

Practical Learning to Advance Youngsters in Sport



Best Practices Review



www.playsproject.eu



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INTRODUCTION

This document is the first of a number of planned products from an ERASMUS+ funded EU project titled [PLAYS – Practical Learning to Advance Youngsters in Sport](#).

What is PLAYS?

In line with the Council Recommendation on health-enhancing physical activity, PLAYS main objective is to support children aged 6–12 in different EU countries in practicing sports with a playful approach, to promote not only healthy physical and mental growth, but also inclusion and adaptation to different social and environmental situations.

As the EU Guidelines on Physical Activity pointed out, young children's daily habits have changed in recent years due to new leisure patterns (TV, internet, video games, smartphones, etc.) and this has led to their decreasing physical activity. For this reason, according to the Council conclusions on the promotion of motor skills, physical and sport activities for children of 15 December 2015, this project aims to support youngsters in practicing sport and tackle the risk of dropout through the elaboration of nutritional, psychological and biomechanical advises – as well as weekly playful activities to be active in the everyday life. To reach this scope, Trainers, Educators, Affiliates and Mentors (TEAM) and parents will be encouraged to share and increase competences and knowledge on how to develop physical, mental and social skills of children through sport.

In order to fight against any type of intolerance and to reduce the isolation of the most vulnerable categories, another important objective of the project is also to include in sport all kind of youngsters, from those with disabilities to the ones with social and economic issues, to ensure equal access to a fundamental activity for the physical and mental growth of every child. In fact, as specified in the recent Resolution on the impact of Covid-19 on youth and on sport of the European Parliament, “the COVID-19 crisis has increased anxiety and fear among young people, which risks having a considerable impact on their lives and their school-to-work transition”(10); for this reason, sport and physical exercise are particularly important under the circumstances caused by the pandemic, since they strengthen physical and mental resilience”(14) and promote values such as mutual respect and understanding, solidarity, diversity, fairness, cooperation and civic engagement”(16).

Furthermore, to both ensure the prevention of mental diseases in young children and highlight the importance of environmental sustainability in sport, outdoor activities and open-air sports will have a prevalence, through specific educational activities which will include waste recycling and the respect for nature.

PLAYS aims to encourage the participation in sport and physical activity by creating and sharing at national and EU level a very specific, science based, step-by-step action plan and training programme based on fun and playful activities, to involve youngsters aged 6-12 in practicing structured exercise, and to help parents, trainers and educators in encouraging the participation of youngsters in regular physical activity for their psychophysical and social well-being.

The scientific literature review regarding physical activities for 6-12 years old children underline some important aspects such as:

1. The article published by Neville, R. D., Lakes, K. D., Hopkins, W. G., Tarantino, G., Draper, C. E., Beck, R., & Madigan, S. (2022) concludes that children and adolescents have experienced measurable reductions in physical activity during the COVID-19 pandemic. Findings underscore the need to provide bolstered access to support and resources related to physical activity to ensure good health and social functioning among children and adolescents during pandemic recovery efforts.
2. The conclusion of a 27-year longitudinal study is that the development of leisure-time vigorous physical activity (LVPA) from adolescence to adulthood is heterogeneous, suggesting the need for targeted health promotion initiatives.
3. Evidence suggests that motor performance in children is declining globally. It was tested by Vallenga et al (2019) whether participation in organized sport is associated with motor performance, and estimate the effect of 30 months participation in organized sport on motor performance. Study participants were 1067 primary school students, enrolled in the Danish Childhood Health, Activity, and Motor Performance School study. Positive associations between participation in organized sport and motor performance identify participation in organized sport as a way to improve motor performance in children. These results might provide the basis to determine whether participation in organized sport could be beneficial for children with developmental movement disorders.

Overall, the literature supports the importance of physical activity in promoting children's health and development and provides evidence-based recommendations for promoting physical activity in this population.

PLAYS is a 30-month project that has 9 partners from 7 countries, led by Ovidius University of Constanta, Romania (OUC) and includes third sector sport institutions and universities. The project team includes the following organisations:

1. UNIVERSITATEA OVIDIUS DIN CONSTANTA - Romania
2. EUROPEAN CULTURE AND SPORT ORGANIZATION - Italy
3. FUNDACJA INNOWACJI DLA SPORTU VERDE - Poland
4. ASSOCIATION POUR LE PILOTAGE DES PROJETS RECHERCHE-ENTREPRISE DUPOLE ENFANT - France
5. DER CONFEDERATION SPORTIVE INTERNATIONALE DU TRAVAIL - Austria
6. ASSOCIAZIONE ITALIANA CULTURA SPORT - Italy
7. FEDERACAO PORTUGUESA DE NATACAO - Portugal
8. ASOCIATIA "CENTRUL PENTRU DEZVOLTAREA INSTRUMENTELOR STRUCTURALE" - Romania
9. STICHTING SPORTSERVICE NOORD-BRABANT - Netherlands

The PLAYS programme will be implemented and tested with the target groups in different EU countries within the sports clubs involved in the project consortium. The programme implementation will include both the physical, mental and educational dimensions - as well as educational activities to promote digital skills and environmental sustainability.

Beneficiaries are:

- Youngsters aged 6-12 in different EU countries
- Parents and legal guardians
- Teachers and educators
- Sports trainers and coaches
- Sports clubs across the EU
- Stakeholders in the field of sport, health and education

As the actual pandemic has shown, sport sector has been one of the most hit by the actual crisis and needs; the project aims to increase the digital skills of project beneficiaries, while working on their social skills and providing crucial life lessons through sport, fun and the use of proper digital tools and e-learning easily accessible for all.

The digital dimension will be a focal point of the project, since it will be developed a dedicated platform on the project website aimed at TEAM members, parents and all stakeholders, and it will be implemented educational activities for children and youngsters involved.

The expected results are:

- Children will be encouraged by a programme balancing fun, health and active lifestyles.
- Parents, coaches, trainers and educators will have useful tools to encourage children in practicing sport and having healthy lifestyles.
- Sports clubs will be able to propose specific activities based on the PLAYS programme to attract new users in their facilities.
- Stakeholders will have a further tool to promote active lifestyles and social cohesion.

What is the aim of this document?

The PLAYS project is an initiative aimed at increasing physical activity levels among school-aged children through the promotion of active play during recess and after-school activities. The purpose of this best practices review is to identify and evaluate effective strategies and approaches for promoting physical activity among children in the school setting.

What is included in the document?

The scope of this review includes a range of strategies and approaches that have been used to promote physical activity among children in schools, including recess interventions, active after-school programs, and classroom-based physical activity breaks. The objectives of this review are to identify best practices for promoting physical activity among children, evaluate the effectiveness of these practices, and provide recommendations for the PLAYS project.

What is a „best practice“?

A best practice is a method, technique, process, or activity that has been identified as effective and efficient in achieving a particular goal or objective. Best practices are developed through research, experimentation, and experience and are proven to produce positive results. Best practices are often adopted as a standard approach or benchmark within an industry, organization, or field of study.

Examples of best practices include methods for improving workplace safety, techniques for effective project management, processes for quality control in manufacturing, and strategies for promoting physical activity in schools. Best practices are typically based on empirical evidence and are subject to ongoing evaluation and improvement.

Adopting best practices can lead to increased efficiency, improved quality, and better outcomes. Organizations that incorporate best practices into their operations can benefit from reduced costs, increased productivity, and improved customer satisfaction. Additionally, adopting best practices can help organizations stay competitive and relevant in their respective industries or fields.

Section 2: Overview of benefits of physical activity, exercise, and sport for 6-12 years old children

Physical activity, exercise and sport are essential for the healthy development of children between the ages of 6 and 12. Here are some of their benefits:

- **Muscle and bone development:** By practicing physical exercises, children develop their muscles and bone system. This can lead to healthier growth and increased bone density, which can prevent osteoarthritis in the future.
- **Improve heart health:** Physical activity helps improve heart health and reduce the risk of cardiovascular disease in the future.
- **Improve coordination and balance:** Exercise helps improve children's coordination and balance, which can lead to better development of motor skills and self-confidence.
- **Improve mood and reduce stress:** Physical activity can help reduce stress levels and improve children's mood. It can also be a fun way to pass the time and socialize with other kids.
- **Improving school performance:** Studies have shown that regular exercise can help improve school performance in children.
- **Preventing obesity and other diseases:** Physical activity can help prevent obesity and other sedentary diseases, such as type 2 diabetes.
- **Improve sleep:** Regular exercise can help improve sleep quality and prevent sleep disorders in children.
- **To reap these benefits, children should get at least 60 minutes of moderate to vigorous physical activity each day.** These activities can include running, cycling, swimming, dancing and other sports and team activities.

There are many ways we can help children be active and develop healthy exercise habits. These include:

- **Modelling healthy behaviour by adults and especially parents** so that children see the importance of physical activity in everyday life.
- **Encouraging children to join sports groups or teams** so that they develop social skills, make new friends and feel motivated to take part in physical activities.
- **Encouraging children to spend more time outdoors and play actively outside the home, in parks or playgrounds.**
- **Limiting the time spent in front of the TV, computer or mobile phone, so that they are not sedentary.**
- **Creating a weekly family physical activity schedule** so everyone can have fun and exercise together.

Section 3: Case study selection process

Methodology

To identify best practices, we conducted a comprehensive review of the literature on strategies and approaches to promoting physical activity. All partners reviewed relevant reports and websites from sport organizations. Criteria for selecting best practices included the quality of the evidence, the relevance to the PLAYS project, and the potential for scalability and sustainability.

Altogether, the research allowed the partnership to identify examples of best practice in different contexts, while simultaneously learning from the details of practice implementation within those contexts.

Section 4: Case Study examples

The following best practices represent the researches of the project partners, at the local level, regarding sport and pedagogy for children and youngsters. They illustrate how these beneficial practices are currently implemented under different circumstances and diverse contexts. These practical examples from diverse settings will allow the PLAYS team to extract general principles to define guidelines for best practice in the use of sport and exercise for children and youngsters.

ITALY



N. 1

Activity name: Red & Blue Summer Camp Rugby Parabiago 1948

Organisation: Rugby Parabiago 1948

City: Parabiago

Country: Italy

Sports: Multisport and other activity

Participants: children between 6 and 15 years old

Duration: 3 months

Sessions: 5 days a week



Activity's aims, objectives and description:

In summer, Rugby Parabiago does not leave its children alone, but also accompanies them in a multi-sport summer camp. The camp aims to be a valuable support for families to increase the socialization of children, with the right mix of recreational, cultural and sports activities within the proposed periods. English and Spanish language, art and theatre workshops are offered during each week in parallel with classes in basketball, soccer, volleyball, martial arts, and baseball. In addition, educational visits to local farmsteads and forests are organized during the activity periods.

Further information: <https://rugbyparabiago.com/summer-camp/>

N. 2

Activity name: Beach Volley School

Organisation: Volley team Club San Donà

City: San Donà di Piave

Country: Italy

Sport: Beach Volley

Participants: children between 7 and 14 years old

Duration: 3 months

Sessions: 4 modules of 4 lectures each



Activity's aims, objectives and description:

The project, designed for 7- to 14-year-olds, includes two days of weekly activities on the beach, with the aim of developing the technical skills, physical qualities and socialization of young athletes through a mix of educational and recreational activities. Athletes are supervised by 3 specific figures: beach master, athletic trainer, JBA free time manager.

Further information: <https://jbabeachvolley.it/beach-volley-school/#1516978744347-f3367a9b-9a8d>

N. 3

Activity name: Avviamento allo sport

Organisation: Primo Salto 012

City: Siena

Country: Italy

Sports: Multisport

Participants: children between 6 and 12 years old

Duration: all year round

Sessions: 2 times a week



Activity's aims, objectives and description:

Multi-sport activity with the ball by the name "Pallagiocare" that gives children aged 6-12 years the opportunity to play different activities and thus allowing them to consolidate the motor patterns acquired in the early years. This also makes it possible to go about identifying, directing and recommending the most suitable and chosen sports practice for the very young.

Young people are offered an activity that is divided into two paths. A first one offers three different disciplines such as minibasketball, S3 minivolley and the "Ball Game.". Il second path is to give the little ones a chance to try out different sports disciplines, including through a network built with other Societies.

