

Kids in Motion



Lifelong
Learning

With the support of the
Lifelong Learning Programme
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Background:

Reduction of sport activities of kids and young people

In Europe many actors in science and politics are concerned about the decrease of physical activities and the increase of Adiposities among young people due to the role of sport in schools. Eighty percent of kids in school age are active physically exclusively during their school lessons, while they should exercise one hour per day at least.

During the school education the teaching volume encompasses 50 to 80 hours per year. This corresponds to less than 10 % of the overall teaching volume or to about half of the time considered for mathematics.



Sport as motor for life long learning

For kids and young people lessons in sport in the school offer a unique opportunity to acquire and exercise particular skills, which may play a life long positive role for their fitness and health. Moreover the interaction with others supports basic knowledge and ideas about fair play, respect as well as tactical thinking. Also sport activity trains the sense for the own body and for social awareness.

The acquisition of social competencies by sport activities in schools and clubs should be acknowledge as a key competence for a learning process accompanying life.



The sport programme »Kids in Motion«

The sport promotion programme »Kids in Motion«, which is offered to students 9 to 11 years old, tries to fill the gap by supporting the natural impulse for motion of kids in an adequate manner. The programme consists of ten different kinds of sport comprising team sport (football, handball, hockey), individual sport (gymnastics, swimming, athletics) as well as partner sport (tennis, table-tennis, badminton).

For each kind of sport eight consecutive lessons will be taught, whereby the students learn about the main idea of the game, the tactical reaction within the team and as individual as well as specific techniques in a lively manner.

The uniqueness of the concept lies in the event oriented motion, which the students become acquainted with and execute actively in different variations. The programme design allows recognizing specific motor talents of the school children. The students find sport activities suiting their liking thus they pursue them with fun and well motivated.

Since the different kinds of sport activities differ in the main idea and the motor and technical skills as well as the required tactical reaction, each student judges her or his personal enthusiasm for the respective sport after each lesson.



At the beginning the students undergo a fitness test, which measures the physical performance and fitness of the kid. The programme tests the competence in coordination, the quickness, the agility, the staying power, the competence in physical balance and the aerobic power.



Individual support

The sport promotion programme is accompanied and executed by qualified teachers in sport. Due to their competence the motion quality of the kids will be judge at and compared according to qualitative and quantitative criteria suited for the different kinds of sport.

According to the questionnaires, the tests and the accompanying scientific investigation an expertise for each kid will be formulated and discussed with the student and her or his parents.

Help for the sport selection

The programme »Kids in Motion« allows answering the question, for which kind of sport the student has the most fun and is well motivated and for which one she or he has talent.

The programme makes it possible to face the increasing lack of orientation in selecting a specific kind of sport of young people early on. Thereby the prerequisite is founded for a life long sport activity promoting health.



Project support

The EU-commission explicitly points out the importance of sport in relation to health and society and demands a better support for sport activities in schools and leisure time.

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Kids in Motion

You can learn more about the project, the international partners and their activities:

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We appreciate your interest.

