

Practical Learning to Advance Youngsters in Sport



Needs Analysis



www.playsproject.eu



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Partners



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Introduction

As noted in the EU Guidelines on Physical Activity, the daily habits of young children have changed in recent years due to new leisure patterns (TV, internet, video games, smartphones, etc.) and this has led to a decrease in their physical activity. Therefore, 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 children in sport and to tackle the risk of dropout by developing nutritional, psychological and biomechanical advice.

To achieve this, trainers, educators, entrepreneurs and monitors (TEAM) and parents/guardians will be encouraged to share competences and knowledge on how to develop children's physical, mental and social skills through sport.

Research question

1. How can we support children aged 6 to 12 in different EU countries to practice sport through a playful approach, not only to promote healthy physical and mental growth, but also to promote inclusion and adaptation to different social and environmental situations ?
2. And how do we help parents/caretakers and TEAM members so that they can help encourage children's participation in regular physical activity for their mental well-being?

Target audience

In order to combat any form of intolerance and to reduce the isolation of the most vulnerable categories, another important objective of the project is to support all children between the ages of 6 and 12, from children with disabilities to children with social and economic problems, in sports, to ensure equal opportunities in fundamental activities that contribute to the physical and mental growth of every child.

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 among children, which threatens to have a significant impact on their lives and their transition from school to work" (10); for this reason, "sports and physical activity are particularly important in the circumstances caused by the pandemic, as they strengthen physical and mental resilience" (14) and "values such as mutual respect and understanding, solidarity, diversity, fairness, cooperation and social involvement" (16). In addition, both the prevention of mental illness in young children and the emphasis on the importance of environmental sustainability in sport, outdoor activities and open-air sports will be highlighted, through specific programs that promote waste recycling and respect for the contain nature.

Target group for completing the survey:

- Parents/caretakers in the home environment
- Teachers (in training) in education
- Coaches at sports clubs
- Trainers, Educators, Affiliates and Mentors (TEAM)

Target group for which something will be developed:

- Children between 6 and 12 years old, from children with disabilities to children with social and economic problems.
- Trainers, Educators, Affiliates and Mentors (TEAM) and parents/caretakers.

Timeline

Date	Action
November and December 2022	Development of survey for needs analysis
January – March 2023	Data collection <ul style="list-style-type: none"> Spreading survey through link on Survio in English (or other online tool decided by local partner*) Data analysis <ul style="list-style-type: none"> All data received through Survio (results of needs analysis and of best practices) of the participating countries have been received First analysis of Survio results done by SSNB and shared with partners.
April – May 2023	Data analysis and preparation meeting Eindhoven <ul style="list-style-type: none"> The participating countries have determined which best practice they want to present at the next TPM in Eindhoven. Partner responsible for (online) invitation to join TPM.
9-10 June 2023	Transnational Project Meeting in Eindhoven <ul style="list-style-type: none"> Presentation of needs analysis and selected best practices
June 2023	Final reports from WP2 including deliverables from WP2 <ul style="list-style-type: none"> Best Practices Review and Digital Map** Needs' Analysis – final report

* Participating countries PLAYS project: Austria, France, Italy, Poland, Portugal, Romania and The Netherlands

**Best Practices Review and Digital Map = Document, in English and electronic format, including all best practices in the field of sport and pedagogy for children and youngsters. All best practices will be available also on a digital map on the project website: www.playsproject.eu

Results

The first question was from which country are you? Most of the respondents came from Portugal, followed by Italy, Romania and France, we received less answers from Poland, Austria and the Netherlands. Bot overall we collected more than 500 responses. Please see figure 1:

Country	#Answers	Ratio
Austria	23	4.59%
France	78	15.57%
Italy	89	17.76%
Poland	41	8.18%
Portugal	165	32.93%
Romania	84	16.77%
The Netherlands	21	4.19%
Other, please specify		0%

Figure 1: Country of respondents

The second question was regarding the age. And the following figure shows the age groups of the respondents:

What is your age?	Number of answers	Ratio
Under the age of 18 years old	12	2.4%
18 till 30 years old	87	17.37%
31 till 50 years old	352	70.26%
51 till 65 years old	46	9.18%
Over 66 years old	4	0.8%

Figure 2: Age of respondents

We can clearly see that most respondents were between 31 and 50 years old. Nearly 1 out of 5 respondents was in the age group 18 till 30 years old. Ten percent was aged 51 till 65 years old and we did not receive many answers below 18 years old or older than 66 years old.

Furthermore we asked respondents: *What is your current role (in coaching) in sports?*

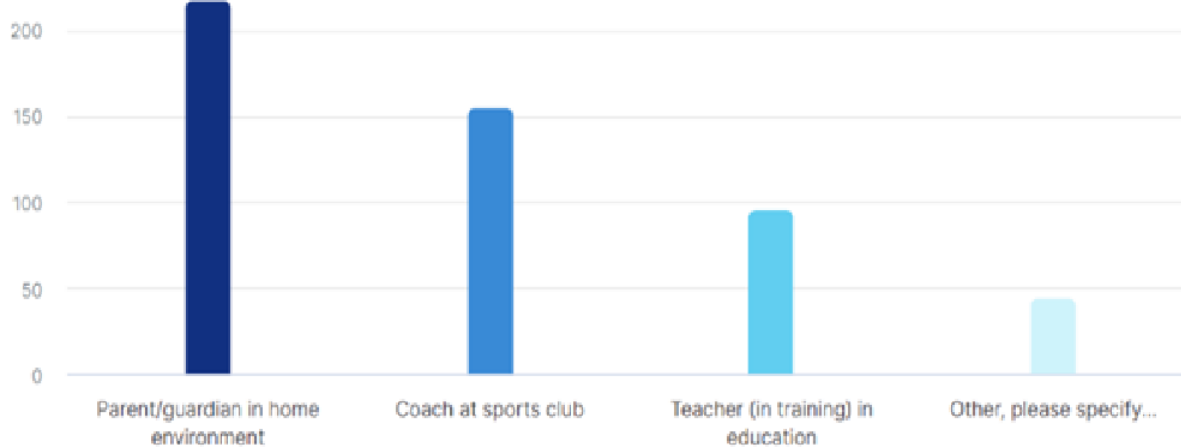


Figure 3: What is your current role in coaching in sports?

As you can see in figure 3 most respondents had the role of parent/guardian in home environment. But still more than half of the respondents were a coach at sports club or teacher (in training) in education. The latter two groups received additional questions which are shown below.

The first question for this the coaches/trainers was: how long have you been coaching in sport? And as you can see most coaches/trainers had a lot of experience:

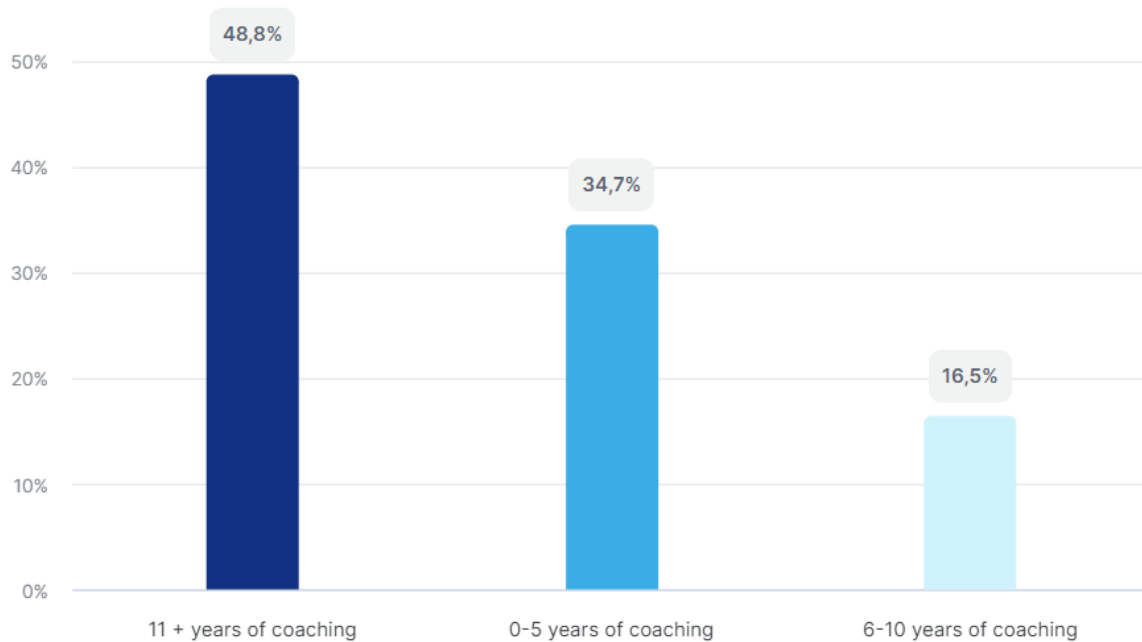


Figure 4: Years of being a trainer/coach

Furthermore we received answer from coaches/trainers from team sports, individual sports or both team and individual sport. The group of coaches/trainers of individual sports were represented a bit more but still we have a good point of reference also for the coaches/trainers of team sports.

Have you been coaching mainly team or individual sports?	Number of answers	Percentage
Mainly team sports	87	30.74%
Mainly individual sports	121	42.76%
Both team and individual sports	75	26.5%

Figure 5: What kind of sports they coach

We also asked the trainers/coaches the following question: *Have you been coaching mainly in on a professional/athlete level or grassroots level?*

More than two-third of all respondents are mainly coaching at grassroots level, 1 out of 5 respondents is active at both a professional and grassroots level and just over ten percent is coaching mainly on professional/athlete level.

The next couple of questions were about what kind of things they support the children to develop. For example we asked them:

Do you support child(ren) aged 6 to 12 in sports, in the development of broad motor skills?

