

Dorota Groffik

Academy of Physical Education in Katowice – Poland



Dorota Groffik is an Associate Professor at the Department of Physical Education and Adapted Physical Activity in Academy of Physical Education in Katowice. She graduated from physical education and physiotherapy in the same academy. Dorota is a Physical Education teacher with 15 years of experience. Currently, she conducts classes with students in Physical Education, aquafitness and mindfulness. Her research interests are related to physical activity of children and adolescents, with particular emphasis on physical activity at school. She is a lover of mountain hiking and she also enjoys music and dancing.

My Topic for the 19th International Teaching Week:

- 1) The Importance of Physical Education Lessons in the Post-Pandemic Time
- 2) Mindfulness – A Way to Change Your Life (practical session)