Further information: <https://progettoprimalto.blogspot.com/search?q=pallagiocare>

N. 4

Activity name: Cittadella Fratellanza

Organisation: La Fratellanza 1874 Modena

City: Modena

Country: Italy

Sports: Multisport

Participants: children

Duration: 2 months

Sessions: 5 days a week



Activity's aims, objectives and description:

The "Cittadella Fratellanza" is a summer center, which every year promotes the values of sports through fun and socialization of children and families. It is open to all the very young, offering a summer full of sports with athletics playing a central but not exclusive role. Disparate activities from recreational workshops as well as popular or less popular sports are offered on the different days. The goal, therefore, is to bring out the potential and expression of the little ones through fun in movement.

Further information: <https://www.lafratellanza.it/atletica-leggera/with-us-corri-con-noi/>

N. 5

Activity name: Estate ragazzi

Organisation: CUS Torino

City: Torino

Country: Italy

Sports: Multisport

Participants: children between 4 and 14 years old

Duration: 3 months

Sessions: 5 days a week



Activity's aims, objectives and description:

At the end of school activities, CUS Torino carries out "Estate Ragazzi." These are Summer Centres, organized in different neighbourhoods of the City of Turin, which offer all kinds of sports activities to all children and teenagers from 4 to 14 years old. In addition, thanks to the collaboration with the Primo Nebiolo Volunteer Association, an adapted sports activity accessible to all is carried out, offering a specialized sports service for very young people with different abilities.

Further information: <https://www.estatecutorino.it/estate-cus-2022/>

N. 6

Activity name: Giocampus Scuola, Neve ed Estate

Organisation: CUS Parma

City: Parma

Country: Italy

Sport(s): Multisport

Participants: children between 5 and 15 years old

Duration: all year round

Sessions: many times a week



Activity's aims, objectives and description:

"Giocampus" promotes the well-being of future generations through motor and nutrition education, accompanying the very young through the three phases of the project: "Giocampus School," "Giocampus Snow," and "Giocampus Summer." To date, forty-one first-grade schools have espoused the "Giocampus School" project, in the City of Parma and in several other municipalities. In all phases of "Giocampus-pus," learning becomes a game using the "learning by doing" method. The youngest learn through play, because only by having fun can we get to know and experience emotions and feelings that last in time.

Further information: <https://www.giocampus.it/it/>

N. 7

Activity name: ASO Sport Camp

Organisation: ASO Cernusco

City: Cernusco Sul Naviglio

Country: Italy

Sport(s): Multisport

Participants: children between 6 and 13 years old

Duration: 7 weeks

Sessions: 5 days a week



Activity's aims, objectives and description:

The Oratory Sports Association seeks to offer its services and sports even on vacation through "Camp Multisport." An experience that allows children aged 6 to 13 years to discover and have the opportunity to practice, thanks to the guidance of young and trained instructors, different sports disciplines.

Further information: <https://asocernusco.it/events/aso-sport-camp-1/>

N. 8

Activity name: Camp estivo

Organisation: ASD Asterope

City: Francavilla al Mare

Country: Italy

Sport(s): multisport

Participants: children between 4 and 13 years old

Duration: 3 months

Sessions: many times a week

CAMPUS ESTIVO

Da Giugno ad Agosto

E...STATE SICURI

ANTISTADIO Comunale Valle Anzuca
dai 5 ai 14 anni
Dal lunedì al venerdì
(merenda e acqua inclusa)

Laboratori:
manipolativi e creativi
teatrali
lettura e scrittura

Attività di potenziamento
linguistico

Spazio compiti
Giochi Vintage
E-sport
Attività Multisport
Danza e Breakdance

TUTTE LE ATTIVITÀ VERRANNO SVOLTE NEL PIENO RISPETTO DELLE NORMATIVE VIGENTI IN MATERIA DI COVID.

0338 036 0520

- MERENDA E ACQUA INCLUSI
- POSSIBILITÀ DI PRANZO
- SERVIZIO NAVETTA A RICHIESTA

Activity's aims, objectives and description:

In the summertime, ASD Asterope organizes campuses with sports activities, workshops for toddlers and individual technique improvement courses for older kids. English language learning activities, drawing workshop, pet therapy and assistance in writing vacation homework are developed for the children. The various proposed activities are offered completely free of charge for families in disadvantaged situations.

N. 9

Activity name: Centro estivo La Natura a Cavallo

Organisation: ASD La Natura a Cavallo

City: Massa marittima

Country: Italy

Sport(s): Horse riding

Participants: children between 7 and 17 years old

Duration: 2 months

Sessions: 5 days a week



Activity's aims, objectives and description:

In the in-house riding stables, children from 7 to 17 years old take riding lessons with a qualified instructor (English riding), take courses and learn about ethology and horse husbandry. Hiking in the woods and horseback riding are also organized. English and French language courses. Hikes in the woods with descriptions of flora and fauna, visits to museums and mines in Massa Marittima, and trips to the lake and the sea are also planned. Finally, kids learn the basics of archery and dog education. Children and teens have a wonderful experience in the midst of nature, in contact with horses and animals.

Further information: <https://www.facebook.com/lanaturaacavallo/>

N. 10

Activity name: Multisport!

Organization: Educazione.Sport

City: Albino

Country: Italy

Sport(s): multisport

Participants: children between 6 and 13 years old

Duration: 8 months

Sessions: 2 times per week



Activity's aims, objectives and description:

Multisport! is the after-school sports course where everyone has the opportunity to measure themselves first-hand with a variety of sports disciplines.

An experience that allows children and youth to build a solid and broad motor background, discovering the rules of sports and respect for others.

Multisport! will give kids a rooted and healthy sports culture.

It will also help them make more informed choices about what sport to play when they grow up.

Further information: <https://epuntos.it/corso-multisport/>

N. 11

Activity name: Biodanza

Organisation: ASD "Il suono del tempo"

City: Zanè (Vicenza)

Country: Italy

Sport(s): dance

Participants: There are different courses: for children, for adults, for children together with parents, for couples, for people with disabilities



Activity's aims, objectives and description:

Biodanza is geared toward promoting physical, emotional, cognitive and relational integration, as well as affective and psychosocial maturity and a person's quality of life.

Psychomotor-affective integration takes place through harmonizing dances (slow pleasurable movements with affective contact and caressing) that induce dissolution of muscular tension; dissolution of tension at the emotional level; integration of physical contact into communication; and development of balance. The exercises that are done are: Physiological walking; Rhythmic dances; Vitality and self-regulation games; Rhythmic coordination and synchronization dances for two; Creative development games and others.

GENERAL OBJECTIVES

Integration of diversity (cultural, physical, social); Integration and development of genetic potentials; through the expression of emotions in a nonjudgmental listening context; Fostering affective communication among peers; Individual and group rhythmic-motor and affective-motor integration; Self-regulation between activity and rest; Development of ability to interact and communicate in a healthy way with the class; Increase in personal self-esteem; Perception of each person's uniqueness as an absolute value; Bodily limits: respect for self and others.

Further information: <https://www.ilsuonodeltempo.org/corsi-biodanza-associazione-santorso> - <https://www.facebook.com/biodanzaSoniaStella/>

N. 12

Activity name: Akido

Organisation: Asia Inner Space Association Environment

City: Bologna

Country: Italia

Sport(s): Akido

Participants: children aged 6

Duration: 9 months in a year

Sessions: 2 times per week



Activity's aims, objectives and description:

Aikido is an oriental martial art suitable for all ages; in particular, classes for children offer work on attention, discipline, and movement education by integrating them with gymnastics, games, concentration techniques and balance exercises.

During the activity one experiences how much the mind-body unification can give power, and calm. Constant discipline of the body and mind also positively affects the quality of life.

Children are stimulated through play and movement to educate themselves in attention, precision of gesture and a collision-free relationship with others.

The first part of the lessons is devoted to practical coordination exercises that work on correct skeletal posture, precise contact of the feet with the ground, and adherence of the spine to gravity. The second part of the lesson is devoted to techniques, where children in martial confrontation, learn to relate in a non-aggressive way, to finish by following the opponent's Ki instead of opposing, to respect the rhythm and breath of the overall movement.

During class, play becomes the way to convey something more subtle; at all times we take into account the age group we are addressing. A physically demanding game is not necessary, but something that captures children's attention and submits it to the study of mind-body coordination.

Further information: <http://asia.it/adon.pl?act=doc&doc=17>

N. 13

Activity name: Cittadini si diventa – Citizens we become

Organisation: AiCS Forlì with AiCS Firenze

City: Forlì and Firenze

Country: Italy

Sport(s): Multi Sport and physical/motorial activities

Participants: from 5 to 14

Duration: 18 months

Sessions: Once a week



Activity's aims, objectives and description:

"Citizens become." Is funded by the Presidency of the Council of Ministers and by Department of Family Policies. Its overall objective is to promote the cohesion of the community, generating interaction between the local community and the migrant one through sport, culture and volunteering. The strategic line followed is to build skills shared citizenship in young people, thus strengthening the bond of future generations with their city and the heritage, promoting and consolidating the action of local network (schools, associations and local institutions) to make it grow in terms of an "educating community". Children from 5 to 14 years old have worked in the cultural field (visiting museums, libraries, theatres, etc.), in volunteering (care activities, volunteering in associations territorial, cleaning public areas, etc.) and in motor practice (sports activity in green areas e in places of aggregation together with the sports associations of one's neighbourhood).

Further information:

[https://progetti.aics.it/cittadini-si-diventa/;](https://progetti.aics.it/cittadini-si-diventa/)

<https://www.facebook.com/profile.php?id=100064272776397>

N. 14

Activity name: Giochi del Sorriso – Smile Games

Organisation: AiCS Frosinone

City: Frosinone

Country: Italy

Sport(s): Traditional games

Participants: from 3 to 13 years old

Duration: 1 school year

Sessions: Once a week



Activity's aims, objectives and description:

The Cultural Association Frosinone in Vetrina starts again for the fourth year, with "The games of Smiles" a series of games of the past, now forgotten as motor activities. The Smile Games are a return to the games of the past, the ones that entertained us, our parents and our grandparents, but now set aside and put in the cellar. They are those games where there is neither a winner nor a loser, but only rules to follow in order to learn those movements that are useful for growth. Strongly positive feedback from children especially in the awareness of being able to have fun even with simple games without using electronic equipment. Our mission is to create plays, where children and young people will have to be the protagonists of the smile by doing motor activities. The vision for us is to give an unconditional smile to everyone, with simple games, to children but also to adults. A smile is the tool that gives hope and strength, and which is a constructive example for training not to lose joy or to find lost joy again.

Further information: <https://www.frosinoneinvetrina.com/igiocidelsorriso>

N. 15

Activity name: Rifiuthlon

Organisation: AiCS Ambiente

City: Several municipalities in Italy

Country: Italy

Sport(s): Traditional games

Participants: from 3 to 13 years old

Duration: Since 2018

Sessions: Half a day



Activity's aims, objectives and description:

Rifiuthlon®, a registered trademark, is a waste collection competition with prizes, created by the AiCS Environment Commission for bring young people closer to the environmental issues. It's not a real competition, but a path of environmental education with an award at the end of the activity for different categories: the participant smallest, largest team, strangest rejection, etc. Neither about ten are organized a year, around Italy, with a participation from 20 to 450, between children and teenagers. In the 2021, in the period of the reopening of the motor activity outdoor, 45 were held.

Further information: <https://www.facebook.com/AICSAmbienteAPS/>

N. 16

Activity name: Sport siamo Noi – We are Sport

Organisation: AiCS Rieti

City: Rieti

Country: Italy

Sports: VolleyBall; Track and Field; Skating

Participants: from 3 to 13 years old

Duration: 6 months

Sessions: 2 hours every week



Activity's aims, objectives and description:

The mission of the project is to introduce children between the ages of 6 and 14 and their families to sports, especially those with socio-economic fragility, who are included in the circuit of educational poverty, residing in small Italian municipalities (apart from under 10,000 inhabitants), promoting the values of sharing, respect for the environment and belonging to one's own territory. The project has created a multidisciplinary sports course consisting of volleyball, athletics and skating. Cleaning was carried out through partnership with the municipality and environmental associations of the river banks, actions to raise awareness of respect for the nature, excursion walks both to discover the ancient part of the village and of the surrounding areas, days of games in the square to rediscover street games, team games at the multipurpose sports field and orienteering in the woods.