Is this question broad motor development means that children learn to move in a versatile way. It is important that all skills are covered, such as; balance, run, jump, throw, catch, hit and kick a ball. From the respondents that are a coach or teacher (n = 297) **almost 95%** said they are supporting children in the development of broad motor skills.

The next question (#8) was similar to the previous question but addressing the development of 21st century skills. According to respondents **90% addressed also 21st century skills** such as such as communication, creative thinking, critical thinking, collaboration, problem solving, social and cultural skills, self-regulation. **About 80% of child(ren) aged 6 to 12 in sports were coached about healthy nutrition** (question 9) **and 95% are supported in acquiring fair play skills** (question 10).

Furthermore respondents were asked in what way do you think sport can positively contribute to the development of children aged 6-12 years old? (question 11)

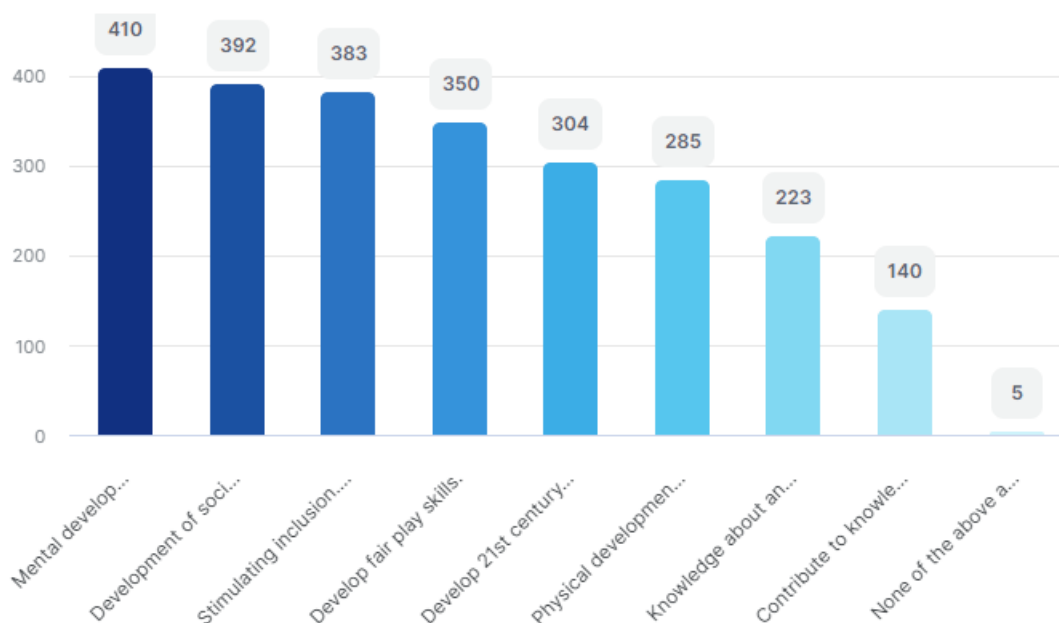


Figure 6: Sport can positively contribute to the development of.....

Full answers, in order from mentioned the most to the answer selected only 5 times:

1. Mental development,
2. Development of social skills,
3. Stimulating inclusion = Everyone can practice sport, regardless of physical and/or mental limitations, social and/or economic background).
4. Develop fair play skills.
5. Develop 21st century skills = By 21st century skills we mean skills such as communication, creative thinking, critical thinking, collaboration, problem solving, social and cultural skills, self-regulation).
6. Physical development and broad motor development.
7. Knowledge about and use of healthy food. Contribute to knowledge about positive impact on the environment and sustainability (Like recycling).
8. None of the above answers.

Question number 12 was: Do you have sufficient knowledge and skills about the themes to encourage participation in sports by children between the ages of 6-12?

And the themes mentioned in this question are: physical development, mental development, healthy nutrition, development of social skills, inclusion, fair play, 21st century skills, broad motor development, environment & sustainability.

Almost 75% of respondents said they have enough knowledge and skills but also **25% of respondents answered negative to this question**. This means the PLAYS program can contribute a lot to the development of knowledge and skills from the teachers and coaches.

In addition to the previous question another **75% of respondents said they can use help in order to stimulate sports participation of children between 6-12 years old** (question 13).

Furthermore we asked respondents: How could you be helped? (question 14):

How could you be helped?	Number of respondents	Percentage
Online knowledge sharing	302	74.8%
Instruction manual	111	27.5%
Application on Smartphone	75	18.6%
Other, please specify.....	22	5.4%

Figure 7: What kind of communication is best for supporting trainers/coaches

This table is important for the development of the PLAYS-methodology and how we will communicate our findings.

No we know in general what trainers and teacher already do/know and what they still want to learn and in what way we need to communicate this to them. In summary the PLAYS project should (at least) address the following:

- 25% of trainers and coaches say they don't have the right knowledge or skills. : Do you have sufficient knowledge and skills about the themes* to encourage participation in sports by children between the ages of 6-12?
**the themes mentioned in this question are: physical development, mental development, healthy nutrition, development of social skills, inclusion, fair play, 21st century skills, broad motor development, environment & sustainability.*
- 75% of the trainers and coaches said they can use help in order to stimulate sports participation of children between 6-12 years old.
- Most trainers/coaches believe sport can contribute to: Mental development, Development of social skills, Stimulating inclusion, Develop fair play skills, Develop 21st century skills and Physical development and broad motor development.
- Most coaches/trainers want to have online knowledge sharing (75%), followed by an instruction manual (more than 25%) and application on smartphone (almost 20%).

BEST PRACTICES

In order to help the coaches/trainers we asked them to share good practices with us. In this way we can create the PLAYS program so it combines the best practices Europe has to offer.

So the first question was whether they are familiar with a practice / training method, for children aged 6-12 years old, that you consider a good example?

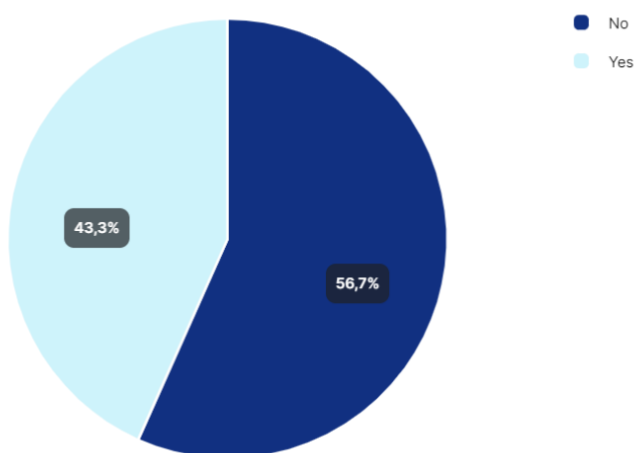


Figure 8: Do you know a good practice?

Almost half the respondents said they are familiar with a good example. In order to see we have examples coming from different settings we asked the respondents in which environment this good example of a practice / training method took place.

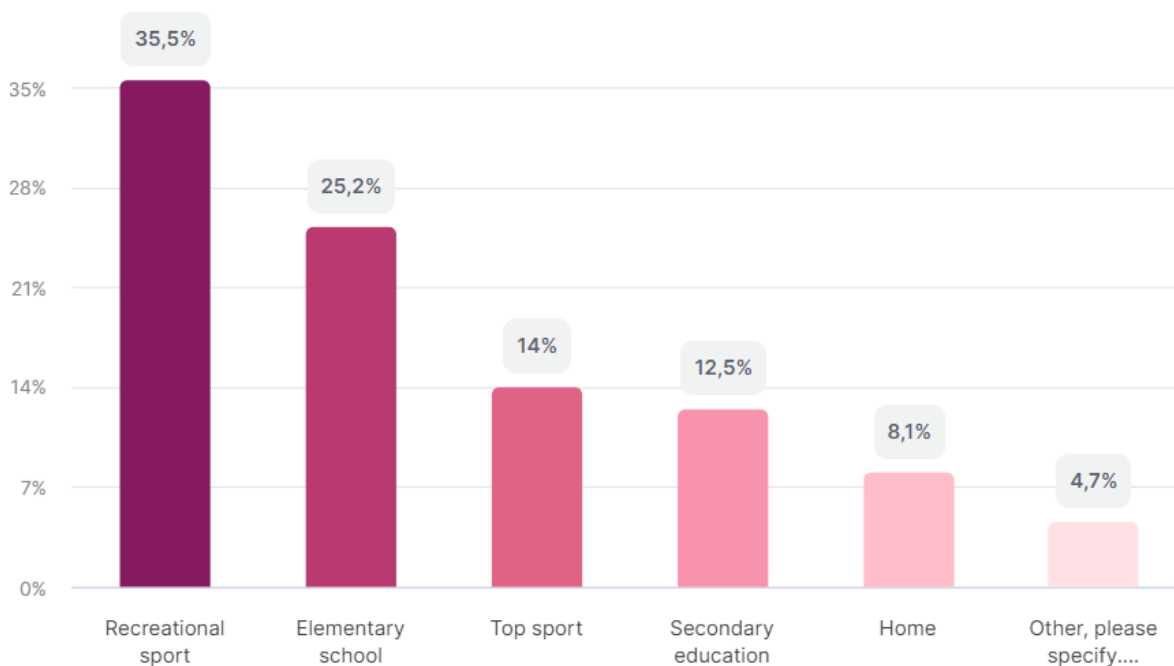


Figure 9: Setting of good practice.

