

Magdalena Lelonek

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Magdalena Lelonek is a lecturer and researcher from Medical College at Jan Kochanowski University in Kielce, Poland. She teaches the methodology of physical education at the level of primary school and kindergarten. Her scientific interest is physical activity, physical education and health.

Magdalena also works as a tennis coach for children and other coaches. She had a very long sports career. Formerly Magdalena played table tennis, football and crossminton. Now, she loves slow jogging and long walks with her sniffing dog -beagle.

My Topics for the 20th International Teaching Week:

- 1) Active recess at school, work and home
- 2) Children's perception training