Further information <https://progetti.aics.it/sport-siamo-noi-promuovere-comunita-coese-attraverso-lo-sport-di-tutti/>

N. 17

Activity name: Sport siamo Noi – We are Sport

Organisation: AiCS Salerno

City: Salerno

Country: Italy

Sports: Multisport

Participants: from 3 to 13 years old

Duration: 6 months

Sessions: 2 hours every week



Activity's aims, objectives and description:

The mission of the project is to introduce children between the ages of 6 and 14 and their families to sports, especially those with socio-economic fragility, who are included in the circuit of educational poverty, residing in small Italian municipalities (apart from under 10,000 inhabitants), promoting the values of sharing, respect for the environment and belonging to one's own territory. The project has created a Multisport Summer Camp integrated with multisport weekly activities in winter time. Moreover, in order to promote a feeling of shared citizenship, environmental and eco-friendly walking have been staged aimed at getting to know artistic and cultural sites. The project addressed 150 children and 92 relatives.

Further information: <https://progetti.aics.it/sport-siamo-noi-promuovere-comunita-coese-attraverso-lo-sport-di-tutti/>; <https://www.facebook.com/Aicssalerno1/>

N. 18

Activity name: Vivai dello sport per tutti - Academy of Sport For All

Organisation: AiCS with 30 local committies and their affiliated clubs

City: 30 cities

Country: Italy

Sports: Multisport

Participants: from 10 to 14 years old

Duration: 6 months

Sessions: 3 hours every week



Activity's aims, objectives and description:

To impact on the needs of autonomous and aware development of skills and abilities concerning the main spheres of life of children between 10 and 14 years, through the experimentation of grassroots sport Academy model, capable of integrating the values of sporting competition with those of the development of transversal life skills (sport, healthy lifestyles and socialisation). During the participation in the activities of the Academy, 1 hour, additional to those of the activities indicated above, is dedicated to the aspects of healthy lifestyles and socialization that go beyond from the sporting activity itself, through the organization of recreational activities, traditional local games, organization of self-support group activities for studying for the management of school tasks, etc. 3 Open Days as open-door training and mini-tournaments with elite athletes, with the possibility of including children and families not participating in the Academy, involving 3 elite athletes.

Further information: <https://progetti.aics.it/i-vivai-dello-sport-per-tutti/>

N. 19

Activity name: Sport di Squadra - Team Sport

Organisation: AiCS Catania

City: Catania

Country: Italy

Sports: Motorial circuits, running, team sports (Volleyball, Beach Volley, Football 5, Sport Dance)

Participants: from 3 to 14 years old

Duration: 6 months

Sessions: 1 hour every week



Activity's aims, objectives and description:

The general objective of the project is in fact to promote motor practice for children aged 3 to 14, their families and university students according to a perspective of social inclusion and equal opportunities and with particular reference to conditions of socio-economic fragility.

To do this, the project implemented strategic lines of promotion of sport according to team values and fair play, especially in defence of the youngest who live in conditions of socio-economic fragility. It proposed an educational agreement with schools, enhancing sport as a tool for social inclusion, and a training agreement with university students offering them free sport practice in exchange for coaching internships for sport operators in the organization of sporting events for children and families.

Children 3-14: 168

Relatives: 200

University students: 10

Further information: www.aics.it

N. 20

Activity name: Corrlitalia Forlì - ItalyRunning Forlì

Organisation: AiCS Forlì

City: 20 Forlì

Country: Italy

Sport: Non competitive Running

Participants: lower secondary school students from 10 to 14 years old

Duration: 1 day

Sessions: 1 session



Activity's aims, objectives and description:

National running event organized by Aics Associazione Italiana Cultura Sport started 30 years ago in more than 20 cities.

The Forlì edition is one of the most attended and hosted in the setting of the Urban Park. About 600 participants in the initiative, coming from 4 lower secondary schools in the city, first started a series of non-competitive foot races and then, together with their teachers and parents, took part in the traditional walk fast, at the end of which the awards were held.

Further information: <https://www.youtube.com/watch?v=HSFHn3HiVZ0>

N. 21

Activity name: AiCSlandia _ AiCSland

Organisation: AiCS Frosinone

City: Frosinone

Country: Italy

Sports: physical and motorial activities and sports

Participants: lower secondary school students from 10 to 14 years old

Duration: 2 months

Sessions: 8 hours per day / full time



Activity's aims, objectives and description:

Studies have shown that children spending regularly part of their time outdoors, increase their attention and their cooperative and relational skills.

AiCS implemented an innovative format of summer camp. The summer camps staged by AiCS Bologna were located in Schools, Public house and Public garden and addressed to children from 6 to 11. The main activities implemented were: open air painting laboratories, physical and motorial activities and sports, outdoor education, English role-playing, environmental walking and intercultural activities.

Further information: <https://www.facebook.com/Aicslandia/>

https://www.youtube.com/watch?v=WNHWX_WbY-Q

N. 22

Activity name: Sport di Squadra a Scuola – Team Sport at School

Organisation: AiCS and other 30 local committees and their affiliated clubs

City: 30 different cities

Country: Italy

Sports: Multi team sport

Participants: students from 3 to 14

Duration: 6 months

Sessions: 2 hours every week



Activity's aims, objectives and description:

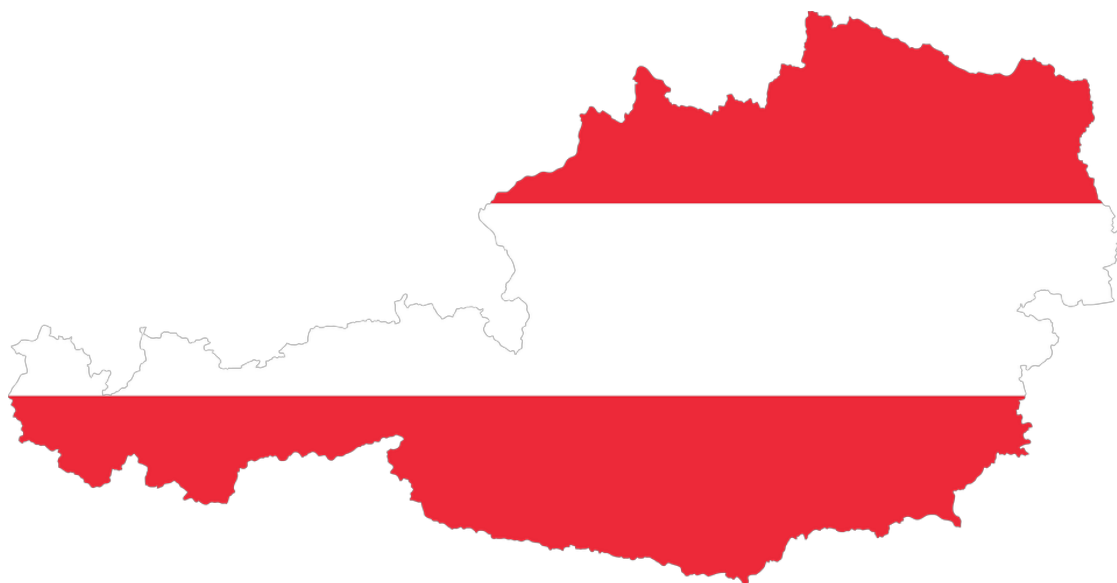
The project implemented in 20 Italian Regions with 30 AiCS Territorial Committees and in collaboration with schools and the participating municipal administrations of the territory in order to reach 2 main target groups through the project activities:

Children from 3 to 14 years of age: motor practice and team sports in schools (from kindergarten to lower secondary school), curricular or extra-curricular activity, considering 2 hours a week for 6 continuous months.

Children from 3 to 14 years of age and families: 4 team sport open events during the 6 months of activity.

Further information: <https://progetti.aics.it/sport-di-squadra-a-scuola/>

AUSTRIA



N. 1

Activity Name: Kinder Gesund Bewegen 2.0 (Ger: Healthy Movement for Kids)

Organization: Implementation is provided by the umbrella sports associations ASKÖ, ASVÖ and SPORTUNION. The overarching activities are coordinated by Fit Sport Austria, the joint limited company of the umbrella sports associations.

City: All over Austria

Country: Austria

Sports: All movement-promoting sessions will take place in the form of polysportive movement sessions of the supervising sports club. Polysportive does not describe the use of many sports, but rather the variety of different forms and combinations of movement, as well as the age-appropriate implementation of the movement-promoting sessions. The focus is on conveying the fun and enjoyment of a wide variety of movement options.

Participants: Kindergartens and primary schools (Volksschulen). Kinder in the age of 2-10 years.

Duration: There are two models for implementing the movement sessions, namely FLEX and FIX.

FLEX:

- A variety of physical activity and sports activities are offered
- At least 15 physical activity sessions take place during regular teaching or supervision time. Further sessions are outside the regular teaching time
- The sessions can be divided among different groups/classes
- Kinder Gesund Bewegen exercise leader

FIX:

- Development of motor skills is promoted
- Reference person "sports trainer"
- At least 30 movement-promoting sessions take place as a "window lesson" in the timetable or daily routine of the educational institution.
- The session is carried out as an additional weekly full-year class starting in September in a consistent group/class
- Kinder Gesund Bewegen exercise leader PLUS

Sessions: Depending on whether the Flex (minimum 15 sessions) or FIX (minimum 30 sessions) model is implemented. The way of cooperation is determined individually between the partners.

Aims, objectives, initiative description: Kinder Gesund Bewegen 2.0. is a nationwide program to promote physical activity for children in kindergartens, elementary schools and sports clubs. The focus is on demand-oriented cooperation between educational institutions and sports clubs for mutual

benefit: educational institutions benefit from high-quality physical activity programs, and sports clubs benefit from the possibility of long-term cooperation. Moreover, new physical activity opportunities for children and young people and increased possibility of retaining children in sports clubs is created with this initiative. The main aims are: bring exercise and sports as an integral part of everyday life in kindergartens and elementary schools, and make sure children in the target group experience exercise and sports as a diverse, joyful activity and are motivated to engage in sports also in a long-term.

Further information: www.kindergesundbewegen.at and www.fitsportaustria.at

Social Media: Facebook: Fit Sport Austria; Instagram: fit_sport_austria

N. 2

Activity Name: Tägliche Bewegungseinheit (Ger: Daily Physical Activity Unit) – pilot project

Organization: Fit Sport Austria, the joint limited company of the umbrella sports associations ASKÖ, ASVÖ and SPORTUNION.

City: All over Austria

Country: Austria

Sports: The activities are not limited to a specific sport, rather to different exercises, taken from different sports. Every physical activity unit is created adequately to the age of children.

Participants: Kindergartens and schools.

Duration: Two school years.

Sessions: In addition to the existing physical activity and sport lessons, each school class is to receive at least four physical activity and sport sessions per week. Each kindergarten group will receive at least one additional physical activity session per week led by external physical activity coaches.

Aims, objectives, initiative description: The Daily Physical Activity Unit project is being launched as a pilot project in ten pilot regions in all Austrian provinces. The aim is to prove the feasibility of the daily physical activity unit at educational institutions at elementary, primary and lower secondary level in the form of the 3-pillar model. The 3-pillar model is facilitated as a pilot project over two school years. Pillar 1. Culture changes to exercise and sport. Physical activity and sports become an integral part of the daily kindergarten and school life of children and adolescents at the participating educational institutions.

Pillar 2. Additional movement and sport units. At the educational institutions, additional sports and physical activity units led by physical activity coaches will be implemented.

Pillar 3. Individual support offers. For children and adolescents with physical activity deficits, additional and needs-oriented offers are made available. These supplementary offers are also intended to motivate the children and young people to take more exercise in their free time.

Gamification: Gibmir5 App was created during the COVID 19 times to still keep the motivation of children for moving on a regular basis and thus to keep the group/class scores high on a weekly basis. The movement time is thus documented in a playful way and the group, as well as the educational institution will receive an overview of all the activities that have been carried out. App provides otherwise free offers, workshops and ideas for physical activity are communicated to the teachers.

Further information: <https://bewegungseinheit.gv.at>

N. 3

Activity Name: Mamanet. Mother's Cachibol League

Organization: Mamanet Austria

City: All over Austria

Country: Austria

Sports: Mothers are playing Mamanet/Cachibol, while their kids join their training for playing together with them, or to do other children-specific sports activities, offered during the training.

Participants: Mothers and their children (regardless the age)

Duration: Unlimited

Sessions: One session per week.