In addition to the setting, we asked if they could indicate the age category does this good example involve. **There were slightly more good practices known for children aged 12 than the little bit younger children. But even for 6 years old there are many examples known (90!).**

In total we received over 150 answer to the question please describe the good example of a practice / training method. For this report we selected 25 answer from which we think they might contribute to the development of the PLAYS program. In alphabetical order we selected the following best practices:

1. Biodanza is aimed at promoting physical, emotional, cognitive and relational integration, as well as emotional and psychosocial maturity and a person's quality of life. It can represent a valid tool for tackling a different path, a proposal that starts from the conception that, favoring the body with its natural wisdom, intends to make the most of it, with invitations, stimulations and methodologies of an affective, perceptive and mental type.
2. Boccia tournament. It involves children and elderly people in an intergenerational way. It is important the systematic and transversal integration of several athletes types with the same purpose.
3. Building of a role-model picture of mothers to their children. Mothers do a teamsport, which has a low requirement to enter, while their children follow them to the training. Children then are involved in Mamanet or have some other sports activities performed at the same place at the same time. More information is available at mamanet.at
4. [Online exercises on YouTube:](#) for 7-year-old children it is a very good method of motor activity. You can set a target goal to work in sync.
5. In elementary school physical education is a fundamental part of children especially for the 6-7 age group, as it helps them to socialize even more within the class group, to collaborate and cooperate with each other. Through sport based on play, children learn the rules of behavior and healthy respect for each other (fair play).
6. Mainly enter schools to talk about sports and cultural activities to stimulate their curiosity, take them to watch live sports competitions, let them choose which sport to follow and then launch them into initiatives of AiCS Hungary and get them to enter and interact with the major sports clubs of the Village
7. Making children protagonists through the method of responsible training. After a period of teaching, the children begin to manage themselves and take turns as captain of the team in order to organize the game and the training. According to this method, all children begin to understand what it means to be an active part of a group and how you need to think strategies to keep everyone entertained. Obviously this path is always accompanied by the supervision of the coach.
8. Monkey Moves: multisportclub for children till 9 years old. Furthermore: as owner of Monkey Moves and Sport Approved (most of it rugby) I run a lot of lessons and workshops in collaboration with daily childcare, primary and secondary schools.
9. Multisport activities for children aged 3 to 15, in which one does not specialize but experiences a sport every week (with obvious age-related differences). A way of promoting sport for personal well-being rather than for competition.
10. Orlik 2012 was a joint government-region-commune project to build a football (soccer) and join volleyball–basketball courts in each commune in Poland before; the Lodzkie region hosts 178 of these pitches. Until c.a. 2010, the lack of modern and safe infrastructure for youth sport was one of major obstacles in promoting and developing vitality among children.
11. Projekt Gimnastyka offers a wide range of gymnastics, acrobatics and aerial dance classes conducted by qualified trainers in a family atmosphere. Their training room is filled with

professional gym equipment (e.g. gymnastic path, mattresses, springboards, balance beam, mirrors, ladders, dumbbells, weights, treadmill, bars, handrails, balls, stretching aids, sashes, wheels, aerial straps, acrobatic harness, fly pole, lift).

12. Simple integration into a team, even in an individual sport. Make them realize that everyone is part of each other's success, both the most talented and the least, because if they were alone they would probably have given up already.
13. Sports and Games after school, varied, sporty and away from school. That is Sports and Games at daycare. Are you 4 years or older and do you like to do sports activities? Then the Sports and Games after school 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 join in.
14. Stimulate autonomy and exploration of learning. When I explain the exercises, I try not to provide too many indications and try to portray the exercises as games, so as to leave the kids free to explore more possibilities and their own ways of performing the gesture. If necessary, I correct the gesture by making suggestions and offering other possibilities.
15. Talent skills program, both physical as theory. → Athletic Skills Model. Please see: <https://www.athleticskillsmodel.nl/en/home-en/>
16. The "Fit For Five" is a social initiative (or an umbrella label) which operates within the Association „Wszystko gra" („Everything is fine" – Eif) framework, but has no separate legal form. The objective was to maintain physical activity of Association members when the pandemic started, in a brand-new reality of epidemic risk, personal liberties restrictions and lock down of sports facilities. The project turned previous ad hoc Nordic walking meetings into an organized routine with additional ou
17. The goal is to gradually put everyone in a position to train and collaborate with teammates, without for this excessively penalizing the more skilled, but bringing, with a basic didactic, the less able to understand the working methods, thus allowing everyone to integrate
18. The methodology is based on the development of basic to elementary motor skills from simple to complex, always respecting the age groups and the critical periods in which each ability and skill must be worked on. we advise good practice habits, nutrition and respect for teammates and all sports agents.
19. The practice of a sport outlines our lifestyle, maintenance and improvement of health, distracts from the frenetic life, so a workout that is based on a small version of tennis as healthy fun, which helps children to increase their concentration, coordination and self-esteem by keeping them away from electronic games, PCs and mobile phones.
20. The principle of conscious and active participation, the training process dreams of the two sides, the subjects on the one hand and the trainer on the other, where the subject must understand the effect of physical exercises on his own body.
21. The project called "Activation of children through sport with Diego Lębork" is aimed at children from Lębork and the surrounding area aged 6-10. The main assumption of the project is: 1. Learning to play football through play, in football tournaments and sports festivals. 2. Purchase of sports equipment for children - (e.g. sports nylons and others). 3. Organization of football tournaments to ensure that children spend their time actively.
22. The project My friend – sports lesson aims at limiting the number of sick leaves for children from the sports classes at school in the city of Lodz. The actual goal of the project is to work with teachers and headteachers in order to change their attitude towards kids who have

problems at sports classes, so that they are not assessed for the final result of an exercise, but rather – engagement, technique and persistence.

23. The Santarem Municipal Swimming School follows the multidisciplinary model of the Portuguese Swimming Federation, which includes all swimming disciplines. Right now we have students who do pure swimming and artistic swimming without any rivalries.
24. We have written a program for potential top athlete talents. This is about what qualities are, what they have, how they can use them in other situations and what help they can still use to grow other qualities and who can help them with that.
25. With the Laureus association, we have formed a small group of kids with disabilities and "normal" kids and we have involved them in the study of the tai chi saber. We then urged the kids with discomfort to become teachers of the practice with the "normal" kids who arrived a second time. This has caused a notable advancement of inclusion, the primary objective of this project, consolidating the group that grows in the absence of preconceptions.

In this selection we took in account also the answers to the following questions:

- Is information available online about this good example
- Why do you consider this a good example / best practice?
- To which developments does it contribute?
- On the 9th-10th of June 2023 we will organize the next meeting about the PLAYS project. Can this best practice be shared in English as an example?

PLAYS Survey

General Information and Answers

General Information

 Survey URL	https://www.surveio.com/survey/d/C6K4R3A0U9B6A8W3V
 First answer	10 February 2023
Last answer	27 March 2023
 Duration	45 days
 Total answers	517

Visits Information

673

Total Visits

517

Completed Answers

0

Incomplete Answers

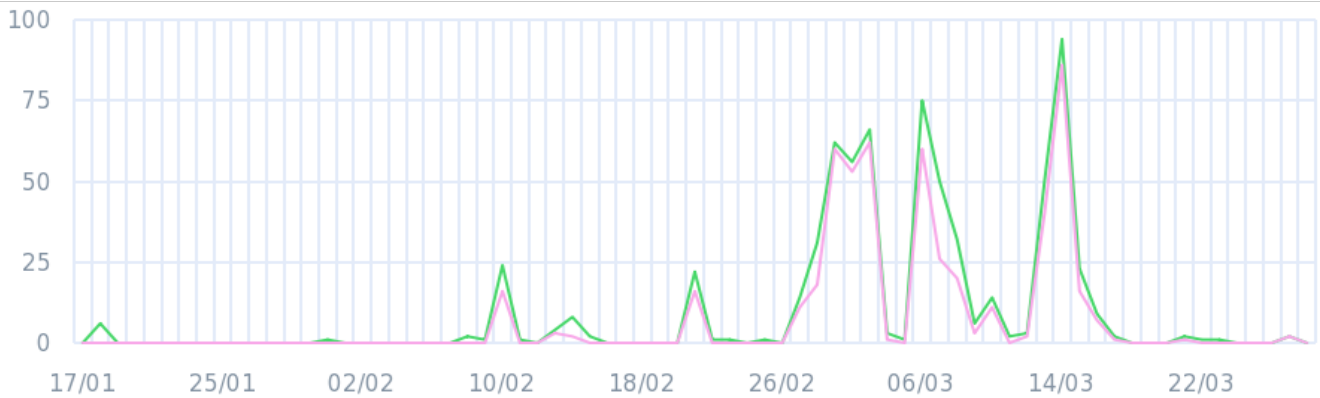
156

Opened Only

76,8%

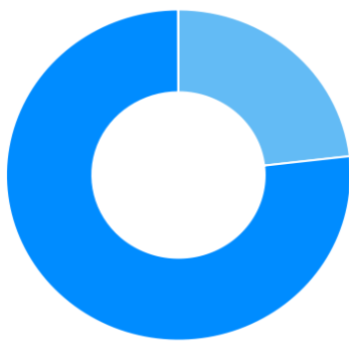
Total success rate

Visits History 10 February 2023 - 27 March 2023



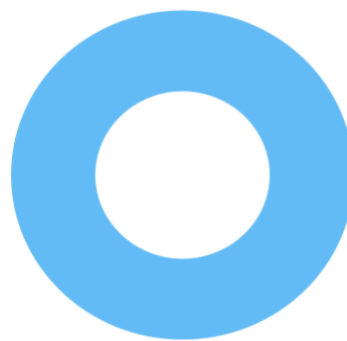
● Visits (673) ● Completed (517)

Total Visits



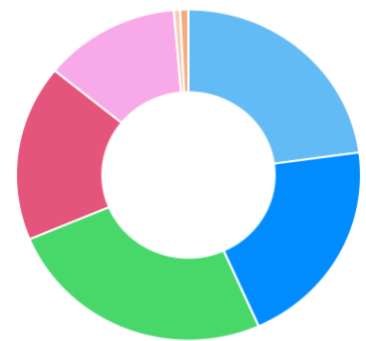
- Opened only (23,2%)
- Completed (76,8%)
- Incomplete (0,0%)

