



Primary physical education teachers' Meeting at Lithuanian sports university - November 29, 2023

The main goal

Our main goal was to share the outcomes of the field research study, highlighting the gaps in primary teacher digital competencies and perceived self-efficacy competencies related with inclusive physical education.

The day was all about combining knowledge and action for a more dynamic teaching approach

During the initial phase, we disseminated the outcomes derived from both the focus group session and the questionnaire concerning ITC competences and self-efficacy. The adaptation strategies for

successful inclusive physical education were also presented.

The second part of meeting involved active participation in the university's sports halls. Teachers were grouped into two distinct groups, each with tailored activities to broaden their perspectives.

One group immersed themselves in physical activities designed for inclusive classes with children with visual, hearing disabilities, physical disabilities. They also acquired insights into exercises fostering concentration, attention, and relaxation. The meeting concluded with engaging discussions with the participating teachers, during which we gleaned valuable insights and observations. We are grateful for their active involvement and look forward to incorporating their valuable feedback as we continue to enhance and optimize the platform.