Aims, objectives, initiative description: More than 600 women and 250 children play Mamanet regularly (weekly) in Austria. At Mamanet, childcare sessions are offered parallel to the cachibol training. The childcare is tailored to the age of the children but always has to do with sports and exercise, thus, the offer ranges from a toddler care to cooperation with sports clubs of other sports. Children get involved from the beginning into sports, benefit from the role model effect of their mothers and want to do sports as well. The older children are familiar with the rules and are responsible for counting and writing at the tournaments and competitions. In addition, Mamanet Austria organized special tournaments for the children - KIDNET.

Further information: <https://www.mamanet-austria.at/de/was-ist-mamanet/kinderbetreuung>

Social Media: Facebook: Mamanet Austria, Instagram: @mamanetaustria

N. 4

Activity Name: Taekwondo für alle (Taekwondo for all)

Organization: Wien Taekwondo

City: Vienna

Country: Austria

Sports: Taekwondo

Participants: Toddler Taekwondo is for children ages 2 to 3 and Children's Taekwondo is for children ages 4 to 12, although younger children may participate in training if an older sibling is already in the group.

Duration: Unlimited

Sessions: Suggested two-three sessions per week.



Aims, objectives, initiative description: Taekwondo trains the body and mind and is therefore an excellent method of personality development. By strengthening self-confidence, willpower and promoting discipline, taekwondo can claim to be character-building. Children gain better body control and acquire stamina and concentration. The correct behaviour in dealing with conflict situations are focal points of self-defence. Simple but effective techniques turn boys and girls into defensible individuals. Taekwondo meets children in all phases of their development. Through our many years of experience, they learn Taekwondo playfully and gently.

Further information: <https://wientaekwondo.com/taekwondo/>

Social Media: Facebook: Wien Taekwondo Centre - Kampfsportverein, Instagram: @wientkd

N. 5

Activity Name: Turnen für alle/Kinderturnen

Organization: Turnsport Austria + 450 Partner organizations

City: All over Austria

Country: Austria

Sports: Gymnastics

Participants: Children starting from 3-3,5 years old.

Duration: Unlimited

Sessions: Suggested two-three sessions per week, yet depends on the age and chosen group.

Aims, objectives, initiative description: Turnsport Austria believes that children's gymnastics is the best foundation for lifelong fitness and movement and play are absolutely essential for children's healthy development. In today's sedentary world, however, there are fewer and fewer "natural" opportunities for this. It is therefore even more important that all parents consciously address the problem of junk food, television and computers that are causing more and more children to have poor posture, obesity, cardiovascular problems and coordination difficulties even as early as elementary school age - and actively counteract the alarming trend with their measures.

The aim is to create more movement, play and sport for children that are irreplaceable for the comprehensive physical, mental, emotional and social development of children. Moving a lot and in a variety of ways helps children to develop their motor skills, improve their perceptive abilities and develop positive self-esteem, develop positive self-esteem and social skills. Modern and versatile children's gymnastics is the best way to do this. Children's gymnastics can do much more than "just" exercises on the floor or high bar - and as a "basic sport" it creates the prerequisites for an active and health-oriented life in motion.

Further information: <https://www.turnsport-austria.at/de/sport/turnen-fuer-alle>

Social Media: Facebook: Turnsport Austria – Gymnastics Austria, Instagram: @aut_gym

N. 6

Activity Name: Football for Children

Organization: Football School AT

City: Different locations within the lands Vienna and Lower Austria

Country: Austria

Sports: Football

Participants: Children 3 to 14 years old

Duration: Unlimited

Sessions: Once per week.



Aims, objectives, initiative description: The Football School offers soccer training for girls and boys in kindergartens, elementary schools and also afterwards at locations in Vienna and Lower Austria. The aim of the Football School is to introduce and inspire children to soccer in a playful way. They are trained by friendly and experienced coaches, whereby the individual care and development of the children is in the foreground. The soccer training is varied, child-oriented and age-appropriate. The children learn basic techniques such as dribbling, technique, passing and shooting. Girls who love soccer are just as welcome at the Football School as boys.

Further information: <https://www.footballschool.at/fussballtraining-3>

Social Media: Facebook: Football School, Instagram: @footballschool_at

N. 7

Activity Name: Gymnatlon SportMix

Organization: Sports4YOU

City: Vienna, Graz

Country: Austria

Sports: Basic skills of tennis, volleyball, basketball, athletics, gymnastics, and parkour

Participants: Children 6 to 9 years old

Duration: 30 units

Sessions: Once per week



Aims, objectives, initiative description: Advanced sports program for students from 6 to 9 years old, whose goal is to introduce children to the basics of 6 popular sports and discover their prerequisites. Varied training based on the concept of diversity and with a view to gradually learning the basic skills of tennis, volleyball, basketball, athletics, gymnastics and parkour.

The training plans of the individual sports were created in cooperation with sports clubs and specialists.

Wandering mascot "Max" is present in every course and children receive game plans in which they can collect their motivation stickers.

Further information: <https://www.gymnathlon.at/sportmix>

Social Media: Facebook: Gymnathlon Österreich, Instagram: gymnathlon.at

POLAND



N. 1

Activity name: Łódzkie Szproty

Organisation: Swim For a Dream Charity

City: Łódź

Country: Poland

Sport(s): swimming

Participants: children attending primary and high schools

Duration: through a school year

Sessions: once a week



Activity's aims, objectives and description:

The swimming section Łódzkie Szproty offers free swimming classes for children and teenagers from environments at risk of exclusion. The idea of creating Łódzkie Szproty was born during the implementation of the project "Let's give joy to children from orphanages", implemented by Swim For a Dream Charity in cooperation with MOPS Łódź and the Aleksandra Urbańczyk Swimming School. During the 10-week course, the Foundation trained 200 charges of the Foster Care in Łódź in swimming. Twenty of all participants showed above-average commitment to the course, conscientiousness in performing exercises and predispositions which, with further education, may result in success in sports competitions. It was these participants who were invited to continue the swimming course for 2 hours a week until the end of 2020. In the following years, we expanded the section by adding more swimming groups and group classes with a nutritionist and a sports psychologist.

Further information: www.sfad.pl

N. 2

Activity name: Marcin Gortat's Sport School

Organisation: MG13 Sp. Z o.o.

City: Łódź

Country: Poland

Sport(s): all kind of sports

Participants: children attending primary schools

Duration: through a school year

Sessions: every day of the week



Activity's aims, objectives and description:

A network of sport schools located in biggest cities in Poland and branded with the new of a former Polish NBA player – Marcin Gortat - create the opportunity to combine education with professional sport. People running the school place great emphasis on education, which goes hand in hand with sport, as well as on raising young people and preparing them for adult life. They provide students with complete care, not forgetting about mental support. They are characterized by an individual approach and dialogue, which they strongly focus on. They teaching staff consists of battle-tested and ready to work with young athletes' professionals. A student is admitted to the school based on educational results and sports criteria. Recruitment to the school considers the coach's opinion about achievements or predispositions to practice sports. The decision to admit a student to a school is made by the school head.

Sports:

- girls' and boys' basketball;
- Volleyball for girls and boys;
- boys soccer;
- Hockey;
- Swimming;
- judo;
- Water polo;
- Figure skating for girls and boys;
- Rugby;
- curling;
- Cycling;
- Karate;
- floorball;
- Tennis;

Further information: <https://szkolagortata.pl/>

N. 3

Activity name: Mini-Basket Liga

Organisation: PACE Foundation

City: Łódź

Country: Poland

Sport(s): basketball

Participants: children attending classes I to V of primary schools

Duration: during a school year

Sessions: each Sunday



Activity's aims, objectives and description:

Mini Basket Liga is a project of basketball training and games for children from classes I-V from Łódź and the surrounding area. We started our adventure in October 2017 with a league of eight teams.

The 2021/22 season is the fifth edition of the competition, in which almost 400 children divided into nearly 40 teams take part. Mini Basket Liga is a non-profit organization run by the PACE Foundation.

All funds raised are spent on organization of trainings and tournaments; coaches' salaries; purchase of sports equipment; rental of facilities; prizes for participants

The goal is to infect the basketball passion of as many children as possible, as well as their families and friends. The organizers show that sport, and basketball in particular, can be a great adventure for life.

The organizers educate young athletes, teach them to respect their own work and the opponent.

They also help parents and schools in supporting their children's passion, while teaching them the principles of cultural cheering, experiencing emotions together and cooperation with coaches for the harmonious development of the youngest.

They create an attractive show that builds positive relations between the child, parent and school.

Further information: <https://minibasketliga.com/>

N. 4

Activity name: "Sportowa Łódź"

Organisation: City of Lodz Office, Department of Sport

City: Łódź

Country: Poland

Sport(s): all kind of sport disciplines

Participants: children attending primary and high schools

Duration: during a school year

Sessions: irregular



Wiceprezes Regionalnej Rady Olimpijskiej Tomasz Rosset, Elżbieta Nowak i Magdalena Luczak. Fot. Krzysztof Szymczak

Activity's aims, objectives and description:

In June 2022, the seventh edition of the Sportowa Łódź program was launched, which is addressed to primary and secondary schools. This year's action is a continuation of previous projects: Koszykarska Łódź and Olimpijska Łódź. So far, meetings and practical sports activities have been held in almost 60 schools in Łódź.

The Sportowa Łódź program includes meetings of students of a selected school with an outstanding athlete. In the first part, supported by a multimedia presentation, the organizer of the entire project, Elżbieta Nowak, who is the European champion in basketball and participated in the Olympic Games in Sydney, talks about the educational, health and social values of practicing sport and introduces the figure of the invited guest. In the second, main part, a group of 15 students perform exercises together with the guest of the program and have the opportunity to ask questions and view the athlete's memorabilia. Participants will also receive commemorative t-shirts.

Representatives of many sports disciplines took part in the meetings so far:

- athletics: Małgorzata Pskit, Sylwester Bednarek, Piotr Kędzia, Mateusz Rzeźniczak
- gymnastics: Agnieszka Brandenbura – Krzynówek, Leszek Blanik
- rowing: Justyna Iskrzycka
- skating: Luiza Złotkowska, Agnieszka Domańska
- pentathlon: Dariusz Goździak
- shooting: Agnieszka Nagay
- fencing: Ruben Limardo Gascon



- swimming: Aleksandra Urbańczyk-Olejarczyk, Filip Wypych
- basketball: Sylwia Wlazlak, Edyta Koryzna.

Sports Action Łódź 2022 is co-financed by the City of Łódź Office as part of the Municipal Program for Prevention and Solving Alcohol Problems and Counteracting Drug Addiction for 2022-2025: Łódź Sportowa - organization of sports and recreational events.

ROMANIA



N. 1

Activity name: Aikido

Organisation: Aikido Aikikai Constanta

City: Constanta

Country: Romania

Sport: aikido

Participants: 8-12/12-16/adults

Duration: 2 times a week for 1 hour

Sessions: All year long



Activity's aims, objectives and description:

Aikido is taught respecting the Japanese spirit and tradition, the desire being to transmit as close as possible to the technical reality and spirit of the founder, trying to keep these things unaltered.

For children, apart from aikido training, aikido camps, origami workshops, personal development for children (in partnership with specialists in psychology and psychopedagogy), Japanese language courses, movement games, aikido seminars for children are organized. A lot of emphasis is placed during training on the formation of children's character, but also on the formation of an athletic, harmonious and healthy physical constitution. Aikido is a martial art that will make them more disciplined, more confident, a controlled environment where they can discharge their excess energy, a way to sharpen the spirit.

Further information: <https://aiki.ro/>

N. 2

Activity name: Summer Together

Organisation: Don Bosco Center

City: Constanta

Country: Romania

Sports: volleyball, basketball, football, dance, table tennis

Participants: children and young people, parents

Duration: 4 weeks

Sessions: 2 sessions



Activity's aims, objectives and description:

"Summer together" is addressed to primary and general school children from the city of Constanța, but also to teenagers and young people who are interested in animation and volunteering activities.

"Summer Together" is the perfect opportunity not only for children who want to participate in 4 weeks of fun, but also for more than 100 cheerful volunteers who want to be part of the big Don Bosco family.

Further information: <http://constantina.donbosco.ro/>

N. 3

Activity name: Go, Girls!

Organisation: ACS Selena SN Constanta

City: Constanta

Country: Romania

Sport: soccer

Participants: girls 4-10 years

Duration: 2 months

Sessions: 2 days a week



Activity's aims, objectives and description:

The project, designed for 4 - to 10 -year-olds girls, includes two days of weekly activities on the soccer field, with the aim of developing the technical skills, physical qualities and socialization of young athletes through a mix of educational and recreational activities. Athletes are supervised by 2 specific figures: soccer coach, athletic trainer.