Visits' Sources



- Direct link (100,0%)

Average time for completion

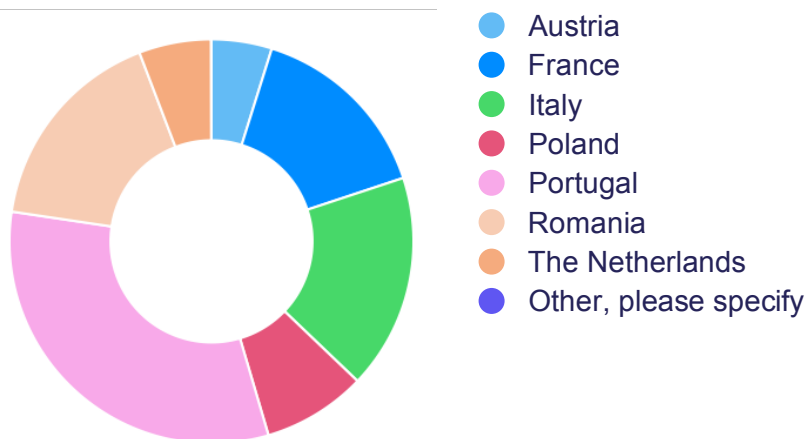


- <1 min. (22,8%)
- 1-2 min. (20,5%)
- 2-5 min. (25,3%)
- 5-10 min. (17,2%)
- 10-30 min. (12,8%)
- 30-60 min. (0,6%)
- >60 min. (0,8%)

1. Which country are you from?

517 Answers

0 No answers

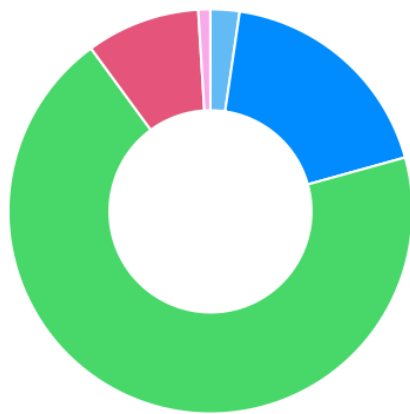


OPTIONS	ANSWERS	RATIO
Austria	25	4,8%
France	78	15,1%
Italy	89	17,2%
Poland	43	8,3%
Portugal	165	31,9%
Romania	87	16,8%
The Netherlands	30	5,8%
Other, please specify	0	0,0%

2. What is your age?

517 Answers

0 No answers



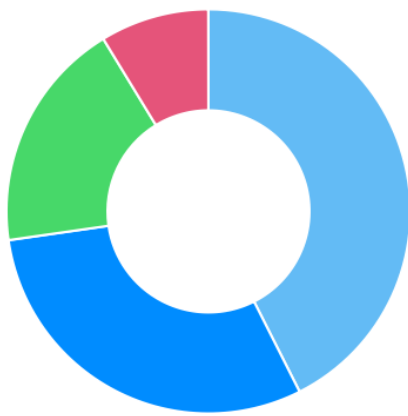
- Under the age of 18 years old
- 18 till 30 years old
- 31 till 50 years old
- 51 till 65 years old
- Over 66 years old

OPTIONS	ANSWERS	RATIO
Under the age of 18 years old	12	2,3%
18 till 30 years old	95	18,4%
31 till 50 years old	358	69,2%
51 till 65 years old	47	9,1%
Over 66 years old	5	1,0%

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

517 Answers

0 No answers



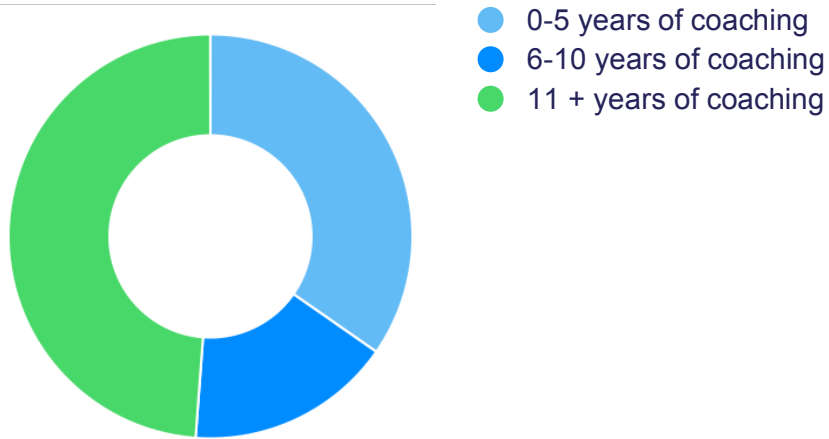
- Parent/guardian in home environment
- Coach at sports club
- Teacher (in training) in education
- Other, please specify...

OPTIONS	ANSWERS	RATIO
Parent/guardian in home environment	220	42,6%
Coach at sports club	156	30,2%
Teacher (in training) in education	96	18,6%
Other, please specify...	45	8,7%

4. How long have you been coaching in sport?

297 Answers

220 No answers

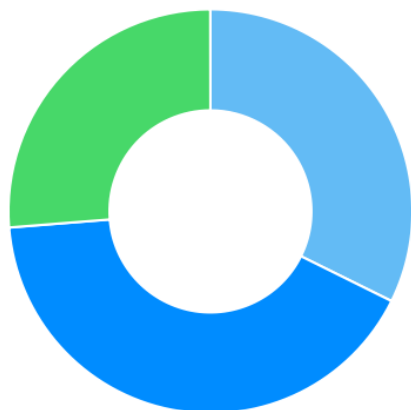


OPTIONS	ANSWERS	RATIO
0-5 years of coaching	103	34,7%
6-10 years of coaching	49	16,5%
11 + years of coaching	145	48,8%

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

297 Answers

220 No answers



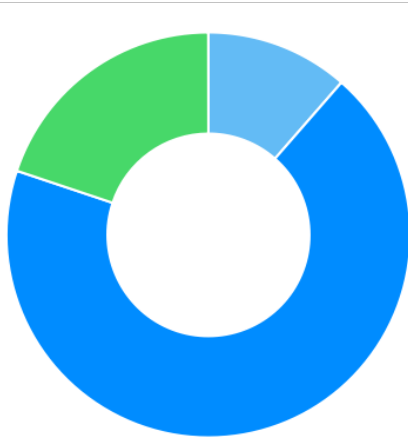
- Mainly team sports
- Mainly individual sports
- Both team and individual sports

OPTIONS	ANSWERS	RATIO
Mainly team sports	96	32,3%
Mainly individual sports	123	41,4%
Both team and individual sports	78	26,3%

6. Have you been coaching mainly in on a professional/athlete level or grassroots level?

297 Answers

220 No Answers



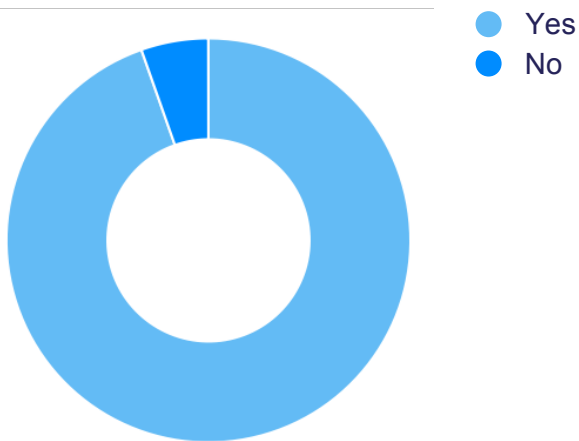
- Mainly on a professional/athlete level
- Mainly at grassroots level
- Both professional/athlete level and grassroots level (equal distribution)

OPTIONS	ANSWERS	RATIO
Mainly on a professional/athlete level	34	11,4%
Mainly at grassroots level	204	68,7%
Both professional/athlete level and grassroots level (equal distribution)	59	19,9%

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

297 Answers

220 No Answers

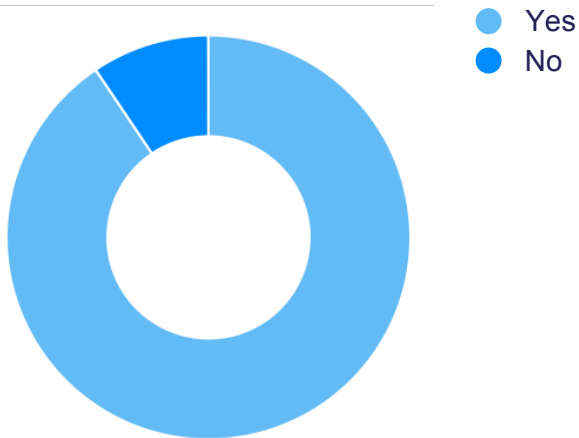


OPTIONS	ANSWERS	RATIO
Yes	281	94,6%
No	16	5,4%

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

297 Answers

220 No Answers

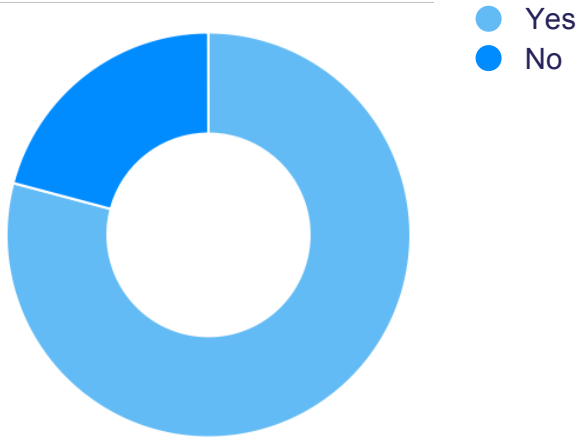


OPTIONS	ANSWERS	RATIO
Yes	269	90,6%
No	28	9,4%

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

297 Answers

220 No Answers

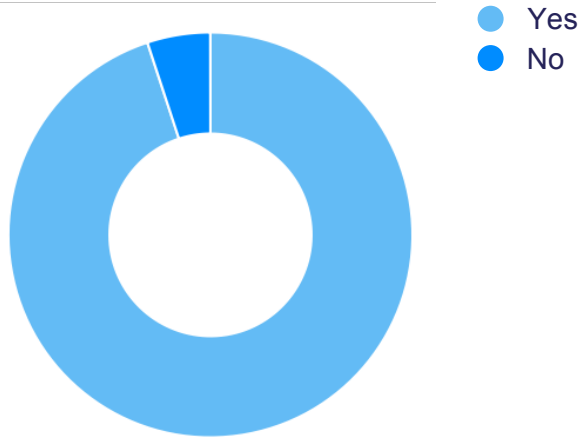


OPTIONS	ANSWERS	RATIO
Yes	235	79,1%
No	62	20,9%

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

297 Answers

220 No Answers



OPTIONS	ANSWERS	RATIO
Yes	282	94,9%
No	15	5,1%

11. In what way do you think sport can positively contribute to the development of children aged 6-12 years old? (multiple options possible) Physical development & broad motor development. (Broad motor development means that children learn to move in a versatile way. It is important that all skills are covered, such as; balance, run, jump, throw, catch, hit and kick a ball).

