

Practical Learning to Advance Youngsters in Sport



## Survey



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# PLAYS Project Survey

## Survey to identify needs and best practices

### Introduction

As noted in the [EU Guidelines on Physical Activity](#), the daily habits of young children have changed in recent years due to new leisure patterns (TV, internet, video games, smartphones, etc.) and this has led to a decrease in their physical activity .

The consequences of the COVID-19 pandemic have also had a major negative impact on the sports participation of all children. And this while sport has the power to contribute in a positive way to the development of knowledge and skills on various themes.

Therefore, in accordance with the [Council conclusions on the promotion of motor skills, physical and sport activities for children of 15 December 2015](#), the PLAYS project aims to support children aged 6-12 – including children with physical and/or mental disabilities, and children with social and/or economic problems – in active lifestyles by developing nutritional, psychological and biomechanical advice.

The aim of the PLAYS project is to investigate how to support children in different EU countries to practice sport and encourage their participation in sport, in order to promote not only healthy physical and mental growth through a playful approach, but also to promote social development skills, inclusion, respect for the environment and knowledge of the importance of sustainability. To this end, it is necessary to investigate how parents/guardians, coaches and teachers (in training) can be helped, so that they can then support the children in this.

The PLAYS consortium would like to invite you to share your knowledge and experiences through this survey. It only takes a few minutes to be filled in. Furthermore, the data entered in this survey are anonymous and in line with the GDPR guidelines.



## Survey questions

1. Which country are you from?

- Austria
- France
- Italy
- Poland
- Portugal
- Romania
- The Netherlands
- Other (please specify): \_\_\_\_\_

2. What is your age?

- Under 18 years old
- 18 till 30 years old
- 31 till 50 years old
- 51 till 65 years old
- Over 66 years old

3. What is your current role (in coaching) in sports?

- Parent/guardian in home environment
- Coach at sports club
- Teacher (in training) in education
- Other (please specify): \_\_\_\_\_

4. How long have you been coaching in sport?

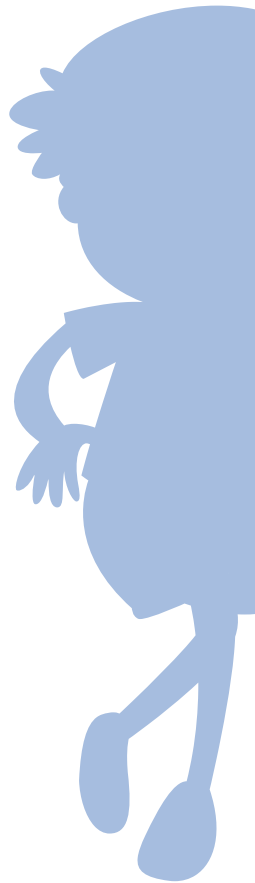
- 0-5 years of coaching
- 6-10 years of coaching
- 11+ years of coaching

5. Have you been coaching mainly team or individual sports?

- Mainly team sports
- Mainly individual sports
- Both team and individual sports

6. Have you been coaching mainly at professional/athlete level or grassroots level?

- Mainly at professional/athlete level
- Mainly at grassroots level
- Both professional/athlete level and grassroots level (equal distribution)



7. Do you support child(ren) aged 6 to 12 in sports, in the development of broad motor skills?  
*Broad motor development means that children learn to move in a versatile way. It is important that all skills are covered, such as balance, run, jump, throw, catch, hit and kick a ball.*

- Yes
- No

8. Do you support child(ren) aged 6 to 12 in sports, in the development of 21st century skills?  
*By 21st century skills we mean skills such as communication, creative thinking, critical thinking, collaboration, problem solving, social and cultural skills, self-regulation.*

- Yes
- No

9. Do you support child(ren) aged 6 to 12 in sports, in acquiring knowledge about healthy nutrition?

- Yes
- No

10. Do you support child(ren) aged 6 to 12 in sports, in acquiring fair play skills?

- Yes
- No

11. In what way do you think sport can positively contribute to the development of children aged 6-12 years old? (multiple options possible)

- Physical development & broad motor development.  
*Broad motor development means that children learn to move in a versatile way. It is important that all skills are covered, such as balance, run, jump, throw, catch, hit and kick a ball.*
- Mental development.
- Knowledge about and use of healthy food.
- Development of social skills.
- Stimulating inclusion. *Everyone can practice sport, regardless of physical and/or mental limitations, social and/or economic background.*
- Develop fair play skills.
- Develop 21st century skills.  
*By 21st century skills we mean skills such as communication, creative thinking, critical thinking, collaboration, problem solving, social and cultural skills, self-regulation.*
- Contribute to knowledge about positive impact on the environment and sustainability (like recycling).
- None of the above answers.



12. Do you have sufficient knowledge and skills about the above-mentioned themes to encourage participation in sports by children aged 6 to 12?

