



MINISTÈRE  
DE L'ÉDUCATION  
NATIONALE  
ET DE LA JEUNESSE

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PAYS HÔTE



# THE EUROPEAN DIMENSION OF THE PARIS 2024 OLYMPIC AND PARALYMPIC GAMES

European initiatives to develop sport at school





## INTRODUCTION

With a view to the Paris 2024 Olympic and Paralympic Games, a roadmap to promote the European dimension of this global event was presented by the French Minister for Sport at the Sport Council held in Brussels on 24 November 2023.

This roadmap aims, on the one hand, at strengthening the European dimension and visibility of the Olympic Games through communication and promotional activities (“Visibility of the Olympic Games in the EU and of the EU during the Olympic Games”). On the other hand, it aims at capitalising on the Olympic Games to strengthen the position of sport in the EU in a structural way (“Legacy measures”).

Regarding the “Legacy measures” at European level – for education and sport – this compendium of European initiatives listing good practices at school proposed by the 27 EU Members States provide inspiration.

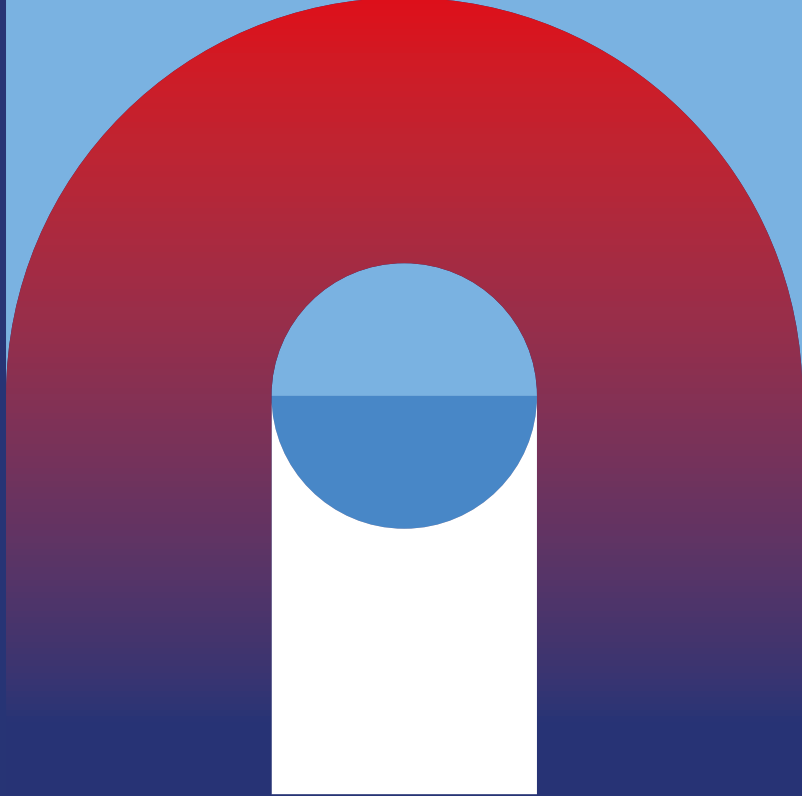
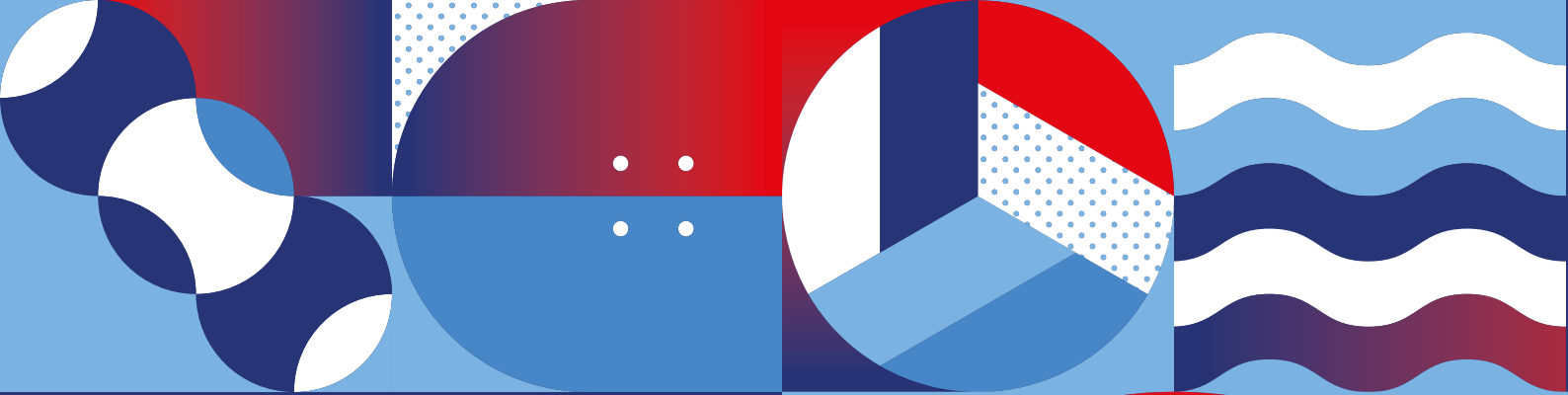