517 Answers

0 No Answers

0

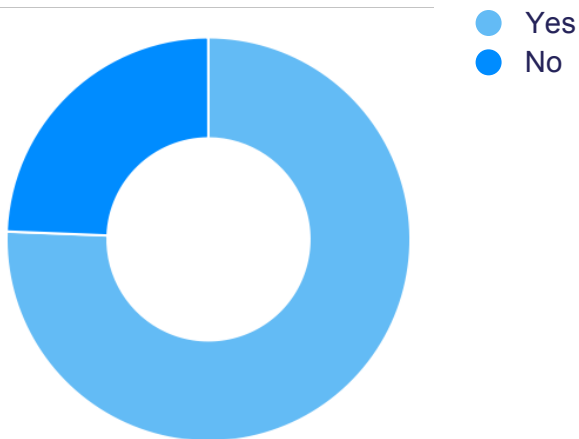
Mental de... Knowledge about and use of healthy food. Developm... Stimulati... Develop fair play skills. Develop 2... Contribut... Physical d... None of the above answers.

OPTIONS	ANSWERS	RATIO
Mental development.	410	79,3%
Knowledge about and use of healthy food.	223	43,1%
Development of social skills.	392	75,8%
Stimulating inclusion. (Everyone can practice sport, regardless of physical and/or mental limitations, social and/or economic background).	383	74,1%
Develop fair play skills.	350	67,7%
Develop 21st century skills. (By 21st century skills we mean skills such as communication, creative thinking, critical thinking, collaboration, problem solving, social and cultural skills, self-regulation).	304	58,8%
Contribute to knowledge about positive impact on the environment and sustainability (Like recycling)	140	27,1%
Physical development & broad motor development	285	55,1%
None of the above answers.	5	1,0%

12. Do you have sufficient knowledge and skills about the themes to encourage participation in sports by children between the ages of 6-12? Themes: physical development, mental development, healthy nutrition, development of social skills, inclusion, fair play, 21st century skills, broad motor development, environment & sustainability.

517 Answers

0 No Answers

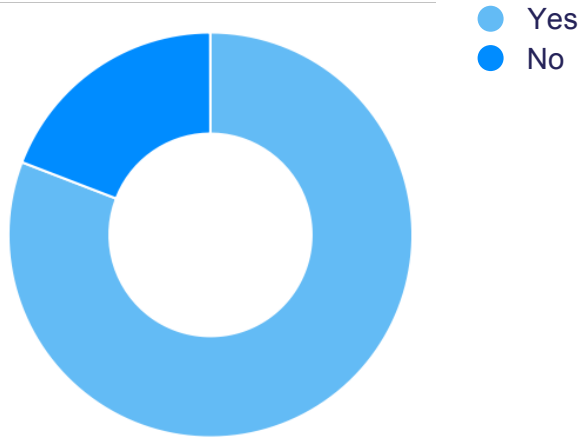


OPTIONS	ANSWERS	RATIO
Yes	391	75,6%
No	126	24,4%

13. Can you use any help in order to stimulate sports participation of children between 6-12 years old?

517 Answers

0 No Answers

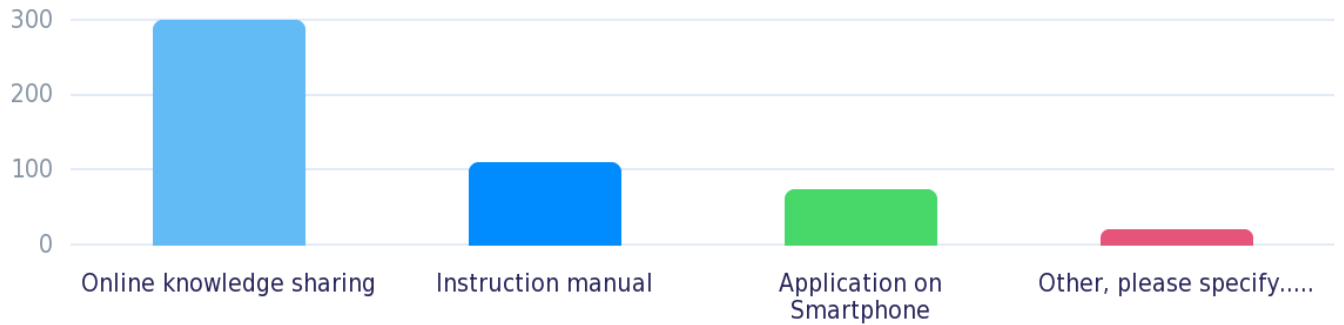


OPTIONS	ANSWERS	RATIO
Yes	418	80,9%
No	99	19,1%

14. How could you be helped?

404 Answers

113 No Answers

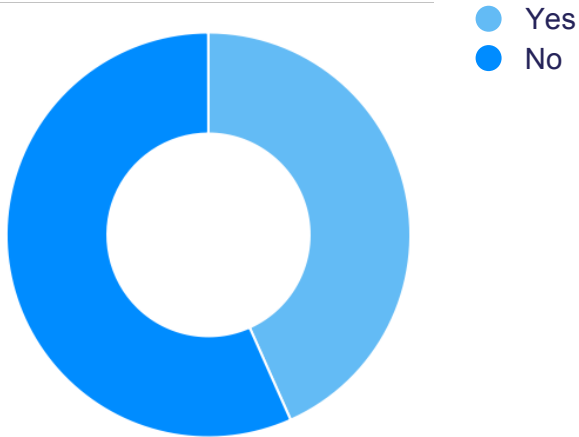


OPTIONS	ANSWERS	RATIO
Online knowledge sharing	302	74,8%
Instruction manual	111	27,5%
Application on Smartphone	75	18,6%
Other, please specify.....	22	5,4%

15. Are you familiar with a practice / training method, for children aged 6-12 years old, that you consider a good example?

517 Answers

0 No Answers

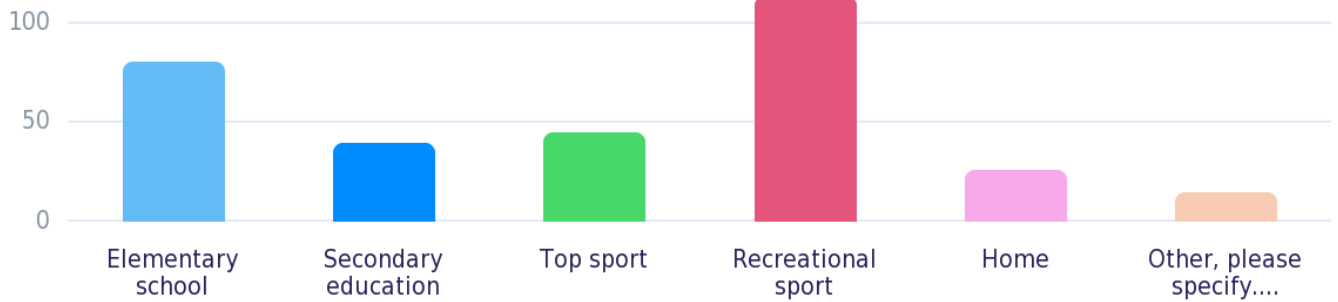


OPTIONS	ANSWERS	RATIO
Yes	224	43,3%
No	293	56,7%

16. In which environment does this good example of a practice / training method take place?

224 Answers

293 No Answers

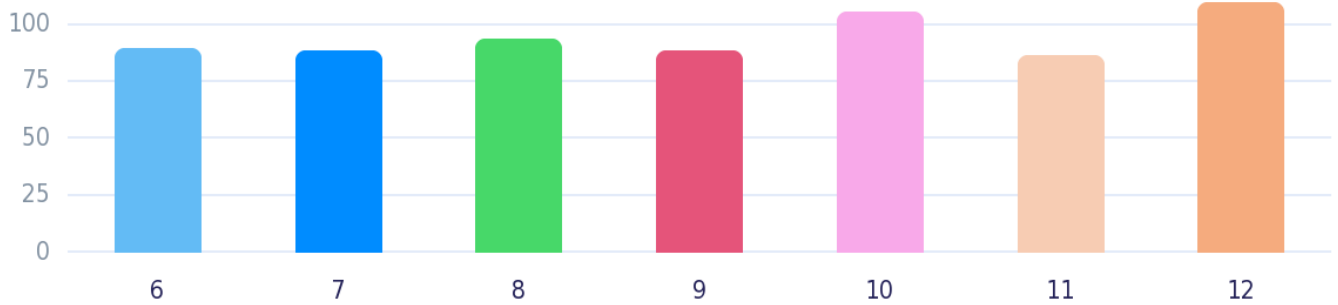


OPTIONS	ANSWERS	RATIO
Elementary school	81	36,2%
Secondary education	40	17,9%
Top sport	45	20,1%
Recreational sport	114	50,9%
Home	26	11,6%
Other, please specify....	15	6,7%