*Themes: physical development, mental development, healthy nutrition, development of social skills, inclusion, fair play, 21st century skills, broad motor development, environment & sustainability.*

- Yes
- No

13. Could we help you to stimulate sports participation of children between 6-12 years old?

- Yes
- No

14. How could you be helped?

- Online knowledge sharing
- Instruction manual
- Other (please specify): \_\_\_\_\_

15. Are you familiar with a best practice?

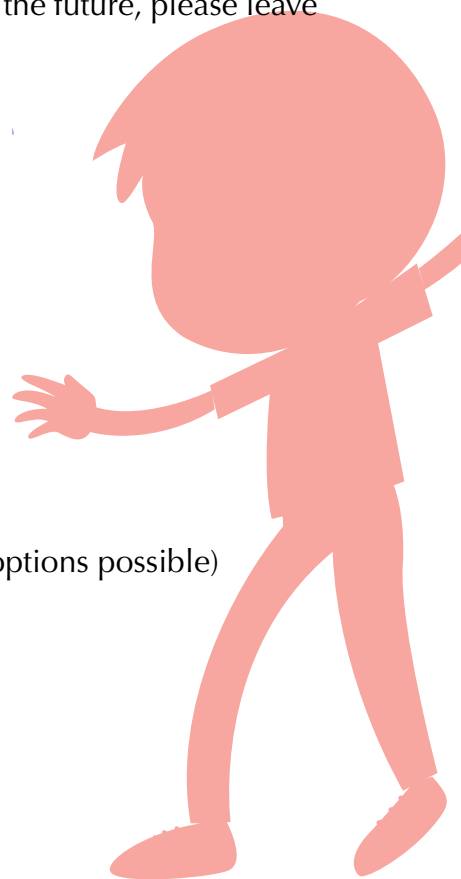
- Yes → Then continue with question 16.
- No → Thank you for filling out the survey. If you want, we can keep you updated about the PLAYS Project activities. If you want to receive information in the future, please leave your email address here: \_\_\_\_\_

16. What is/are your location(s)? (multiple options possible)

- Austria
- France
- Italy
- Poland
- Portugal
- Romania
- The Netherlands
- Other (please specify): \_\_\_\_\_

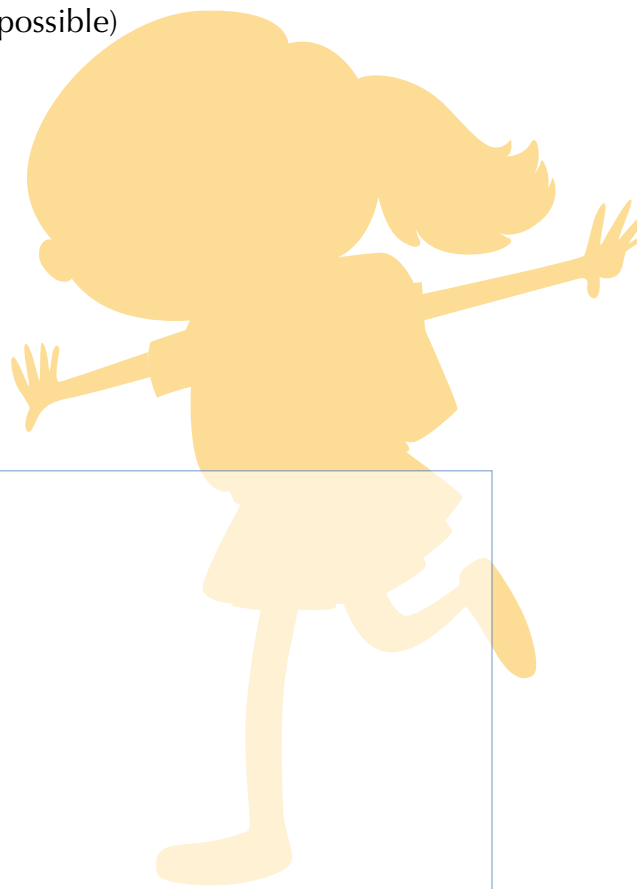
17. In which environment does the best practice take place? (multiple options possible)

- Elementary school
- Secondary education
- Top sport
- Recreational sport
- Home
- Other (please specify): \_\_\_\_\_



18. Which age category does it involve? (multiple options possible)

- 6
- 7
- 8
- 9
- 10
- 11
- 12



19. Describe a best practice:

20. Is information available online about this best practice?

- Yes (please insert a hyperlink - e.g. a link to a website or social media channel)
- No (can you share information in English? Please contact us via email)

21. Why do you consider this a best practice?

please describe the best practice and why you consider this a best practice

22. To which developments does it contribute? (multiple options possible)

- 21st century skills (*such as communication, creative thinking, critical thinking, collaboration, problem solving, social and cultural skills, self-regulation*).
- Knowledge about healthy food.
- Physical development & broad motor development  
*By broad motor development we mean that children learn to move in a versatile way. It is important that all skills are covered, such as; balance, running, jumping, throwing, catching, hitting and kicking a ball.*
- Mental development.
- Development of social skills.
- Stimulate inclusion (*Everyone can practice sports, regardless of physical and/or mental limitations, social and/or economic background*).
- Develop fair play skills.
- Contributing to knowledge about positive impact on the environment and sustainability (Like recycling).
- Other (please specify): \_\_\_\_\_

23. On the 8-9<sup>th</sup> of June 2023 we will organise the next meeting about the PLAYS project.

Can this best practice be shared in English as an example?

- Yes, please share contact information: \_\_\_\_\_
- No, this is not possible.

Thank you for filling out the survey. If you want, we can keep you updated about the PLAYS Project activities. If you want to receive information in the future, please leave your email address here:

\_\_\_\_\_





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