education teachers’ training in Poland, since solutions similar to the Polish ones are successfully realized in many different countries. In many European counties the training that PE teachers receive is compulsory and comprehensive to provide them with sufficient knowledge and skills. In most cases, countries have general strategies, which include continuing professional development (CPD) courses designed for all teachers. In turn, in several countries, different forms of CPD focusing on physical education are available to specialist teachers, but also to generalists who want to improve their skills in the subject. Some countries report that they have CPD courses targeted specifically at teachers of physical education. They are aimed at improving the quality of teaching and learning processes, updating the skills of teachers and introducing them to new techniques and trends in the methodology of teaching physical education at school. Special emphasis should be laid on Cyprus and Turkey, which provide compulsory CPD for physical education teachers on a regular basis. In Cyprus, nationwide seminars and CPD courses are held twice a year, along with annual two-day CPD training between school semesters. In Turkey, CPD programmes are usually organized at the beginning of each semester (European Commission, 2013).

As pointed out by Yager and O’Dea (2008), “in Australia and other Western countries, health and physical education teachers provide children and adolescents with information, teach skills and shape beliefs about and attitudes towards many health topics including nutrition, puberty, prevention of lifestyle diseases, movement skills, drug education, sex education, self-concept, road safety and mental health”. It is essential for Polish physical education teachers to be trained in implementing the same content.

References