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**AUSTRIA**



# AUSTRIA

## 60 minutes per day of physical activity at primary school

### OBJECTIVES OF THE INITIATIVE

In accordance with the Austrian recommendations for health-effective exercise, children and young people should be at least 60 minutes physically active every day with at least moderate intensity. Additionally children and young people should perform at least three days a week muscle-strengthening and bone-strengthening forms of exercise.

### PRESENTATION OF THE INITIATIVE

The Austrian Federal Ministry of Education, together with the Federal Ministry of Sports, has developed the «3-pillar model» for daily exercise.

- 1 Changing the movement culture:** Exercise and sport become an integral part of everyday kindergarten and school life.
- 2 Additional physical activity units:** Additional physical activity units, to what is intended in the school curricular, expand the scope of exercise in kindergarten and primary schools.
- 3 Variety of movement:** Specific offers stimulate interest in exercise and/or sports training.

### SUPPORTIVE MEASURES

For pillar one, schools are asked to implement physical activities that **randomly take place throughout the school year**. These are programs like "moving school", "simplystrong", "Velobus", "Ball school Austria", "digital movement treasure hunt", etc.

In pillar two, schools can ask for **"movement-coaches" who carry out additional physical education classes** at the school location with the school class.

To enhance physical education in pillar three, school join **programs that fit especially to the needs of the specific school**. This could be e.g. further swim classes, as there is maybe not enough swim infrastructure in the surrounding of the school, or taking part in sport programs implemented by the federal states.