17. Which age category does this good example involve?

224 Answers

293 No Answers



OPTIONS	ANSWERS	RATIO
6	90	40,2%
7	89	39,7%
8	94	42,0%
9	89	39,7%
10	106	47,3%
11	87	38,8%
12	110	49,1%

18. Please describe the good example of a practice / training method:

224 Answers

293 No Answers

- *Abc swimming and superspetters booklets*
- *Academia Sporting schools promote unranked tournaments, all against all, with no emphasis on the result.*
- *aerobic gymnastics - Farul Club of Constanta*
- *Age appropriate planning*
- *A good example of a training method is an application called YouTube, in which trainers are video blogging their ways to improve the quality of a healthy life, not only on YouTube, but also the teachers on classes are learning the children about skills and how to develop their own qualities. Also practice activities are made by dance classes as zumba, salsa, urbanise.*
- *A good example would be the introduction of movement games to increase the attractiveness of the lesson and reduce the fear that the effort is too great and they cannot cope. Another example would be focusing on metacognition and creating new training methods for the evolutionary purpose of education*
- *All the good things that you can get from the children is when you are directly in visual contact with them*
- *Always greet teammates when arriving at training.*
- *an advisor in sport*
- *Early motor initiation training*
- *Training through play*
- *Training performed together with the child (training partners, teacher - student).*
- *Any kind of games played with kids*
- *Ask me*
- *At a competitive level it is even more important to convey to the boys respect for their teammates and above all for their opponents, even in unpleasant situations such as the loss of a game, for example. of football. In this the coach must be able to transmit the true values of fair play.*
- *attention games*
- *A workout or sports practice is good to be practiced during physical education classes and even outside of them.*
- *A 10-year-old young athlete who, while doing his sporting activity, helps a two-year-old younger athlete with physical problems and disabilities to perform his training*
- *Bewegte Pause: a little break during the class in school or a kindergarten to do some stretching/small exercises*
- *Biodanza is aimed at promoting physical, emotional, cognitive and relational integration, as well as emotional and psychosocial maturity and a person's quality of life. It can represent a valid*

tool for tackling a different path, a proposal that starts from the conception that, favoring the body with its natural wisdom, intends to make the most of it, with invitations, stimulations and methodologies of an affective, perceptive and mental type.

- *Boccia tournament. It involves children and elderly people in an intergenerational way. It is important the systematic and transversal integration of several athletes types with the same purpose.*
- *Building of a role-model picture of mothers to their children. Mothers do a teamsport, which has a low requirement to enter, while their children follow them to the training. Children then are involved in Mamanet or have some other sports activities performed at the same place at the same time. More information is available at mamanet.at*
- *capoeira*
- *Circuit*
- *Classes with diversified exercises that promote physical, psychic and intellectual skills.*
- *Collaborating*
- *Combining multivariate conditioning drills with interval of technical exercises. Improving specific motor skills and techniques by using dynamic theme games.*
- *Commitment and constancy*
- *Create rules and encourage compliance by giving rewards. In this way, we learn what rules are and that we must comply with them, with the reward that comes from them.*
- *create their own elements of training (eg a specific aim of a small side game in football)*
- *Demonstration*
- *Developing the interest to sports in schools, in the best way by playing*
- *Development of basic motor skills through a relay competition between several groups of children during training.*
- *Development of fine motor skills: Games, toys and effective exercises The game with wooden pieces, origami games, usual daily activities,*
- *Development speed*
- *Didactic games*
- *discipline*
- *Do not focus only on quantitative results.*
- *Don't know*
- *Equip athletes with a critical spirit, opening horizons for them and showing them that they can only be good at a specific activity if they have a vast motor and intellectual repertoire. They have to absorb and work with all aspects of their daily lives in an applied way, regardless of their personal taste.*
- *Exercises for integrating the primary reflexes*
- *Calisthenic exercises*
- *Exploit network in sports to gain access to sports facilities. A lot of sport facilities (especially in the cities) are not used to 100%, but rather stay empty (for example during school breaks,*

holidays and special times of the day). Therefore they are being closed: according to the city administration due to energy cost factor, vandalism, liability, etc. It is needed to contact the "local" decision-makers in person (i.e. teachers, coaches, gym halls directors and not the ones on a higher level)

- *Fair play and help each other*
- *fair play training*
- *Fartlek training is a method of training that uses periods of exercise and rest. An example of Fartlek training is running at a full sprint for 10 seconds, walking for 1 minute followed by a medium intensity jog for 4 minutes. An athlete would then rest for a set period of time and then repeat the programme again.*
- *For kids it's best to practice in a playful way this is what keeps them persistent.*
- *For several years, Lodz Horse-riding Club has been organizing summer camps for children and teenagers "holidays in the saddle" and winter holidays. It is a good opportunity for recreational riders to stay with their favorite steed every day (and it happens that every rider always has their favorite) and the opportunity to polish their skills both riding and caring for the horse every day.*
- *front*
- *Games*
- *Games that engage the whole group*
- *Global*
- *Good ideas, empathy, good feelings*
- *Group courses among children of the same age*
- *Gymnastics exercises and basic basketball*
- *Honesty*
- *<https://maken.wikiwijs.nl/183574#!page-6991696> Digital learning material for talented athletes that is used for children from the age of 12 in secondary education.*
- *<https://www.figc.it/it/giovani/sviluppo/sviluppo-evolution-programme/>*
- *<https://www.youtube.com/@ClubulSportivGeBaek>*
- *https://www.youtube.com/watch?v=Y8rLsUj_Ues for 7-year-old children it is a very good method of motor activity. you can set a target goal to work in sync*
- *I highly value the children's ability to teach a skill that they recently acquired.*
- *I know many things about Street Dance...so i can be useful in everything involved dance.*
- *I'm a swimming coach, so I use alternative and cros-training methods to develop aerobic capacity.*
- *in addition to psycho-motility and technical training, we stimulate children with free play, non-sporting activities and multi-sports*
- *Inati*
- *Inclusive activity based on sport game*
- *individualized training*

- *In elementary school physical education is a fundamental part of children especially for the 6-7 age group, as it helps them to socialize even more within the class group, to collaborate and cooperate with each other. Through sport based on play, children learn the rules of behavior and healthy respect for each other (fair play).*
- *In my work with athletes I use methods adapted to their age and technical level, I am attentive to their needs and I try to be present in their lives as much as possible.*
- *Integrated physical activity based on sport play*
- *Integrated training with multi-disabled students*
- *Interactive games*
- *Learning by solving problems - problematization*
- *Involving everyone without distinction of gender and ability*
- *I practice swimming at my club*
- *Dynamic games and coordination exercises*
- *Kahoot*
- *Kempo, judo, music, learn about faith and nature*
- *Listen and enjoy and set a good example*
- *Mainly enter schools to talk about sports and cultural activities to stimulate their curiosity, take them to watch live sports competitions, let them choose which sport to follow and then launch them into initiatives of AiCS Hungary and get them to enter and interact with the major sports clubs of the Village*
- *Making children protagonists through the method of responsible training. After a period of teaching, the children begin to manage themselves and take turns as captain of the team in order to organize the game and the training. According to this method, all children begin to understand what it means to be an active part of a group and how you need to think strategies to keep everyone entertained. Obviously this path is always accompanied by the supervision of the coach*
- *Mental training and skill training*
- *The method of repetition, learning, etc*
- *Repetition methods continue.*
- *Mixed kids basketball training*
- *Modeling*
- *Monkey Moves: multisport club for children till 9 years old. Furthermore: as owner of Monkey Moves and Sport Approved (most of it rugby) I run a lot of lessons and workshops in collaboration with daily childcare, primary and secondary schools.*
- *Montessori*
- *Montessori method*
- *More sport at school but with "real" sport educator*
- *More sport in the school schedule*
- *Morning games to wake you up, games to know each other*

- *Mothers are doing sports and become an example for their children to follow.*
- *Multidisciplinary Teaching*
- *Multidisciplinary teaching model*
- *Multisport activities for children aged 3 to 15, in which one does not specialize but experiences a sport every week (with obvious age-related differences). A way of promoting sport for personal well-being rather than for competition.*
- *Multisport because it makes you know all the sports*
- *(43x) N/A*
- *Not only certified coaches should be able to train the group of kids. But certified coaches can also take advantage of such method.*
- *Online*
- *Online training, knowledge sharing between teammates, listen and accept help and tips from teammates*
- *"Orlik 2012 was a joint government-region-cummune project to build a football (soccer) and join volleyball–basketball courts in each commune in Poland before; the Lodzkie region hosts 178 of these pitches. Until c.a. 2010, the lack of modern and safe infrastructure for youth sport was one of major obstacles in promoting and developing vitality among children.*
- *Parents aware of sports activities*
- *Participative practice*
- *Pedagogical progressions in swimming education*
- *(2x) Perseverance*
- *Physical exercise*
- *Playing various games*
- *play, joy, movement*
- *Portuguese Swimming Federation books*
- *Practice daily exercise*
- *Practice in pairs*
- *Practice sports not only inside the school but also outside*
- *"Projekt Gimnastyka offers a wide range of gymnastics, acrobatics and aerial dance classes conducted by qualified trainers in a family atmosphere. Their training room is filled with professional gym equipment (e.g. gymnastic path, mattresses, springboards, balance beam, mirrors, ladders, dumbbells, weights, treadmill, bars, handrails, balls, stretching aids, sashes, wheels, aerial straps, acrobatic harness, fly pole, lift). "*
- *Recreational sport for the age of 10-12 made here in our city*
- *Regular exercising 2-3 times a week*
- *Respect teammates with disabilities and include them in groups*
- *Rio Maior swimming school*

