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| **Working topics** | **Experiments** | **Models** | **Pupils** |
| 1. Type of diet and eating habits : advice from the governement |  | Make your own eatwell plate without or before exercices | Elena, Emma, Alisa, Sonja Pent, Roosa |
| 1. Physcical activity and consumption of food groups |  | Make your own graph | Pauline, Charlotte, Elli, Leevi |
| 1. Physical activity and glycemia | Blood tests before and after an effort : control experiment + people suffering from diabetes | Model with papers | Alexia B-M, Maude, Heta, Annimaija, Liida, Tiia, Alexia D |
| 1. Speed test to measure rate of dioxygen (VMA – VO2max) : what for ? How to increase your score ? | * Different speed tests to get reliable data * Tests with a physiotherapist | With lungs, heart, bood vessels and muscles |  |
| 1. Blood pressure : what is pressure ? Measuring blood pressure : what for ? | Different sports lead to different blood pressure |  | Theo, Matis et Noe, Lauri, Sonja Paan, Mia |
| 1. Type of training for national athletes ? altitude ? other ways ? |  |  | Margaux Dietlin, Kreeta, Miika, Iikka, Maryne |
| 1. Effect of training on your muscles ? |  | Models of muscles : models with springs and elastics | Anastasia, Julie, Emeline et Baptiste , Tino, Atte, Arno, Etienne |
| 1. Courses :  * Paavo Nurmi : what did his efficient training ideas were ? * Sports benefits in terms of hormones produced * Sport and fighting against obesity |  | * Compare training schedule * Model with papers * Questionaires : do they ear from obesity at school or at home ? Is it of recent concerned among children ? Find new data. | Illiana, Clarisse, Ada, Tiia H  Kassandra Isaline |

How to work ? (1 to 3 : in Finland – 4 : November 2014-April 2015 – 5 and 6 : in France)

1. Work in pairs : 2 finnish together : make their own hypothesis – The same for 2 french pupils.
2. Work all 4 together to compare hypothesis.
3. How to lead and carry out experiments and/or models ?
4. Use the forum to discuss the ideas, to find the striking experiments and/or models.
5. Carring out the experiments and/or models.
6. Workshops in front pupils and parents