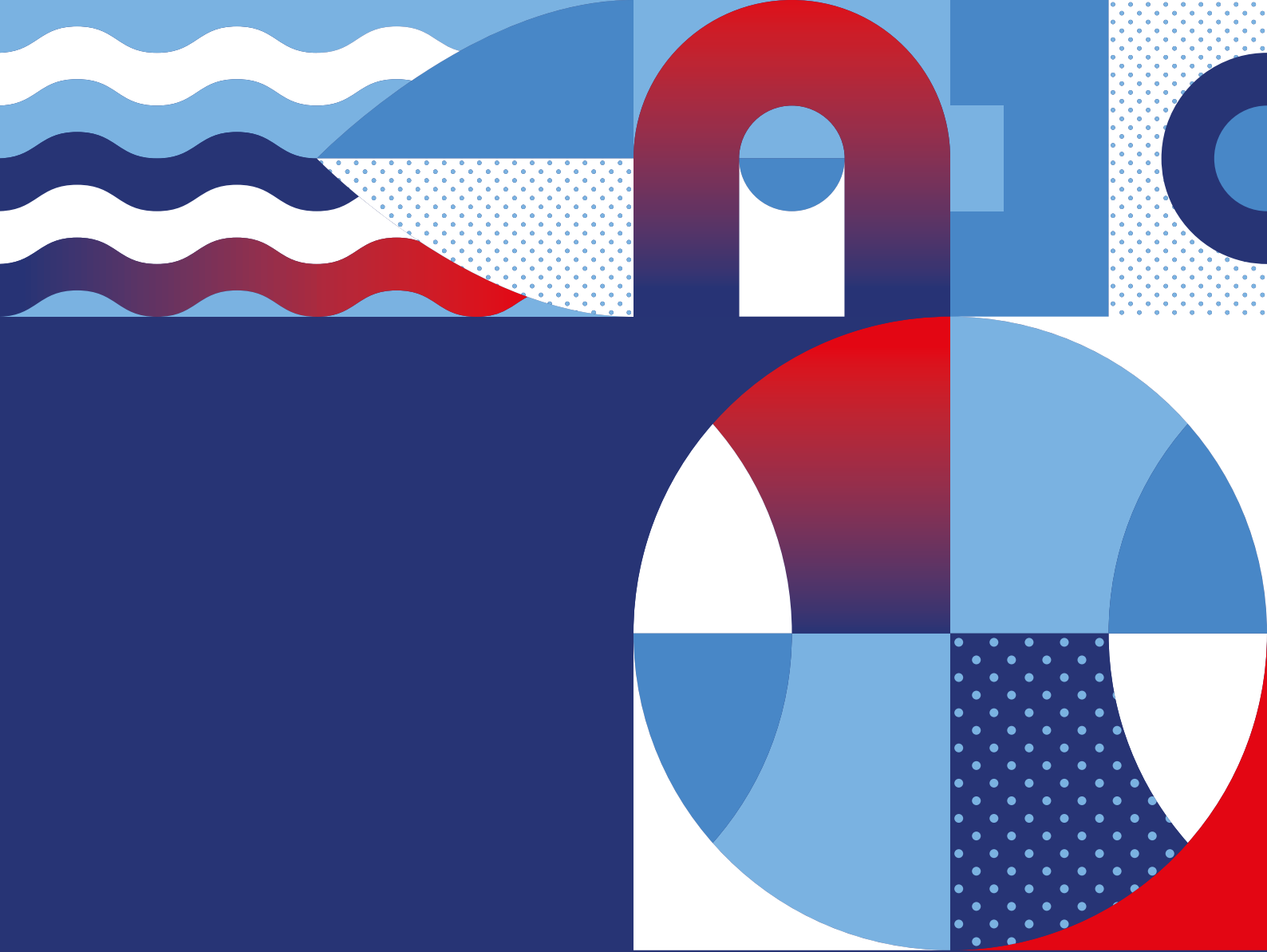
### RESOURCES RELATED TO THIS INITIATIVE

Explanation of the 3-pillar model and additional information for schools that participate in the program: <https://www.bewegungseinheit.gv.at>

Website of the ministry of education : <https://www.bmbwf.gv.at/Ministerium/Presse/20231215.html>

Website of the Sport-ministry : <https://www.bmbwf.gv.at/Ministerium/Presse/20231215.html>

Austrian recommendations for health-effective exercise: <https://fgoe.org/medien/reihewissen/bewegungsempfehlungen>



**BELGIUM**





# BELGIUM



## Cross-country

The Administration of Sport organizes, via its decentralized offices (Sports Advisory Center), in direct collaboration with schools, cross-country races intended for children in the second and third grades of primary education (9 – 12 years old).

### OBJECTIVES OF THE INITIATIVE

The objective of Cross Country is to develop children's physical condition and stimulate their enjoyment of individual effort in a group environment, regardless of their level.

These crosses are also a great opportunity to detect talents with a view to bringing them to club practice.

### PRESENTATION OF THE INITIATIVE

Around ten selection races are organized at the local level (within each province). A regional final (by province) is then set up, before the final which brings together all the best runners throughout the territory of the Wallonia-Brussels Federation.

The races take place on a varied course in a natural site.

The distance is 1600 meters (2 loops of 800 meters) for the medium level and 2000 meters (2 loops of 1000 meters) for the high level. An accompanied start (1 loop) is organized for the qualifications. A standing start will be recommended during the provincial finals and the community final except for children born in 2015 and 2014 (compulsory accompanied start: 400 meters during the Provincial Final and 200 meters during the FWB final).