- **Sequential approach to the elements with the help of exercises**
- **School sports, active school.**
- **School/training of DNMG (Desportivo Náutico da Marinha Grande).**
- **Simple integration into a team, even in an individual sport. Make them realize that everyone is part of each other's success, both the most talented and the least, because if they were alone they would probably have given up already.**
- **Skills communication**
- **soft gym**
- **Speeches**
- **sport**
- **sport at home**
- **sport in a association**
- **enter sportsmanship points system**
- **Sports and Games BSO 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**
- **sports club for volleyball**
- **sports training to music**
- **Sports training with skills development such as creativity, notion of space and learning various methods**
- **Stimulate autonomy and exploration of learning. When I explain the exercises, I try not to provide too many indications and try to portray the exercises as games, so as to leave the kids free to explore more possibilities and their own ways of performing the gesture. If necessary, I correct the gesture by making suggestions and offering other possibilities.**
- **Stimulation of diversified motor skills**
- **Strengthening drills**
- **swimming lessons for children aged 10-14 years old at a sports club in Bucharest**
- **Taekwondo and Para-taekwondo for kids**
- **Taekwondo for kids: <https://wientaekwondo.com>**
- **Taking care of the sports experience of preschoolers, their activity and willingness to compete the Sport Week campaign have been organized on May 19-23, 2022. It included various forms of physical activity among preschool children and not only, because it was also a summary of the next year of preschool sports.**
- **Talent Skills / ASM / Brede motorische ontwikkeling / strength and conditioning**
- **Talent skills program, both physical as theory.**

- **Talent skills / Topsport onderwijs van EVOT**
- **teach to swim**
- **Team sport where each player need another player to reach the objective. Team work and sharing.**
- **Team work in which to reach the goal each player needs another player. Team work and sharing**
- **The athlete's commitment to training, in terms of quality and in terms of volume. Focus on coach's feedback and self-motivation by setting clear and achievable objectives**
- **the conversation method**
- **The creation of an individual sugem for each individual athlete, for the improvement of their own monks**
- **The development of sports skills through play**
- **The early discovery of the child's native qualities and the realization of a long-term development plan**
- **The "Fit For Five" is a social initiative (or an umbrella label) which operates within the Association „Wszystko gra" („Everything is fine" – Eif) framework, but has no separate legal form. The objective was to maintain physical activity of Association members when the pandemic started, in a brand-new reality of epidemic risk, personal liberties restrictions and lock down of sports facilities. The project turned previous ad hoc Nordic walking meetings into an organized routine with additional ou**
- **The goal is to gradually put everyone in a position to train and collaborate with teammates, without for this excessively penalizing the more skilled, but bringing, with a basic didactic, the less able to understand the working methods, thus allowing everyone to integrate**
- **The methodology is based on the development of basic to elementary motor skills from simple to complex, always respecting the age groups and the critical periods in which each ability and skill must be worked on. we advise good practice habits, nutrition and respect for teammates and all sports agents.**
- **the most used method is that of practicing in easy conditions with music and lots of smiles**
- **The practice of a sport outlines our lifestyle, maintenance and improvement of health, distracts from the frenetic life, so a workout that is based on a small version of tennis as healthy fun, which helps children to increase their concentration, coordination and self-esteem by keeping them away from electronic games, PCs and mobile phones.**
- **The principle of conscious and active participation, the training process dreams of the two sides, the subjects on the one hand and the trainer on the other, where the subject must understand the effect of physical exercises on his own body.**
- **The project called "Activation of children through sport with Diego Lębork" is aimed at children from Lębork and the surrounding area aged 6-10. The main assumption of the project is: 1. Learning to play football through play, in football tournaments and sports festivals. 2. Purchase of sports equipment for children - (e.g. sports nylons and others). 3. Organization of football tournaments to ensure that children spend their time actively.**
- **The project My friend – sports lesson aims at limiting the number of sick leaves for children from the sports classes at school in the city of Lodz. The actual goal of the project is to work with teachers and headteachers in order to change their attitude towards kids who have problems at**

sports classes, so that they are not assessed for the final result of an exercise, but rather – engagement, technique and persistence.

- *The Santarem Municipal Swimming School follows the multidisciplinary model of the Portuguese Swimming Federation, which includes all swimming disciplines. Right now we have students who do pure swimming and artistic swimming without any rivalries.*
- *Through physical education classes*
- *to show the good example, to practice with kids*
- *To tell a story through music and body*
- *Training*
- *Training*
- *Training differential by age groups.*
- *Training divided by age groups and strictly in the open air with large spaces and adequate equipment*
- *Training with a lot of object*
- *Trying to do all the training through interactive games*
- *Vila Franca de Xira swimming school*
- *We have written a program for potential top athlete talents. This is about what qualities are, what they have, how they can use them in other situations and what help they can still use to grow other qualities and who can help them with that.*
- *We run personalized martial arts training in my club. We employ well-known trainers who are also professional or semi-professional players. We use a personalized approach, organize joint integration trips and create a cohesive community*
- *Willing to develop talent*
- *With the Laureus association, we have formed a small group of kids with disabilities and "normal" kids and we have involved them in the study of the tai chi saber. We then urged the kids with discomfort to become teachers of the practice with the "normal" kids who arrived a second time. This has caused a notable advancement of inclusion, the primary objective of this project, consolidating the group that grows in the absence of preconceptions.*
- *workouts that alternate coordination, drawing, free time, autonomous organization of games, exercises with the ball, paths on mattresses and various surfaces*
- *Yoga and aikido (martial arts) for children and teenagers*

19. Is information available online about this good example?

224 Answers

293 No Answers



- No, can you share information in English? Please contact us via email (n.v.herpen@ssnb.nl)
- Yes , what is the link to the online best practice information (e.g. a link to a website or social media channel)?

OPTIONS	ANSWERS	RATIO
No, can you share information in English? Please contact us via email (n.v.herpen@ssnb.nl)	132	58,9%
Yes , what is the link to the online best practice information (e.g. a link to a website or social media channel)?	92	41,1%

20. Why do you consider this a good example / best practice?

224 Answers

293 No Answers

- *It helps new athletes.*
- *Allows children/young people a more comprehensive or complete sports development.*
- *Allows swimming education by learning stages*
- *An advantage of Fartlek training is that it develops both aerobic and anaerobic systems as this type of training uses different types of intensity. A further advantage of Fartlek training is that you can use this method virtually anywhere so very little equipment is needed.*
- *any type of movement is healthy and beneficial*
- *Ask me*
- *We need models in life*
- *Because kids want to share sport time with parents*
- *Because athletes have to realize that they have to be prepared for all aspects and challenges of their lives.*
- *Because dancing is good for everybody, all ages, all levels of capacities.*
- *Because gives the child the opportunity to express himself by using creative physical activities and improves his motor abilities in a pleasant and positive challenging way.*
- *Because he can bring about a change*
- *Because children learn, experimenting, through their own abilities, imagination and reasoning*
- *Because children learn from what they see and experience*
- *Because children need to have fun for them to gain those gross motor skills*
- *Because I had a good meeting*
- *Because it allows integration, inclusion and mutual help in carrying out tasks, as well as providing learning for all*
- *Because it allows kids to express themselves at their best in a serene environment that helps bring out the young athlete's creativity, problem solving, self-confidence and in their teammates*
- *because it brings together elements that stimulate not only their skills but also their social involvement*
- *Because it does not sacrifice anyone for pure exaltation of the individual and allows for both group and individual growth*
- *Because it doesn't judge*
- *Because it helps children with difficulties to practice sport*
- *Because I think it's an effective way to promote personal well-being and the growth of children through sport.*

- *Because it is given through school everybody knows about it and can join. Disadvantage is the costs (not everybody can afford) and waiting list. Also I like that they do all different kind of sports.*
- *Because it is important to carry out sporting activities in the open air and immersed in nature*
- *because it is inclusive and allows individuals, sports clubs for all ages with focus on children to develop swimming skills*
- *Because it promotes sportive activities in youngsters*
- *Because it supports development and promotes relationships, as well as contributing to healthy physical growth*
- *Because it takes advantage of the natural competitiveness in the development of the modality, but placing emphasis on the development of the child's abilities*
- *Because it teaches kids how to deal with difficulties and social principles*
- *Because kids need to be stimulated*
- *Because my children perform*
- *Because of the results over the years.*
- *Because playing is possible to teach*
- *because technicians do not teach only to improve technical performance*
- *Because the amount of children involved into sports through Mamanet (also internationally) has substantially grown over years.*
- *Because the biggest influence on kids is always made by their family, and if they see their family engage actively into sports, they do it too.*
- *Because the child is attentive to what is asked of him and develops with the help of games.*
- *Because the children can strenghten their muscles and grow up in a nice manner.*
- *Because the choice of activities/exercises is extremely important for the development of all skills.*
- *Because there are values and principles*
- *because there is no competition, a mix between children's (age, gender)*
- *Because they are fundamental for the following sporting stages*
- *Because this is the method practiced in the streets where there are no instructors but rules for sharing both practical and theoretical. By putting a structure and technical teachers into it, excellent results can be achieved*
- *Because this method develops the teamwork*
- *Because this practice teaches to respect and help others*
- *Because this practice will helps the kids*
- *Because this serves as an incentive*
- *Because is important for that age to develop that skills*

