Proiect interdisciplinar „KALOSKAGATHIA”.

Cuvinte cheie: Proiectul interdisciplinar, Kaloskagathia, Educație fizică și sport, Nutriție și Sănătate, Literatură universală, Jocuri Olimpice antice, săptămâna „Școala altfel”.

Rezumat: Proiectul interdisciplinar „KALOSKAGATHIA” l-am conceput pentru săptămâna „Școala altfel”, disciplinele care se regăsesc fiind „Educație fizică și sport”, „Nutriție și Sănătate” și „Literatură universală”. Scopul acestui proiect a fost de a prezenta elevilor o parte importantă din cultura și civilizația lumii, respectiv cultura și civilizația Greciei Antice, momentul nașterii Jocurilor Olimpice antice, spiritul de întrecere din toate domeniile în special în sport, literatură și artă din acea vreme. Obiectivele educaționale ale acestui proiect au fost de a evidenția realizările spiritului uman din acea vreme, de formare a elevilor în respectul unor valori importante, de cunoaștere a unei civilizații extrem

de prospere, de precizare a conceptului „KALOSKAGATHIA” și de trezire a interesului, curiozității și implicării elevilor pentru acest proiect ca o prelungire a conținutului programei școlare, în care din păcate literatura universală nu se regăsește la nivelul Colegiilor Tehnice, ora de educație fizică este „doar una”, iar derapajele în alimentația tinerilor sunt în această perioadă extrem de periculoase. Iată doar câteva motive pentru care, noi, profesorii implicați, considerăm util acest proiect, pe care dorim să-l continuăm și în anii următori, cu precizarea că vom face un turneu mondial, anul următor fiind rândul Romei Antice cu al său dicton „Mens sana in corpore sano”.

Titre: Projet interdisciplinaire "Kaloskagathia".

Mots-clés: Projet interdisciplinaire, Kaloskagathia, Éducation physique et sportive, Nutrition et Santé, Littérature universelle, Jeux Olympiques antiques, la semaine "L'école... autrement".

Résumé: On a conçu le projet interdisciplinaire "Kaloskagathia" pour la semaine "L'école... autrement", les disciplines qui s'y retrouvent étant "Éducation physique et sportive", "Nutrition et Santé" et "Littérature universelle". Le but de ce projet a été de présenter aux élèves une partie importante de la culture et de la civilisation du monde, c'est-à-dire la culture et la civilisation de la Grèce antique, le moment de la naissance des Jeux Olympiques antiques, l'esprit de compétition dans tous les domaines et particulièrement dans le domaine du sport, de la littérature et de l'art de l'époque. Les objectifs éducationnels de ce projet ont été de mettre en évidence les réalisations de l'esprit humain de cette période-là, d'inculquer aux élèves le respect des valeurs importantes, de leur faire connaître une civilisation très prospère, de rendre clair le concept de "Kaloskagathia" et de susciter l'intérêt, la curiosité et l'implication des élèves dans ce projet, vu comme une extension du contenu du programme scolaire, où, malheureusement, dans le cas des collègues techniques, la littérature universelle n'est pas prévue, où il y a une seule classe d'éducation physique par semaine et les dérapages dans l'alimentation des jeunes sont extrêmement dangereux. Voici quelques raisons pour lesquelles nous, les enseignants impliqués, considérons ce projet très utile. Nous voulons le continuer dans les années suivantes, quand nous allons faire une tournée mondiale, l'année prochaine étant le tour de la Rome antique avec son dicton "Mens sana in corpore sano".