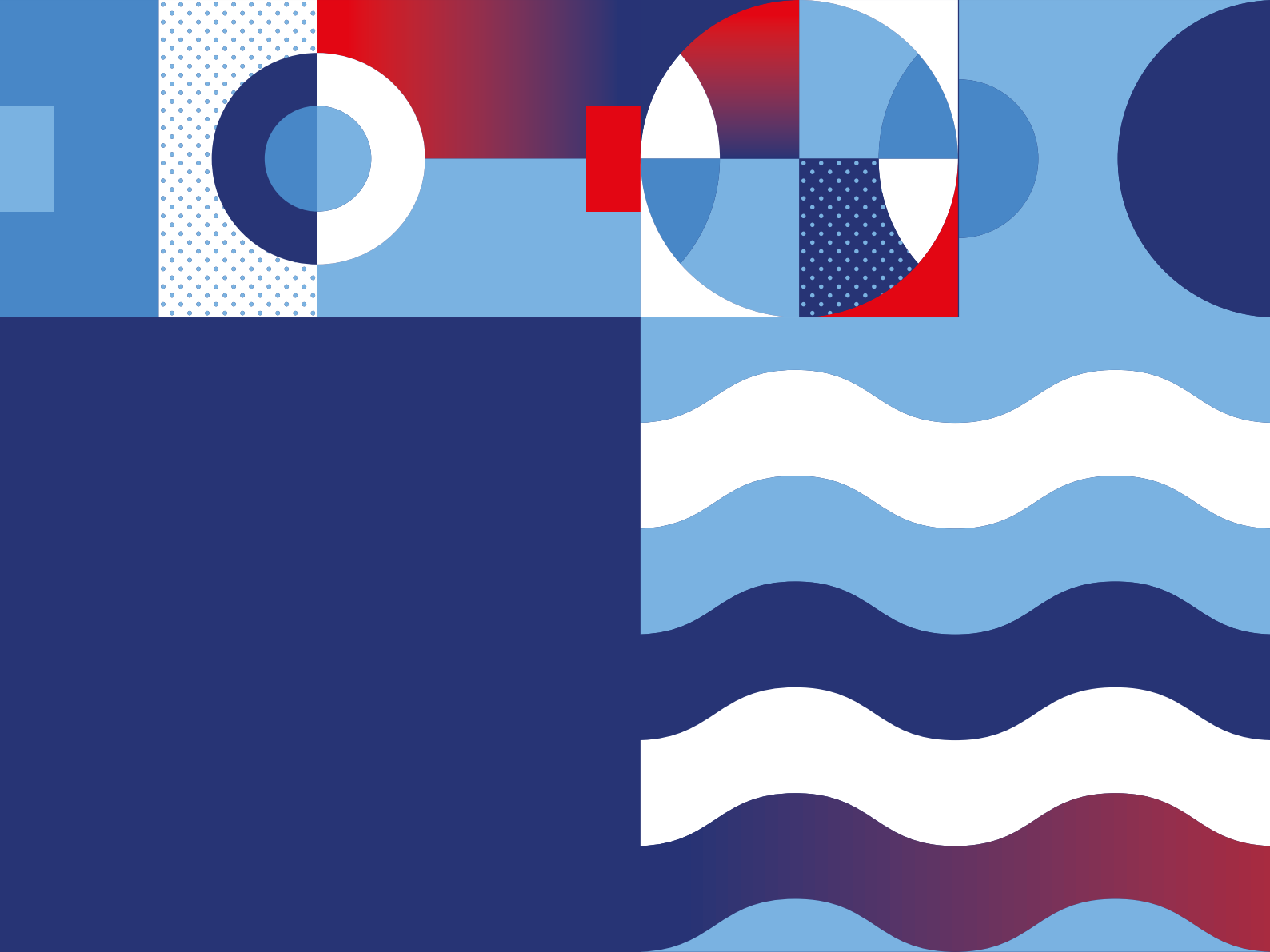
### SUPPORTIVE MEASURES

#### Adherence to the Participation Contract:

- 1 Schools undertake to prepare students for running and to read the charter of the Sports Movement in the Wallonia – Brussels Federation (<http://www.sport-adepts.be/index.php?id=8441>). The role of the teacher is to develop the child's general physical condition while giving them the basic rules of sports hygiene and a taste for effort.
- 2 The physical education teacher will also ensure that each student is prepared both physically and mentally to cover the imposed distance. He will make his students aware of a personal objective to achieve: podium, qualification, finishing the race without walking or simply crossing the finish line. This approach will allow everyone to derive, at their own level, satisfaction and even pride in the accomplishment of their objective. It is the teacher's responsibility to ensure that this sporting event remains a positive experience and is not experienced as a failure by their students.

### RESOURCES RELATED TO THIS INITIATIVE

<https://www.sport-adepts.be/index.php?id=cross0>



**BULGARIA**



# BULGARIA



## School games for students from V to XII grade

The Ministry of Youth and Sports annually supports the holding of the most massive and significant sports event for schoolchildren - the School Games for students from V to XII grade. The School Games are the main form of organizing sports activities for students outside the curriculum, through which school teams and students with sports talent are given the opportunity to demonstrate their skills.

### OBJECTIVES OF THE INITIATIVE

The purposes of the School Games are to encourage students to be physically active and participate in sport, to create conditions for the development of individual skills, to motivate students to improve their performance in sport, to satisfy their need for sport and to form social and personal qualities such as teamwork skills, tolerance, leadership, confidence and respect for the principle of fair play.