Further information: <https://www.facebook.com/groups/439172169614569>

N. 4

Activity name: Happy sports

Organisation: Albatros

City: Mangalia

Country: Romania

Sport(s): multisport

Participants: 9-13 years

Duration: 2 months

Sessions: 3 days a week



Activity's aims, objectives and description:

The Albatros Association seeks to offer its services and sports even on vacation through "Happy sports". An experience that allows children aged 9 to 13 years to discover and have the opportunity to practice, thanks to the guidance of young and trained instructors, different sports disciplines.

Further information: <http://albatros.mangalia.ro/>

N. 5

Activity name: Volleyball

Organisation: Flamingo Volley Club

City: Constanta

Country: Romania

Sports: volleyball and beach volleyball

Participants: children and young people

Duration: all year long

Sessions: 2 per week



Activity's aims, objectives and description:

Capitalizing on individual skills in an organized system of selection, training and competition of children as well as people with disabilities to ensure the training of performers, as well as the improvement of public health by creating a favourable social and organizational framework.

General objectives

- 1.Promoting sport as an essential element for quality education, through the exercise of all forms of physical activities, through organized participation, with the aim of improving physical and mental condition;
- 2.Supporting sports activities for children.
- 3.Starting the selection, preparation and competition processes for children with outstanding skills.
- 4.Encouraging the practice of physical and sports activities, continuously, with the aim of gaining confidence, promoting a healthy lifestyle and sustainable harmonious development.

Further information: www.flamingovolei.ro

N. 6

Activity name: Sport initiation

Organisation: Navodari Sport Club

City: Navodari

Country: Romania

Sport(s): multisport (soccer, rugby, basketball, volleyball, handball, boxing, kempo, chess)

Participants: children and young people

Duration: all year long

Sessions: 2/week



Activity's aims, objectives and description:

The club supports table and performance activities in various sports disciplines, with the aim of the harmonious development of the population of Navodari. Supported by local authorities, the sports club provides conditions for practicing your favourite sport, from infrastructure (hall, grass and synthetic pitches) and qualified coaches, to free provision of all official competitions

Further information: <https://clubsportivnavodari.ro/>

N. 7

Activity name: Tennis for all

Organisation: Tennis Club Bright

City: Constanta

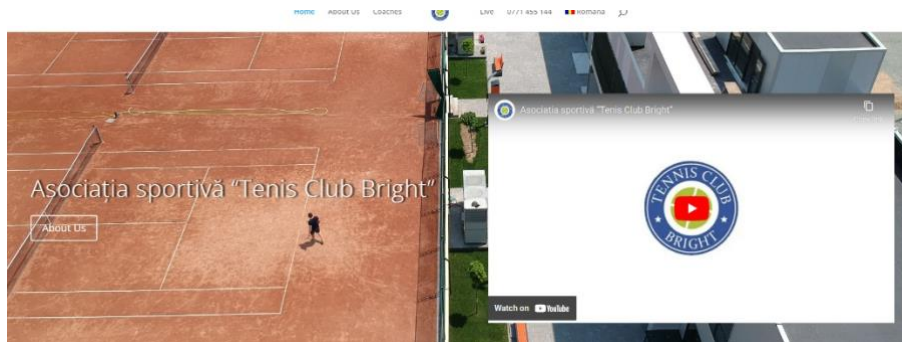
Country: Romania

Sport: Tennis

Participants: children and young people

Duration: all year long

Sessions: 2-3/week



Activity's aims, objectives and description:

Our mission is to welcome tennis lovers from Constanta and offer them the best quality conditions so that they can follow their passion, develop it and, if they wish, reach high performance. At the moment we train more than 150 children between the ages of 5 and 16, and our goal in the future is to train 300 children and teenagers in Tennis Club Bright.

Further information: <https://tenisconstanta.ro/>

N. 8

Activity name: Handball for children

Organisation: Happy Kids Medgidia

City: Medgidia

Country: Romania

Sport: handball

Participants: children and young people

Duration: all year long

Sessions: 2/week



Activity's aims, objectives and description:

Professional sports team. It promotes handball at the youth level. The club aims to develop the selection base for the women's and men's handball teams in Constanta County. At the same time, it aims to promote an active lifestyle among children by participating in physical activities and quality sports events.

Further information:

<https://www.facebook.com/people/Club-Sportiv-Happy-Kids-Medgidia/100063713373475/>

N. 9

Activity name: Sport for all

Organisation: Sport Asociation Club ARENA

City: Constanta

Country: Romania

Sport: multisport

Participants: children and young people

Duration: all year long

Sessions: 2-3/week



Activity's aims, objectives and description:

Many children with special needs have impressive talents, regardless of the learning disabilities, social problems or speech delays they may face. But that doesn't mean he can't run like the wind, be a Picasso, or be a brave scout. It is important to recognize and build on these talents together, especially when children's challenges are often the focus of discussion. Extracurricular activities can increase a child's opportunities to make friends and find a social niche. Many children with special needs have communication challenges in real life. After school activities are an opportunity to connect with other children in a completely different way. Sports activities in the Arena Club are carried out by teams of specialists, with whom the child or young person can achieve the best results.

Further information: <https://www.facebook.com/profile.php?id=100084667216327>

N. 10

Activity name: „Hall”

Organisation: Handball for all

City: Constanta

Country: Romania

Sport(s): handball

Participants: 8-14 years

Duration: 2 months

Sessions: 3 days a week



Activity's aims, objectives and description:

The Club seeks to offer handball activities to all children and teenagers from 8 to 14 years old, on vacation through „Hall”. An experience that allows children aged 8 to 14 years to discover and have the opportunity to learn and practice handball, thanks to the guidance of young and trained instructors.

Further information: <https://www.facebook.com/people/Club-Handball-for-all/>

N. 11

Activity name: Sportive Club

Organisation: „CLUBUL SPORTIV ACADEMIC”

City: Bucharest

Country: Romania

Sport(s): Volleyball, Basketball, Handball, Badminton, Field Tennis, Kyokushin Karate, Boxing, Sports Dance, Gymnastics

Participants: children 3-12 years old initiation; children 12-18 years old performance.

Duration: Training takes place from Monday to Sunday between 07:00-22:00 in groups depending on the schedule (school, etc.) of each child.

Activity’s aims, objectives and description: CS Academic Bucharest welcomes children aged 3-18 years who want to practice an organized sport with a variety of sports courses and trainings. The largest sports club for children from Bucharest, with its own training base.

- STAGE I: Sign up; anthropometric assessment; guidance, sport recommendation

- STAGE II: Initiation; anthropometric and biomotor assessment; reorientation as the case may be and sport recommendation; competitions

- STAGE III: permanent biomotor evaluation; high performance; professionalism; competitions - All children are registered within the specialized federations and participate in all the competitions organized by the municipal associations and the national specialized federations, their goal is great performance.

- Camps and specific training camps are held.

Further information: <https://csacademic.ro/index.php>

N. 12

Activity name: Sportive activities

Organisation: "Club Sportiv Scolar nr 6"

City: Bucharest

Country: Romania

Sport(s): Athletics, Badminton, Basketball, Baseball, Football, Handball, Kayak-canoe, Water polo, Field tennis, Volleyball

Participants: Young people aged 6-18 years old

Duration: variable depending on the sport from once a week to daily



Activity's aims, objectives and description: C.S.S.6 established in 1990, with 10 sports branches. The sport club supports the young people from Bucharest on the road to sporting success directing the processes necessary to achieve performance.

The way to performance: Selection, Preparation, Testing, Consolidation, Performance, Promotion

The performance pyramid is ensured by the presence of sufficient groups on training levels: Beginners, Advanced and Performance. All the coaches and teaching staff are graduates of higher education. They constantly improve and are evaluated annually by specialists from the School Inspectorate of the Municipality of Bucharest.

Further information: <https://css6bucuresti.ro/#home>

N.13

Activity name: Swimming

Organisation: NAVI MIRAMAR

City: Bucharest

Country: Romania

Sport: swimming

Participants: 3-4 years (personal trainer); + 5 years (enter groups, together with several children)

Duration: depends on age, level



Activity's aims, objectives and description: The swimming club encourages children to enjoy each achievement together. They follow a harmonious evolution of each individual child. Their method of learning to swim is through playing and making friends both with the water and with the instructors and other children. Steps:

Beginning

- we divide the children into subgroups
- each subgroup has one instructor for 8-12 children
- the division is made according to the swimming level of the children
- it is important that each subgroup has children at the same level

Steps

- children gradually learn to enjoy water
- some use fins or coils
- others use the wand or cork

Success over time

- learn to glide in the water
- become friends with the water jumps
- learn the procedures, correctly



Friendliness

- forge strong friendships with coaches
- form a team with the other little swimmers
- participate in club events

Body & mind

- the immune system is getting stronger
- the ability to concentrate increases
- the child becomes more organized, more disciplined
- better understand the connection between effort and results

Performance potential

- can be selected for one of the performance groups continuity
- swimming all year round is one of the best ways to stay perfectly healthy

Further information: <https://csnavi.ro/>

N. 14

Activity name: swimming

Organisation: Bucharest Sport Club

City: Bucharest

Country: Romania

Sport: swimming

Duration: depends on age, level



Activity's aims, objectives and description: Bucharest Sport Club is the place where children do sports with a smile on their face, where they become stronger, braver and more confident. This is where not only fitness is formed, but also friendships and characters.

Beginner level:

- The first contact with water and the discovery of the aquatic environment
- Adaptation to the aquatic environment
- Mastering the "float on water" technique, on the front and back
- Establishing the foundations of the first method of swimming - Crawl

Medium level:

- Discovering new procedures and team benefits
- Consolidation of knowledge gained in the Penguin category
- Learning to breathe with 3 arms in the Crawl procedure
- Learning how to swim on the back

Advanced level:

- It is the first step towards performance and preparation with the competitive environment
- Learning complex swimming procedures - Breaststroke and Butterfly
- Learning the starts

Further information: bsc.ro/<https://www.facebook.com/BucharestSportClubRO>

N. 15

Activity name: kickboxing and muay thai

Organisation: Kyodai

City: Bucharest, Cornetu and Bragadiru

Country: Romania

Sports: kickboxing and muay thai

Participants: Children's group: 20 places. (age 10-14 years); Mixed group: 20 places. (+14 years).

Duration: 3 times a week (Monday, Wednesday, Friday)



Activity's aims, objectives and description: Motto: "We practice an individual sport, for which we train as a team!" Principles: Inclusion, Health through sports, Motivation

They believe that sports education and the benefits of physical activity can change lives. They use sport to integrate, motivate and help. The Kyodai Sports Club was founded in 2016, as a result of the shared passion of a few friends dedicated to sports. All the instructors who founded this association have a sporting background involving martial arts.

The main purpose of the organization was sports performance. They noticed and felt that sport was no longer enough, and those who came to them needed not only exercise, but also socialization or guidance. The training room has turned into a playground, a meeting place between friends, a therapy room and a place where people can develop. They are socially active and promote sport and its benefits to everyone. They involve in their activities children and young people with special needs, disadvantaged young people, NEET young people, young people at risk of dropping out of school, refugees or people from different ethnic-cultural backgrounds to motivate, educate and facilitate their inclusion in society.

On the sports side they focus on sports for maintenance, martial arts initiation and performance training. They offer Kickboxing and Muay Thai, fitness and self-defence sessions for children, youth and adults.



The Kyodai Sports Club helps people who need to recover from injuries and supports people who want to do sports for fun. Sports, but especially martial arts, have the role of strengthening relationships between training colleagues. They support social inclusion, hence the name "Kyodai" which in Japanese means "brothers". They practice martial arts, promote discipline and the development of the fighting spirit in fair-play conditions.

