

### Sport as motor for life long learning

Sports classes in school offer a unique opportunity for kids and young people to acquire and exercise particular skills, which may have a positive impact to their fitness and health throughout their life.

The additional acquisition of social skills is hereby particularly encouraged and should be acknowledged as a key competence for lifelong learning.

### Reduction of sport activities of kids

However, many players in the educational and scientific sector, in sports clubs and in politics are concerned about the decrease of physical activities among young people throughout Europe.

Studies show that 80% of school-age children are physically active exclusively in school. The overall amount of physical activities in the course of compulsory education in European countries, on average, is only 50 to 80 hours per year. Clearly this is not enough as students should pursue at least one hour of moderate physical activity daily.

### The sports programme »Kids in Motion«

The programme »Kids in Motion« will allow kids to find out which kind of sport they would enjoy and where they would be good at.

With the help of this programme the increasing disorientation at the sport selection can be addressed early. Furthermore, it allows a significant reduction in sporting activities to be identified and acted upon ([www.kids-in-motion.eu](http://www.kids-in-motion.eu)).

Based on the experience of this EU-funded project, the international players involved have summarised the project results.

We would like to sincerely invite you to our conference „Kids in Motion – School Moves“ where experiences and opinions will be shared between stakeholders in science, schools and administration. This event offers the opportunity to develop perspectives together in order to ensure the implementation and consolidation of “sport as motor” for long activities that contribute to the preservation of health within school.

## Conference Contents

09.30	Arrival and coffee		
10.00	Welcome and greeting		
	<b>Dr. Gerwin-Lutz Reinink</b> , Ministry for School and Further Education of North-Rhine Westphalia		
	<b>Dr. Agnes Klein</b> , Councillor of the city of Cologne Department IV – Education, Youth and Sports		
10.30	<b>Development of health of primary school children</b> <i>Influences of physical activity and sport</i>		
	<b>Prof. Dr. med. Henry Schulz</b> , Chemnitz University of Technology Faculty of Humanities and Social Sciences, Institute of Applied Movement Sciences, Professorship of Sports Medicine / Sports Biology		
11.00	<b>Everyday school life and innovation or everyday school life without vision?</b> <i>Implementation of projects in school reality</i>		
	<b>Barbara Sengelhoff</b> , Former School Management in Primary Education		
11.30	<b>School moves</b> <i>The sport programme Kids in Motion</i>		
	<b>Mario Rieder</b> , SPORTAG GbR		
12.00	Lunch Snack		
13.00	Round table discussions		
	<b>I. Implementation of Sport programmes in schools</b> <i>Conditions for success and stumbling blocks</i>		
	<b>Karlheinz Welters</b> , City of Aachen, Department of sport development, sports promotion and management of sports facilities		
	<b>II. From the project idea to the application</b> <i>Possibilities of funding of school projects</i>		
	<b>Sabine Schulz-Brauckhoff, Sarrah Nachi</b> Netzwerk e.V. – Soziale Dienste und Ökologische Bildung		
	<b>III. Orientation of experience instead of entitlement to benefits in school sports</b> <i>Presentation of methodical approach on the comparability of different sports</i>		
	<b>Andi Hense, Stephan Lingenberg</b> SPORTAG GbR		
14.30	Coffee break		
15.00	<b>Panel discussion – Reflection on conference results</b>		
16.00	End of the conference		
16.30	Guided tour of the city in English and German, Raphael Wissing		
		<i>Side Event: 13.00 – 16.00</i>	
		<b>Experiences and future of kids in motion</b> <i>(in english)</i>	
		<b>Prof. Dr. med. Henry Schulz</b> Chemnitz University of Technology, Germany	
		<b>Dr. Susana Aznar Lain</b> University of Castilla – La Mancha, Spain	
		<b>Barbara Konda</b> Zavod Fit / FIT Institute, Slovenia	
		<b>Dr. Václav Salcman</b> University of West Bohemia, Pilsen, Czech Republic	



**Registration for the conference  
»Kids in Motion – School Moves«**

on 29 September 2015 at  
Bürgerhaus Stollwerk  
Dreikönigenstraße 23, 50678 Köln, Germany

We kindly ask you to reply until  
14 September 2015.  
Please contact Sabine Schulz-Brauckhoff

- via fax: +49 (0) 221 888 996-99 or
- via e-mail: pr@kids-in-motion.eu



Institution \_\_\_\_\_

First Name and Last Name \_\_\_\_\_

Participation in the guided tour of the city:

yes       no

Organizer

**Chemnitz University  
of Technology**  
Faculty of Humanities and  
Social Sciences, Institute of  
Applied Movement Sciences,  
Professorship of Sports Medicine/Sports Biology  
Thüringer Weg 11  
09126 Chemnitz, Germany



in cooperation with

**Netzwerk e.V. –  
Soziale Dienste und  
Ökologische Bildung**  
Longericher Straße 136  
50739 Köln, Germany



and

**Sportag GbR**  
Oskar-Jäger-Straße 173  
50825 Köln, Germany



Venue



**Kids in  
Motion**  
**School  
Moves**



With the support of the  
Lifelong Learning Programme  
of the European Union



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