### PRESENTATION OF THE INITIATIVE

The competitions of the School Games are held for students of three age groups - V- VII grade, VIII-X grade and XI-XII grade, covering secondary and higher education, divided by both sex and discipline. The incorporated sports are 8 in number - athletics, basketball, volleyball, handball, table tennis, badminton, football and chess. There are 4 stages of the competitions - intra-school and municipal, regional, zonal and final. Those of the regional, zonal and final stages are organized by the Bulgarian licensed multi-sport federation in the field of school sports with the help of multi-sport clubs, its members or sports clubs of the sports included in the programme of the Games.

Approximately 80 000 students are involved in the four stages of the School Games each school year. The organization and conduct of the School Games is determined by rules for each school year, and in accordance with these rules, the Ministry of Youth and Sports provides funding for the regional, zonal and final stages.

### SUPPORTIVE MEASURES

- 1 The Ministry of Youth and Sports has the main role in drawing up the competition rules
- 2 The Ministry of Youth and Sports also has a coordinating role in involving different actors in the conduct of the games
- 3 The monitoring of the School Games is carried out by both the Ministry of Youth and Sports and the Ministry of Education and Science

### RESOURCES RELATED TO THIS INITIATIVE

All the resources related to the initiative are available on the website of the Ministry of Youth and Sports.

<http://mpes.government.bg/Pages/Activities/SportsForStudents/Default.aspx?evntid=qKOJeKcUF9c%3d>



**CROATIA**



# CROATIA

## Initiative No. 1: Ensuring Every Student Receives a Daily Hour of Physical Activity: A Core Component of the Whole-Day School Experimental Project in Elementary Education

As part of the experimental Whole-Day School project, which is in 2023/2024 school year introduced in 62 elementary schools in Croatia, the mandatory hours of physical and health education for students were increased. The model of primary school as whole-day school (WDS) is composed of four education programmes (A1, A2, B1, B2), of which two (A programmes) are compulsory for all students, and two (B programmes) are elective and offered to those students and parents who wish to participate.

### OBJECTIVES OF THE INITIATIVE

- 1 Improving the health and physical well-being of students
- 2 To increase the mandatory hours of physical and health education in primary schools
- 3 Through the After-school activities (B2 Program), enable students to participate in sports activities for free
- 4 Integrating kinesiology teachers into the instruction of Physical Education in the lower grades of primary schools

### PRESENTATION OF THE INITIATIVE

Physical activity and well-being of students will be strongly addressed through providing more instruction time for the Physical Education subject, and combining in-class teaching which implies using student physical activity in all subjects and domains and teaching provided by kinesiology teachers. To ensure that the extracurricular activities program (B1 Program) maintains a significant focus on students' physical health and well-being, a minimum of 20 percent of activities in the first four grades of elementary school, or 30 percent of activities from grades 5-8, must be dedicated to these areas. Specifically, this mandates providing a minimum of

1 school hour per day for all students to engage in physical and sports activities. Wherever possible, the whole-day school emphasizes learning that integrates physical activity and movement. Program activities lead to better learning outcomes with the expected increase in students' physical activity, exercise and involvement in various forms of movement that strengthen motor skills and improve coordination. The proposed schedule of classes and recreational breaks will also contribute to the improvement of students' health and physical well-being. A mandatory recreational break for all students is introduced into the school day.

### SUPPORTIVE MEASURES

The Minister of Science and Education has issued a *Decision regarding the financing of extracurricular (Program B1) and after-school activities (Program B2) for the experimental whole-day school program in the 2023/2024 school year*. These activities encompass the organization and implementation of the aforementioned programs, which aim to promote: sports and physical development, the development of creative and artistic competencies, the enhancement of digital and IT competencies, the fostering of personal, social, and interpersonal skills, additional learning support, etc.

## RESOURCES RELATED TO THIS INITIATIVE

Primary School as Whole-Day School Model:

<https://mzo.gov.hr/UserDocImages//dokumenti/Obrazovanje/OsnovneSkole/Cjelodnevna-skola//Eksperimentalni-program-Osnovna-skola-kao-cjelodnevna-skola.pdf>

Decision regarding the financing of extracurricular (Program B1) and after-school activities (Program B2) for the experimental whole-day school program in the 2023/2024 school year:

<https://mzo.gov.hr/UserDocImages//dokumenti/Obrazovanje/OsnovneSkole/Cjelodnevna-skola/Financ-izvannast//odluka-o-financiranju-b1-i-b2-aktivnosti-2023-2024.pdf>

## Initiative No. 2: Prevention of violence in schools through sport – “Get in the game”

Prevention of violence in schools through sport – “Get in the game” is an initiative of the Ministry of Tourism and Sport of the Republic of Croatia which includes the implementation of various preventive programs in the fight against violence in schools. The programs include different educational measures tailored to children of different ages (kindergarten and primary school).