Further information: <https://kickboxing.ro/>

N. 16

Activity name: sports club

Organisation: Club Sportiv Olimpia Bucuresti

City: Bucharest

Country: Romania

Sports: Athletics, Basketball, Bob-Sled, Box, Rowing, Cycling, Rhythmic Gymnastics, Weightlifting, Canoeing, Traditional Karate, Swimming, Modern Pentathlon, Rugby, Fencing, Snooker, Tennis, Sports Shooting, Triathlon

Participants: above 6 years old; beginner, advanced, performance

Duration: depends on age and level



Activity's aims, objectives and description: Olimpia Bucharest Sports Club is one of the representative institutions of Romanian sport, in terms of performance and education. Principles: professionalism, moral integrity, impartiality and independence, freedom of thought and expression, honesty and fairness, openness and transparency

Further information: <https://olimpiabucuresti.ro/>

N. 17

Activity name: swimming

Organisation: Club Sportiv Timex Bucuresti

City: Bucharest

Country: Romania

Sport: swimming

Participants: starting from 4 years old up

Duration: depends on level and age



Activity's aims, objectives and description: The TIMEX BUCURESTI Sports Club was founded in 2013 and aims at the sports integration of children and young people in Romania, facilitating access to education through sports, supporting projects that lead to the identification and promotion of young talents in the field of sports by creating an organizational framework for cooperation with other bodies and similar organizations from the country and abroad, identifying the material means necessary to finance these activities. Carrying out sports activities in the field of swimming sports, respectively the selection, initiation and training of athletes in this field, participation in internal and international competitions, as well as related activities. Within the club, from the children's initiation groups, selection is made in order to practice performance swimming by age category. Club Performance Section: In the performance section, 42 children grouped by age category are registered, many of them being a permanent presence of the national swimming championships with notable results.

Further information: www.curs-inot-timex.ro

N.18

Activity name: football

Organisation: DINAMO NEW GENERATION (part of Scoala de fotbal pentru copii si juniori)

City: Bucharest

Country: Romania

Sports: football

Participants: children from the Down Associations, the Abandoned Children from the Orphanages

Duration: 3 times a week



Activity's aims, objectives and description: Children's football school Bucharest ASOCIATIA CLUB SPORTIV DINAMO NOUA GENERATIE offers training and football courses, physical preparation during training with specialized coaches, counselling and guidance in making it more efficient and achieving performance, monitoring school activity being with the student and parents in all the preparation of the future athlete , training camps and football tournaments for a large part of them being also organizers.

One of the values of DINAMO NEW GENERATION team is the respect for the Future of our children. From the beginning for all these children (children from the Down Associations, the Abandoned Children from the Orphanages), DINAMO NEW GENERATION supports and strives to ensure natural grass, synthetic and covered, heated, training ground, training equipment, medical equipment, tournaments and sports competitions organized in a special setting, supervision throughout the training period or sports competitions, all together with licensed coaches. The sports club count on kind hearted people to be involved in everything that matters and helps building the future of these children. At this moment the DINAMO NEW GENERATION club supports a number of:

- More than 25 children from DOWN Plus Bucharest Association

- More than 70 children from the General Directorate of Social Assistance and Child Protection Bucharest, district 2 and from the General Directorate of Social Assistance and Child Protection of Ilfov county
- More than 30 children from the Lindenfeld Association „Ajungem Mari”, from the SOS Association ”Satele copiilor (Children’s Villages)”, from the Magurele Christian Social Assembly
- More than 50 children from disadvantaged families

For all these children, DINAMO NEW GENERATION besides the field for training, trainers, medical staff and equipment (training equipment, play equipment, winter equipment, boots, fenders, gloves, etc.), also ensures mountain and sea tournaments, inside the country and abroad tournaments, logistics, accommodation and meals, medical visits, etc.

Further information: <https://acs-dng.ro/>

N. 19

Activity name: athletics, aerobics and fitness, karate and tennis

Organisation: MINI Sport

City: Bucharest

Country: Romania

Sports: athletics, aerobics and fitness, karate and tennis

Participants: children over 5 years old until 14 years old

Duration: depends on age, level and sport



Activity's aims, objectives and description: Their motto: Sport means personal development! Our objective: A healthy mind in a healthy body. The club support swimming lessons, tennis and physical training for children (aerobics, fitness and maintenance gymnastics). It is a young team of sports instructors, certified by the Romanian Sports for All Federation and the Romanian Tennis Federation. They support athletics courses (running school), aerobics and fitness (general physical training with body weight), karate and self-defence (arm and leg techniques) and tennis courses.

Further information: <http://www.mini-sport.ro/index.php>

N. 20

Activity name: Rhythmic and acrobatic gymnastics

Organisation: Jolie Sport Club

City: Bucharest

Country: Romania

Sports: Rhythmic and acrobatic gymnastics

Participants: children starting at the age of 5 until 14

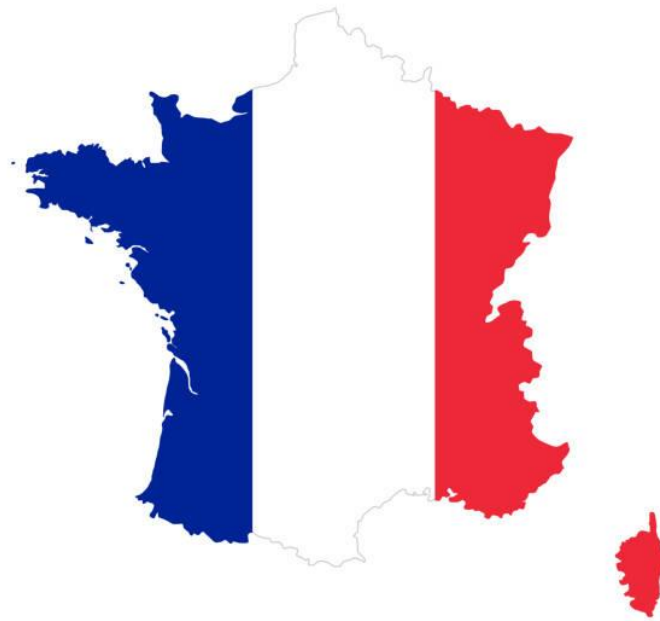
Duration: Training takes place once or twice a week.



Activity's aims, objectives and description: The coaches use each child's strengths for the good of the group. The courses are intended for children starting with the age of 5, regardless of their outfit or which family they belong to. The training sessions are intended for children who want a pleasant activity after school hours or in addition to other activities. After some time, those who want to go on the path of performance sports are referred to the professional clubs.

Further information: <http://joliesportclub.ro/>

FRANCE



N. 1

Activity name: sports education for children

Organisation: Energy kids academy

City: Paris

Country: France

Sports: Multi Sport and physical/motorial activities

Participants: from 3 to 14

Duration: per day(flexible)

Sessions: per day (flexible)



Activity's aims, objectives and description:

Based on 30 years of experience and research, a complete pedagogical programme has been developed to create the most innovative sports education for children. Below is an overview of the fundamentals of the Method:

Pedagogical objectives:

- To encourage children's enjoyment of sports activities
- To develop their sporting qualities as well as the technique of the chosen sport(s)
- To transmit the essential values of sport and general physical skills to enable each child to gain self-confidence, an indispensable foundation for their school and future professional life

Educational programme:

- A 100% sports programme in order to optimise and capitalise on the benefits of each sports activity, both those brought by the sport taught (tennis, golf, football) and those brought by the practice of recreational sports workshops.

Pedagogical approach:

- Individualisation within the group lesson to benefit from both teaching modes
- The establishment of a relationship of trust between the child and his/her coach, essential for quality learning



- A complete and progressive learning programme adapted to the rhythm and level of development of each child for each of the sports taught

Educational tools:

- Specific sports facilities with a rich, innovative and child-friendly equipment.
- Hundreds of exercises have been developed in-house in a large number of sports and follow the steps of the Method's pedagogical programme.

Further information: <https://www.energykidsacademy.fr/>

N. 2

Activity name: Sport club

Organisation: Sport club: DOMYOS FITNESS CLUB

City: Lille

Country: France

Sport: Fitness

Participants: from 6 to 12 years old

Duration: 1 school year

Sessions: Once a week



Activity's aims, objectives and description: "Fun and educational courses, to learn how to evolve within a group of children".

Further information: <https://club.domyos.fr/les-cours-enfants#kids>

N. 3

Activity name: Training family

City: Nantes

Country: France

Sports: Zumba, yoga, gym

Participants: from 0 to 99 years old

Sessions: twice per week



Activity's aims, objectives and description: The first sports club for the whole family in Nantes and the surrounding area Training Family is a sports and educational concept for young and old children from 3 months. A multitude of activities to share with the family!

Cross-generational sports classes

Once you become a parent, it becomes more difficult to find the time to practice a sport regularly. With Training Family, you can dance Zumba with your daughter, follow a yoga or Pilates session with your son or introduce your baby to gymnastics and relaxation. Training Family offers sports classes for children and parents, grandparents, uncles and aunties at the same time. No need for a babysitter, your little one participates with you! All activities are based on the concept of free motor skills, which promotes self-confidence and autonomy while allowing the child to develop at his or her own pace.

Active pedagogy

In addition to the weekly sports classes, Training Family also offers courses during the holidays and/or certain weekends (First Aid, Sophrology, Baby Signers, Montessori....).

Further information: <https://trainingfamily.fr/>

N. 4

Activity name: SAJ - Sport action jeunesse

City: Le mans

Country: France

Sports: Foot and Basket

Participants: from 4 to 13 years old

Duration: since 1995

Sessions: internship



Activity's aims, objectives and description: The project: To develop the notions of respect and fair play on and off the field. To develop a sense of effort while favouring a playful approach to the activity. To enable young people to develop and take responsibility for their sporting activities and community life.

The S.A.J. Quality Charter

To ensure the emotional and physical safety of young people. To offer a quality environment: equipment, field, etc. Use competent and qualified educators. To help young people progress in their favourite sport while offering them varied and enriching activities

Further information: <https://www.sportactionjeunesse.fr/engagements-education-respect-charte-qualite.html>

N. 5

Activity name: Le p'tit club

City: 11 complexes in France

Country: France

Sport: Multisport

Participants: from 4 to 8 years old

Duration: internship

Sessions: 2 hours every week

Activity's aims, objectives and description: P'tit Club is unique complexes in France that have been welcoming more than 2,000 children, nursery assistants and crèches since 2012.

We offer an innovative and unique sports course for children of walking age up to adolescence. This concept of early learning gym allows the development of motor skills from a very young age and then accompanies the pupils towards a multi-sports programme combining the learning of disciplines and the more intense practice of sports. We have only one objective, to allow as many children as possible to develop their full potential from a very young age thanks to regular fun sports activities. We are convinced that a healthy mind in a healthy body transmitted early on will help them throughout their lives!

Further information: <https://leptitclub.fr/>

N. 6

Activity name: Réunion sport loisirs

City: Ile de la réunion

Country: France

Sport: Multisport

Participants: from 6 to 12 years old

Duration: since 2014

Sessions: once per week



ÉCOLE DE SPORT Réunion Sport Loisirs

Activity's aims, objectives and description: The sports school is set up to meet a local need. It is a place for relaxation, socialisation and the discovery of physical and sporting activities; The objectives presented here are essentially based on the conviction that we all have a role to play in society, that we are actors and that solutions must be found by all the actors in the system.

1/ To allow the initiation and discovery of physical and sports activities

- - That everyone can participate in multi-sport activities
- - That everyone can acquire techniques in the proposed sports practices
- - That everyone develops skills due to these practices (courage; respect for the rules, the opponent and the referee; acceptance of non-success; perseverance; humility; ...)

2/ Giving back its place to the human being. Allow children to develop their critical thinking and make their own choices.

- That everyone can assert themselves and participate actively
- That everyone can carry out their own reflection in order to be able to take a stand, that they know why they act, think, do this or that.
- Not all activities need to be proposed by the animation team. Children need personal time to discuss, dream, organise themselves and develop their imagination.
- - They need to be curious and enthusiastic, to want to achieve, to research, to learn.
- To put in place the values of popular education. Each child can enrich us by his or her experience: highlight the achievements of each one (sport, culture, leisure activities, etc.)

3/ Restore the importance of solidarity, tolerance, respect and civic-mindedness.

- That everyone evolves towards a positive attitude in terms of tolerance and listening in order to perceive the other's point of view as they should.
- That everyone refuses to deny difference but instead strives to respect it.
- That each person tends towards a positive view, a favourable "a priori" and gives the other a chance without trying to judge him or her
- That each person participates in common projects, according to his or her abilities, in a spirit of sharing and mutual aid.