- *Beginner riders are looked after by well-qualified instructors who, thanks to their extensive knowledge and experience, are able to convey the secrets of equestrian art in a very accessible way. In turn, more advanced recreational riders can often surprise with a set of exercises on a quadrilateral or parkour.*
- *Bringing kids to martial arts from a very little age. Taekwondo for small kids is available already from 2-3 years old. Children taekwondo is available from 4 to 12.*
- *can develop various skills of a child*
- *Carried out correctly, this sport does not present any health risks for our children, on the contrary it leads them to motor and social development, with fun that turns into real passion.*
- *classes are conducted by qualified trainers who know the specifics of working with children. In addition, well-known sportsmen are regularly invited, whose role is to instill a passion for sport in children. Unlike many schools, Projekt Gymnastyka focuses on general development training recommended for children, rather than specialized courses"*
- *collaboration and mutual help, dance musique and sing*
- *Yes*
- *Despite having to adjust some things, the results are good for athletes.*
- *Development of physical skills, understanding of fair play, as well as team spirit through social contacts and communication.*
- *From experience*
- *Diverse student work*
- *Due to students acquiring basic skills from each subject when they are young, they can choose more than one without having to learn everything from scratch.*
- *It is very important to intervene as early as possible to educate motor skills, especially for children with mental impairment.*
- *It is a free platform*
- *Experience*
- *Fair play*
- *For the harmonious development of new generations.*
- *For the results that have been obtained*
- *Friendship between children*
- *Given a theme you approach it with your motor skills, self-assessment, respect and improvement of your own skills*
- *Going beyond just teaching rugby for children by trying other disciplines in different environments and with different tools stimulates children, positively reinforcing them according to their abilities*
- *Help for development of the child*
- *Helps children include all teammates*
- *Helps spiritual and physical growth*

- *Helps with social integration, respect for teammates and coach, and promotes team spirit.*
- *High level of inclusion*
- *<https://sp1leczyca.pl/wydarzenia,633?id=411>*
- *Children are getting used to this small exercises since very little age and implement it to their daily routine in the later ages too.*
- *Children evaluate by themselves and show their needs by their own. sometimes, as a coach, I could believe that they have only the needs that I see, but they could also have other*
- *Children's development for the future*
- *Children love games and love to play*
- *I have been playing sports since the age of 5, and I believe it is an excellent vehicle for improving relationships between individuals, and personal growth, and consequently the improvement of society. This project goes exactly in this direction*
- *Inclusion*
- *individualization is the key to success*
- *Clear Information*
- *In our opinion, an effective sport system for children and youth is one in which every child can practice sport without any barriers, which is why our activities contribute to their comprehensive development in games and activities, football tournaments and sports events. Participation in these types of projects will make children love sports and will be able to pursue their passion.*
- *Institutions as city or country administrations are not very interested in keeping the kids healthy, but rather keeping the sport facilities to themselves for whatever reason.*
- *it allows children to be attentive to others*
- *it can also be used for other children, especially for those from less accessible or rural areas*
- *It can be watched anytime*
- *It gave results*
- *It helps to be responsible and to have good discipline, while improving from a physical point of view and at the same time including the other athlete making him feel part of the group and helping him both psychologically and physically to improve*
- *I think there are great opportunities for children*
- *It is a standard set up by the national swimming association*
- *It is a very complete sport both physically and cognitively, physical and mental coordination.*
- *It is ok.*
- *It prevents monotony and injuries.*
- *It promotes responsibilities and knowing how to be in a group where teaching is not compatible without rules.*
- *It's interactive and FUN.*
- *it's mind*

- ***It's proven by many researches***
- ***It stimulates multiple intelligences***
- ***It supports athletes in the development of 21st century skills, which are not only important athlete skills, but also important life skills. Besides this, it supports their broad motor development. Various schools work with this method. Best practice: Rodenborch College in the Netherlands.***
- ***It takes children to be active during that time they are in class and can motivate them to other practices outside the school context.***
- ***Kids can learn there is rules***
- ***Kids need to understand that outside their bedroom, now equipped with a TV, mobile phone, PC, play station, etc. there is a cultural and sporting world that makes them socialize in presence and not behind a screen***
- ***Listening to everyone's needs***
- ***With this best practice, children from the age of 12 at Top Sport Talent Schools in secondary education are prepared for the profession of top athlete. The knowledge of the various themes also has added value if they do not become top athletes. After all, the themes such as nutrition, development of broad motor skills, clean sports, etc. are important for all children. The learning material on this website is open and accessible for free. It is developed by teachers and experts in top sports.***
- ***Motivating other children to have a behavior, appearance and character that they can use as examples***
- ***multiple ways***
- ***My concept is....***
- ***n/a***
- ***(53x) N/A***
- ***nothing***
- ***Not the best but one of the best***
- ***Nowadays there is an excessive use of electronic devices. Sports demonstrates a healthier and more social aspect of entertainment.***
- ***ok***
- ***Parents are the example to follow***
- ***Perseverance is a skill every athlete must develop in order to succeed***
- ***Perseverance is necessary to be able to move forward after every failure***
- ***Promote the sustainable and healthy development of children***
- ***Provides integration of all people***
- ***Realize that everyone has a role in society and everyone must collaborate for its proper functioning and advancement, as well as friendship, companionship...***
- ***"real" sport animator have sport formation***

- **Responsibility, diversity, inclusion**
- **Results**
- **see answer 18.**
- **They can be performed anywhere, do not require equipment, develop harmoniously, stimulate creativity and proprioception**
- **Sharing the information is a good way for learning more and improved knowledge**
- **Simple exercises for all ages which can be applied in schools, at home, also**
- **Since it is being talked about the communication with sports people, this method can be considered a best practice and can be used also by not certified coaches. Of course it implies the knowledge about the sport itself. However, dealing with children requires specific training.**
- **Skills en competences**
- **It stimulates the athlete very well, and the physical presence, side by side in training makes him much more confident and capable.**
- **Are accessible**
- **team work, youth involvement**
- **tested by the sport federations**
- **The action began with the organization of sports competitions in the form of games, joining the European Week of Sport for All planned by the Bartoszyce Municipality. The main objective of this action was physical activation by promoting physical activity as the best form of spending free time and a healthy lifestyle**
- **The EiF Association was the first animator of mass amateur sports events in the Pabianice county, set up within a larger wave of jogging / Nordic walking popularity growth. There was no alike organization before in the city. The Association handled few major sports events in the county (like an April annual half-marathon). Social contribution: the project is 100% based on voluntary work, with growing significance of private sponsorship and public non-financial support**
- **The fact that it is mixed and involves at least 2 levels contributes to a better children integration in training and a less gender differentiating approach**
- **The games are very beautiful and likeful for kids because in that way they will know each other better**
- **The gentle gym gently introduces children to sport**
- **The children are learning about how to eat healthy, not junk food, and to do sport on their own ways, as walks, playing in parks and so on.**
- **The children's world have different values and principles that sometimes we adults don't understand. That knowledge is transferred from one individual to others inside their world.**
- **The project brought astonishingly good effects – number of sick leaves dropped by 55% from 2393 (for the full school year) in 2014 to only 1067 in 2017.**
- **The visual learning method seems to be one of the methods with quite high efficiency among children under 12 years old.**
- **This brings health benefits**

- *This method allows you to teach children the fundamental principles of being in a group and respecting each other*
- *This practice engage kids to appreciate sports during the learning. He'll meet less difficulties with sport in the future.*
- *Through play, it helps children develop their love of movement!*
- *Time and place independent.*
- *To enhance the character*
- *to have a good level*
- *(2x) To teach respect and sharing*
- *experience shows that it works well*
- *unlike many other sports clubs, we are not a franchise, the relations between members are family-like and that is why our friends bring their children to the club for classes and often exercise with them*
- *very explicit*
- *We have a lot of happy, good moving young members that are really well in their motor skills. We are still growing and our children stay members for a long time*
- *We learn by example*
- *Working*
- *yes*
- *(2x) Yes*
- *You learn awareness of your body in motion, interacting and creating bonds and healthy relationships between playmates. Everyone can participate, even children with disabilities.*

21. To which developments does it contribute?

224 Answers

293 No Answers

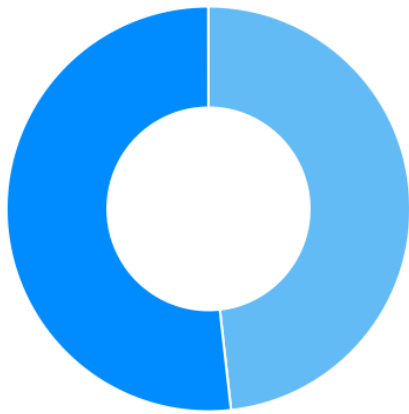
0	21st cent...	Knowledge about healthy food.	Physical d...	Mental de...	Developm...	Stimulate...	Develop fair play skills.	Contributi...	Other, namely
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OPTIONS	ANSWERS	RATIO
21st century skills (such as communication, creative thinking, critical thinking, collaboration, problem solving, social and cultural skills, self-regulation).	134	59,8%
Knowledge about healthy food.	63	28,1%
Physical development & broad motor development (By broad motor development we mean that children learn to move in a versatile way. It is important that all skills are covered, such as; balance, running, jumping, throwing, catching, hitting and kicking a ball.)	177	79,0%
Mental development.	145	64,7%
Development of social skills.	146	65,2%
Stimulate inclusion. (Everyone can practice sports, regardless of physical and/or mental limitations, social and/or economic background.)	141	62,9%
Develop fair play skills.	124	55,4%
Contributing to knowledge about positive impact on the environment and sustainability (Like recycling.)	51	22,8%
Other, namely	6	2,7%

22. On the 9th-10th of June 2023 we will organize the next meeting about the PLAYS project. Can this best practice be shared in English as an example?

224 Answers

293 No Answers



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

OPTIONS	ANSWERS	RATIO
No, this is not possible.	108	48,2%
Yes, please share contact information	116	51,8%

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

517 Answers

0 No Answers

For privacy issues and in line with the GDPR, these answers (i.e. the email addresses) are not reported.

Practical Learning to Advance Youngsters in Sport



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