Further information: <https://www.reunion-sport-loisirs.fr/cole-de-sport-projet-pedagogique.html>

N. 7

Activity name: Planète sport enfant

Country: France

Sport: multisport

Participants: from 3 to 11 years old

Duration: it depends (see planning)

Sessions: it depends (see planning)

Activity's aims, objectives and description: Planète Sport Enfants is a scheme that allows children aged 3 to 11 to develop their skills through a wide range of adapted sports and recreational activities (motor skills, team games, opposition games, athletics, American games, traditional games, outdoor games, racket games, circus games, gymnastics, precision games).

A real educational tool, multisports allows children to become familiar with different sports practices, so that they can then choose the discipline that they like and that suits them best.

The municipal sports school is approved by the Ile de France General Council.

The aim of these activity programs is to introduce the child to a sporting activity while offering an educational development. They are also intended to encourage children to pursue an activity within a sports club. Planète Sports Enfants for kindergarten: children share motor skills activities with their parents. Parents can also benefit from light muscle strengthening.

Further information: <https://www.serris.fr/sortir-bouger/sport/planete-sport/planete-sport-enfants-470.html>

N. 8

Activity name: Kid fitness

City: everywhere in France

Country: France

Sports: fitness / boxing / gym and dance / pompom girl / cross training / Zumba / private coaching

Participants: from 10 months

Duration: no information

Sessions: 1 session

Activity's aims, objectives and description: Our ambition is to get children to love exercise and to make a long-term investment in their health, for a more balanced future life.

Children often want to do what their parents do and are sometimes proud to do the same as their parents. This is why we offer children the same classes as their parents but adapted to their age.

We offer different physical activities for children from 10 months to 12 years. From the discovery of basic motor skills to the initiation of sports, in a safe, organised, attractive and fun environment.

Further information: <https://kid-fitness.fr/>

N. 9

Activity name: Le carreau du temps

City: Paris

Country: France

Sport(s): Multisport

Participants: from 3 to 16

Duration: 2 per week

Sessions: twice per week



Activity's aims, objectives and description: Multisports classes allow children to develop their physical abilities through the discovery of a wide range of diverse sports activities, such as ball sports, racket sports, expression, opposition and team sports.

Further information: <https://www.lecarreaudutemple.eu/activites/multisports-paris-universite-club/>

N. 10

Activity name: Cercles de la forme

City: Paris

Country: France

Sports: Multi teamsport

Participants: from 6 to 12

Duration: free

Sessions: free

Activity's aims, objectives and description: Sport for children? The benefits of sport for children are well known: combating obesity, improving health and stimulating psychomotor development. This is why regular physical activity is strongly recommended. To combat stress and anxiety, it is good for your child to break away from the school rhythm by practising a sport. Offer your child a moment of relaxation by practising the sport of their choice. This will allow your child to unwind and decompress. Sport also allows your child to assert himself

Children at Cercles de la Forme. Children are at the heart of the Cercles de la Forme! Indeed, your Parisian sports club offers dedicated physical activities for your child. Whether it's for motor awareness or the development of skills or health, the Cercles de la Forme offer a variety of activities: classical dance or judo. There is something for every child.

Our courses are specially designed for the success of the child. The sports classes are led by qualified teachers who will help your child develop. Your child will be accompanied by children of his or her own age for perfect social development. Les Cercles de la Forme invites each child to galas, competitions and various activities offered directly by your club.

The benefits of sport for your child?

It is essential for your child to take part in regular sports activities. Besides the mental aspect, the motor aspect is important. Through sport, your child acquires essential skills. Also, physical activity allows for better learning at school. Here are the main benefits:

Psychomotor development

Fight against overweight

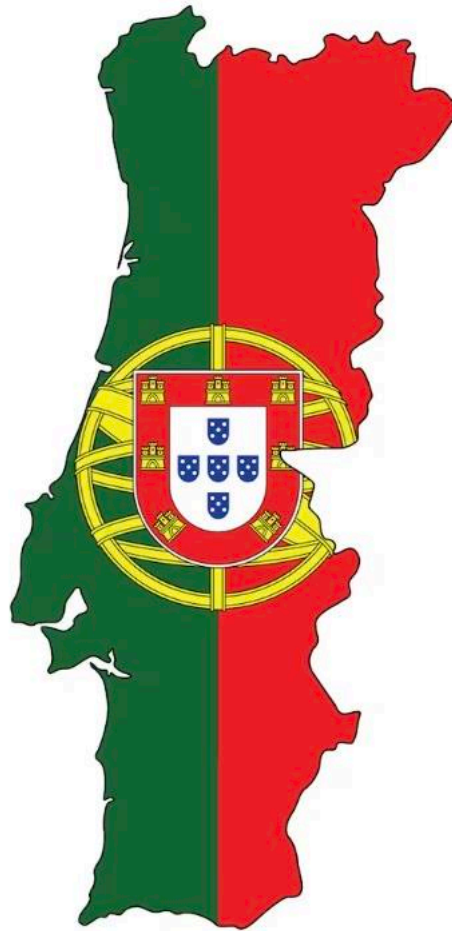
Social development

Strengthening of the skeleton

Strengthening of the heart and lungs

Further information: <https://www.cerclesdelaforme.com/>

PORTUGAL



N. 1

Activity name: Portugal a Nadar

Organization: Portuguese Swimming Federation

City: Portugal (National Program)

Country: Portugal

Sport: Swimming disciplines

Participants: Children between 6 months and 12 years

Duration: Every year

Sessions: 2 or 3 per week



Activity's aims, objectives, and description: The "Portugal a Nadar" Program promotes teaching of swimming from a multidisciplinary perspective. The program allows students to develop skills related to various swimming methods, integrating the teaching of swimming, water polo and artistic swimming in the same model.

The main objectives are:

- i) promote aquatic safety by increasing the child's ability to respond to the difficulties imposed by the environment.
- ii) Develop physical literacy through aquatic literacy, which is a important concern in an increasingly sedentary society.
- iii) Develop a taste for aquatic practice by bringing long-term benefits to health promotion.
- iv) Preparing future athletes for the various aquatic disciplines.

Further information: <https://portugalanadar.fpnatacao.pt/>

N. 2

Activity name: Fun Athletics

Organization: Juventude Vidigalense Leiria

City: Leiria

Country: Portugal

Sport: Athletic Disciplines

Participants: Children between 5 and 6 years

Duration: Every year

Sessions: 4 times per week (Mondays and Wednesdays from 6:30 pm to 7:30 pm, Tuesdays and Thursdays from 5:30 pm to 6:30 pm)



Activity's aims, objectives, and description: The Fun Athletics Group emerged with the aim of providing children with a diversified experience with recreational and pre-sports activities, essentially developing basic motor patterns such as running, jumping, throwing, among others.

Further information: <http://www.juventudevidigalense.pt/equipa.php?equip=1>

N. 3

Activity name: Academias Futsal Bairros - Academia Oeiras Valley/CLS

Organization: Clube Recreativo Leões de Porto Salvo, Oeiras Valley

City: Lisbon: Bairro dos Navegadores, Oeiras/ Bairro do Pátio dos Cavaleiros, Oeiras/ Bairro São Marçal e Barronhos, Oeiras

Country: Portugal

Sports: Football and futsal

Participants: Children between 6 and 18 years

Duration: 10 months (October 2022 – August 2023)

Sessions: 2 times per week



Activity's aims, objectives, and description:

The "Academia Futsal Bairros" brings futsal to communities, promoting healthy sport and training.

The main objectives are:

- i) Approximate, strengthen and enhance the relationship and synergies between the sports club, the municipality and street "soccer".
- ii) Promote sports and a healthy lifestyle.
- iii) Attract new young players to the sport, along with the development of a taste for futsal in children and the transmission of values both for sport and for life.
- iv) fight racism, intolerance and other types of discrimination (social, cultural, ethnic, religious...).

The weekly training sessions take place in the existing infrastructure in the respective neighborhoods, based on the Academia Leões de Porto Salvo methodologies and values. Each group is guided by 2 UEFA Level 1, 2 or 3 Coaches and Leões de Porto Salvo athletes (U19/U21). Children are divided into the following groups: group A - 6 to 9 years old; group B - 10 to 12 years old; group C - 13 to 15 years old; group D - 16 to 18 years old.

Further information: <https://academia.leoesdeportosalvo.pt/academiaoeirasvalleycls>

N. 4

Activity name: Jogos de Oeiras 2023 – Experimenta Jogos de Oeiras

Organization: Oeiras Valley

City: Lisbon

Country: Portugal

Sport(s): Multisports

Participants: Children of all ages

Duration: 8 months (February 2023 – October 2023)

Sessions: sessions according to the program schedule



Activity's aims, objectives, and description: The "Experiencia Jogos de Oeiras" aims to awaken interest in regular sports practice and make known new sports and the clubs in the municipality that promote them. This program provides different sports experimentation activities, so that they can enjoy a first experience without a competitive aspect. The activities take place according to the dates and places that are mentioned in the calendar. The disciplines included in this program are kickboxing, boxing, climbing, kayak-polo, minigolf, skating, water games, rugby, karate, skateboarding, korfbal and orienteering.

Further information: <https://jogosdeoeiras.pt/modalidades-experimenta/>

N. 5

Activity name: Jogos de Oeiras 2023 – Taça Jogos de Oeiras

Organization: Oeiras Valley

City: Lisbon

Country: Portugal

Sport: Multisports

Participants: Children between 6 and 12 years

Duration: 5 months (February 2023 – July 2023)

Sessions: sessions according to the program schedule <https://jogosdeoeiras.pt/calendario-taca-ido/>



Activity's aims, objectives and description: The "Taça Jogos de Oeiras" provides participants with simplified competitive activities of various sports. The main objective is for children of these ages to enjoy sports in a fun way, valuing participation above all. Throughout the course of the program, teams accumulate the scores of their participants for a Team Ranking that will serve to award prizes (gift checks) to the top five teams. The activities take place according to the dates and places that are mentioned in the calendar. The modalities included in this program are handball, athletics, futsal, tennis, swimming, and basketball.

Further information: <https://jogosdeoeiras.pt/modalidades/>

N. 6

Activity name: Desporto Mexe Comigo

Organization: Câmara Municipal de Lisboa

City: Lisbon

Country: Portugal

Sport(s): Multisports

Participants: Children and young people considered at risk of social exclusion, preferably residing in neighborhoods and priority intervention zones

Duration: 9 months (September – October)

Sessions: 2 to 3 sessions per week



Activity's aims, objectives, and description: This program has as main objective the promotion of sport and social inclusion of the children and youth population of Lisbon and has some partnerships such as clubs, associations, private institutions of social solidarity, cooperatives of social solidarity and Santa Casa da Misericórdia de Lisboa. The program includes team sports (korfbal, football, futsal, rugby, ...), individual sports (gymnastics, jiu-jitsu, judo, kickboxing, swimming, dancing, ...), adapted sports (dance and swimming) and physical education.

Further information: <https://www.lisboa.pt/cidade/desporto/programas/desporto-mexe-comigo>

N. 7

Activity name: Ciclismo Vai à Escola

Organization: Portuguese Cycling Federation

City: Portugal (National Program)

Country: Portugal

Sport(s): Cycling

Participants: Children and young people from adherent school groups

Duration: Every year

Sessions: To be set. The number of sessions will depend on the school calendar of the schools involved.



Activity's aims, objectives and description: The program aims to encourage the practice of cycling, in the different aspects of the modality, involving the general population, agents sports and public and private institutions, throughout the national territory. It promotes physical exercise and healthier and more sustainable lifestyles, maximizing the cycling's sporting and social potential, and making it accessible to anyone, anywhere, throughout their entire life. Each action is implemented with the coordination of a technician duly qualified by FPC, and an auxiliary technician and/or teachers. It is up to FPC to provide the necessary material, as well as to provide the appropriate training to the teachers involved, monitor and offer all the necessary institutional and technical support. It is up to the local authority to publicize the project, provide all the necessary support, promote the installation of parking lots for bicycles, assume any costs with policing, medical support and transportation of equipment. It is up to the School Group to integrate the activities of the project by organizing the rotation of materials, availability of spaces and create classes and school schedules compatible with the activities of the program.

Further information: <https://www.fpciclismo.pt/pagina/o-ciclismo-vai-a-escola-2#>

NETHERLANDS



N. 1

Activity name: Monkey Moves

Organisation: Monkey Moves

City: Utrecht (but available in many cities/villages in The Netherlands)

Country: The Netherlands

Sport(s): Multi Sports – they try different sports and activities throughout the program Athletics

- | | |
|----------------------------|----------------|
| 1. Basketball | 7. Rugby |
| 2. Free Running | 8. Tennis |
| 3. Handball | 9. Gymnastics |
| 4. Hockey | 10. Football |
| 5. Judo | 11. Volleyball |
| 6. Climbing and scrambling | |

Participants: Children till 9 years old

Duration: You can choose, you can make a reservation for example 10 times or you can but a year subscription

Sessions: Once a week, but several options available. They also have exercises which you can do at home for example



Activity's aims, objectives and description: This is for example for the age group 1,5 till 4 years

1. Children who climb and scramble a lot have less serious injuries if they really fall.
2. A balanced challenged child is better able to deal with setbacks.
3. A wide movement pattern creates self-confidence.
4. A fit brain can concentrate better and learn faster.



Teaching children to move well, that's what we're going for at Monkey Moves. For us, sport is the best way to make children fit and self-reliant. This way they can develop into full-fledged little monkeys who dare to take new steps again and again and discover the world with a positive self-image. With sporting activities, appropriate to the social and motor skills of our different age groups, we help you as a parent with this part of education.

Research shows time and time again that more and better exercise has an effect on the health of children. This in the form of better physical fitness, optimal motor development, better school performance and better social skills. It has been shown that these positive effects continue to play a role in later life. "Learned young is done old" or as we prefer to say "Monkey see, monkey do". Monkey Moves offers multisport lessons as a means for fit self-reliant children with a positive self-image! The program aims to optimally stimulate children on a motor and social level.

Further information:

<https://monkeymoves.com/over-monkey-moves/>

<https://www.instagram.com/monkeymovesnl/?hl=nl>

<https://www.youtube.com/channel/UCbutwgfDRqvKJvZjRCQm7w>

<https://twitter.com/monkeymovesnl>

N. 2

Activity name: Talent Skills

Organisation: Many are involved but for example Expertisecentrum Topsport en Voortgezet Onderwijs

City: Several

Country: The Netherlands

Sports: All sports

Participants: Mainly 12-18 years

Duration: During entire school career

Sessions: Depending on program



Activity's aims, objectives and description: DIGITAL LEARNING MATERIAL FOR TALENTED ATHLETES FOR AND BY EDUCATION AND (TOP) SPORT

The purpose of the free teaching materials on this website is to enable talented athletes to participate smoothly in education and at the same time learn about top sports themes, such as clean sport, healthy food, development of broad motor skills and the importance of a dual education.

As a talented athlete you never have a top sports career for life. To be well prepared for a second career, it is important to combine (top) sport with education. Working on two careers is intensive. That is why flexible, place and time independent education is important.

Education and (top)sport are jointly developing open teaching materials for talented athletes who follow education at Topsport Talent schools. This strengthens and connects what talented athletes learn in education and in (top) sport.

Talent Skills is aimed at making talented athletes in secondary education more skilled in meeting and solving challenges they encounter in their dual education. A holistic approach is used.

Further information:

https://maken.wikiwijs.nl/183574/Digitaal_leermateriaal_voor_topsporters

<https://maken.wikiwijs.nl/bestanden/1150621/Visie%20talent%20skills%203.0.pdf>

<https://youtu.be/Ch2RdlectxA>

N. 3

Activity name: Sport Values in Every Classroom

Organisation: Wada

City: International

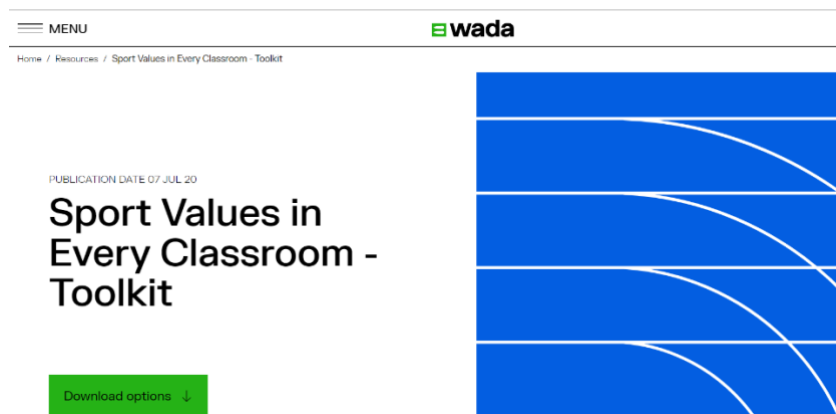
Country: International

Sports: all sports

Participants: alle children 8-12 years

Duration: anytime anywhere

Sessions: anytime anywhere



Activity's aims, objectives and description: Schools and teachers have a unique opportunity to bring the values of respect, equity and inclusion into the classroom. Wada developed 'The Sport Values in Every Classroom Toolkit. The Toolkit is designed to help teachers instil in children the values of respect, equity and inclusion through engaging activities. De activity cards can be uses in classrooms, gyms or outdoor spaces, independently of to complement existing curriculum.

Further information: <https://www.wada-ama.org/en/sport-values-every-classroom>

N. 4

Activity name: SPORTS PARENT.... A PROFESSION IN ITS OWN RIGHT

Organisation: TeamNL NOC*NSF

City: several

Country: Netherlands

Sports: all sports

Participants: 6-12 years

Duration: Anytime anywhere

Sessions: Anytime anywhere



Activity's aims, objectives and description: Parents are the biggest sponsors of Dutch sport, without them there would be no filled halls or fields with children who can enjoy their sport or pursue their ambition. Sometimes it's fun, often it's beautiful, but not infrequently it's difficult. In recent years, many experts have written about the problems and challenges that sports parents of talents can experience. Even if your child is not a top talent, the written articles are full of information about how to deal with your sporting child. These articles are bundled in a digital booklet.

Further information: [Sportouder...een vak apart - SportPlezier](#)

N. 5

Activity name: Afterschool Sport Program such as à "Sports and Games BSO"

Organisation: Kindertuin

City: Many cities both for example Helvoirt / Boxtel

Country: The Netherlands

Sports: Multi Sports

Participants: 4-12 years old

Duration: Most location offer this once a week during the entire school year and usually they organize special activities during school breaks

Sessions: three times per week but children go there usually 1-2 days a week.



Activity's aims, objectives and description:

Having fun with friends

Our enthusiastic employees are full of fun ideas every day. The activities are mainly aimed at challenging and discovering. Not only focused on play, but certainly also on culture, nature, technology, music and theatre. Jump (rope) a hole in the air, build huts, run, scramble and hide. Playing outside makes children cheerful and happy. More importantly, playing outside is a must for every child. It stimulates the imagination and is good for social skills, health and motor skills.

As Johan Cruijff put it so beautifully:

“Playing outside should be a subject at school.”

Of course, the children who want to can also read, chat or play a game themselves. Nothing is mandatory and (almost) everything is allowed.

Challenging, varied, sporty and away from school

That is Sports and Games BSO at Kindertuin! Are you 4 years or older and do you like to do sports activities? Then the Sports and Games BSO Children's Garden is really something for you!!



Under professional guidance you will get acquainted with various sports such as football, hockey, golf, athletics, handball, Frisbee and many more fun sports. These sports are offered in a recreational way, so that every child can play and grow.

Sports kids

Sportkids is located near the football fields of v.v. Helvoirt. Monday, Tuesday and Thursday the older (6+) children of the Dr. Landman school to this location. On Wednesdays and Fridays, all our children come together at our BSO in the Helvoirthuis. The sports park offers a lot of space to play football, basketball, archery, build huts, jump rope and much more! Of course, in addition to this sports offer, there is always the option to get started indoors. Think of crafting, building, painting and dancing, but also chilling out or doing nothing!

So you don't have to be an expert in sports to enjoy the BSO sports

Further information:

<https://www.instagram.com/kindercentrumkindertuin/>

<https://www.kindertuin.com/locaties/helvoirt/bso/sportkids/>

N. 6

Activity name: SuperSpetters

Organisation: KNZB – Royal Dutch Swimming Association

City: Almost every city in the Netherlands

Country: The Netherlands

Sport: Swimming (safety)

Participants: All children usually 4 till 10 years old

Duration: Three levels A, B, C

Sessions: Usually one/two time a week for 10 months but different for each program and location

Picture:



Activity's aims, objectives and description: Almost all children in the Netherlands learn to swim and that is of course very important. There are different swimming lesson methods in the Netherlands. Everyone has different learning needs and the swimming industry provides for that. To provide more clarity to parents, it is essential that the different swimming lesson methods lead to one National Swimming Diploma. This gives parents certainty about the skills that a child possesses when the swimming certificate is issued.

In 2014, the KNZB developed and introduced the SuperSpetters swimming lesson method. With this method, children learn to swim in a safe, fast and, above all, fun way, with a lot of attention for personal contact.

The first swimming lesson is often very exciting for a child. The SuperSpetters swimming lesson method teaches children to become acquainted with water in a playful and enjoyable way. Self-reliance has been paramount from the start. This method is distinctive from other methods due to the materials used, because children quickly start learning the front crawl and because this method immediately trains children up to and including the level of a C diploma. (similar to the National Swimming Diploma C of the National Swimming Safety Board).



From this year onwards, our SuperSpetters swimming lesson method will lead to the National Swimming Diploma C. The SuperSpetters swimming diploma will therefore be cancelled so that there is more clarity for parents. The SuperSpetters swimming lesson method itself will continue to exist. After all, parents and swimming lesson providers are enthusiastic about this method. With this step, the National Swimming Safety Board and the KNZB are intensifying their cooperation. Together with the swimming industry on the way to more clarity for parents, that's what it's all about.

All SuperSpetters swimming lesson providers are in the process of switching to National Swimming Diploma Licenses and are expected to complete this process before the summer.

Further information:

<https://www.instagram.com/nocnsf/>

https://www.knzb.nl/alles_over_zwemmen/zwemveiligheid/zwemles_superspeters/veelgestelde_vragen/

Section 5: Digital Map

All the above-mentioned practices are available on the PLAYS project website in a specific digital map accessible through the following link: <https://www.playsproject.eu/project/best-practices/>

Section 6: Conclusion

Physical activity is important for the health and well-being of children, and schools can play an important role in promoting physical activity. The best practices identified in this review can help the PLAYS project increase physical activity levels among school-aged children and improve their overall health and well-being.

Based on general research made by each partner and recommendations of best practices made by them, we can offer some conclusions and suggestions for best practices in this area.

1. Focus on fun and enjoyment: Sports activities for children should be enjoyable, engaging, and fun. Children are more likely to stay interested and motivated if they are having fun. Therefore, it's essential to create a positive and enjoyable environment where children can enjoy themselves and build a love for physical activity.
2. Age-appropriate training and activities: Children of different ages have different physical, social, and emotional needs. Therefore, sport organizations should develop age-appropriate training programs and activities that match the developmental needs of children. Activities should be challenging but not overwhelming for children, and training should be designed to develop physical, mental, and social skills.
3. Emphasize skill development over competition: For children aged 6-12, the focus of sports should be on skill development and learning, rather than competition. Children should be given ample opportunities to learn and practice fundamental skills like running, jumping, catching, and throwing, and coaches should emphasize the importance of skill development over winning.
4. Ensure safety: Safety is a top priority for children in sports. Organizations should ensure that proper equipment is available and properly fitted, and that coaches are trained to recognize and respond to injuries. Children should be taught how to play safely and the importance of taking appropriate precautions to avoid injury.
5. Encourage parental involvement: Parents play a critical role in children's sports development. Organizations should encourage parental involvement in their children's sports activities,

whether it's by attending games, volunteering as coaches or assistants, or supporting their child's practice at home. Parental involvement can enhance children's motivation, enjoyment, and learning.

6. Foster positive social interactions: Sports provide an excellent opportunity for children to learn social skills such as communication, teamwork, and respect for others. Organizations should create an environment that fosters positive social interactions between children and emphasizes the importance of teamwork, respect, and sportsmanship.

In summary, the best practices for sport organizations for children aged 6-12 should emphasize the importance of fun, age-appropriate activities, skill development, safety, parental involvement, and positive social interactions. By following these practices, organizations can create a positive and enjoyable environment that promotes physical, mental, and social development for children.

The best practices presented by the project partners are examples to follow in achieving the objectives of the PLAYS project. There are specialized institutions and organizations that successfully implement physical activities to encourage children and young people to lead an active, healthy lifestyle.

Acknowledgments

We would like to thank all PLAYS partners and all the institutions that contributed with case studies for their support and participation in the creation of this document.

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Funded by the
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