## OBJECTIVES OF THE INITIATIVE

The program aims to raise awareness of children and young people about the appropriate behavior on sports fields.

## PRESENTATION OF THE INITIATIVE

The Prevention of violence in schools through sport – “Get in the game” has been implemented every year since 2014.

The main activities include conducting of various sports activities and educational programs related to the prevention of violence (fair play, inclusion, gender equality, tolerance on sports grounds, cheering, etc.) in kindergartens and primary schools throughout Croatia.

Additionally, there is one motivational song and one video for children of pre-school and primary school age groups, as well as recognizable mascots who are the main characters in the video.

## SUPPORTIVE MEASURES

The initiative is financed from the State Budget by the Ministry of Tourism and Sport of the Republic of Croatia.

## RESOURCES RELATED TO THIS INITIATIVE

<https://mint.gov.hr/prevencija-nasilja-sportom-u-skolama/21689>

<https://www.youtube.com/watch?v=EZq1KOIYM1c>

<https://www.youtube.com/watch?v=WZZAhnQjO5c>

## Initiative No. 3: Sports Holidays

“Sports Holidays” is an initiative by the Croatian School Sport Federation, in collaboration with county school sports associations and supported by the Ministry of Tourism and Sport of the Republic of Croatia. The initiative addresses the lack of organized physical activity for elementary and high school students in Croatia during the period of the summer holidays and limited extracurricular opportunities.

### OBJECTIVES OF THE INITIATIVE

- 1 Inclusion of children in organized physical activity during summer holidays to combat sedentary behaviour.
- 2 Enabling children to take part in free sports activities.
- 3 The Sports Holidays program aims to provide the children across Croatia with the opportunity to stay active, learn essential life skills and foster healthy habits, ensuring a fulfilling summer break and contributing to their overall development.

### PRESENTATION OF THE INITIATIVE

The Sports Holidays program is a pioneering initiative designed for elementary and high school students in Croatia, addressing the challenges posed by summer holidays and limited extracurricular activities. The program offers children the opportunity to engage in free sports activities, fostering their physical and mental well-being.

#### Program Structure:

The program includes groups of up to 40 students per session, lasting one week, and spanning over four weeks. It is simultaneously conducted across approximately 85 locations throughout Croatia. Each week a new group of 40 students, per location, participate in the program activities. Supervised by experienced kinesiologists, the program operates on a daily basis

during four school hours, ensuring comprehensive engagement and guidance for all participants. Participants also receive a nutritious meal and water daily, supporting their overall health and energy levels throughout the program.

#### Key Activities:

The program focuses on developing coordination through selected content, encompassing various activities tailored to the participants' age and abilities. Recommended activities include elements of athletics and gymnastics, relays, polygons and basic elements of popular sports like soccer, handball, basketball, and volleyball. Participants also explore the fundamentals of other sports such as racket sports, dances, etc., depending on available resources. Additional activities encourage spatial navigation through orienteering, treasure hunts, etc., promoting cognitive and physical development in a playful environment.

#### Holistic Approach:

Beyond physical activities, the program integrates rest phases featuring breathing exercises, stretching, and educational sessions on topics such as healthy nutrition, hygiene, and the importance of sleep. Interactive sessions, including conversations, theoretical or practical presentations, and quizzes, enrich the learning experience, fostering a holistic understanding of well-being among participants.

## SUPPORTIVE MEASURES

The initiative is financed from the State Budget by the Ministry of Tourism and Sport of the Republic of Croatia:

- 1 fees for P.E. teachers in the project (170 teachers),
- 2 nutritious meal and water daily for the participants,
- 3 T-shirts of the program for the participants.

## RESOURCES RELATED TO THIS INITIATIVE

<https://skolski-sport.hr/projekti/sportski-praznici/>

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

### Initiative No. 4: Universal Sport School, Exercise Time, Inclusion in School Sport

“Universal Sport School, Exercise Time, Inclusion in School Sport” are initiatives by the Croatian School Sport Federation, in collaboration with county school sports associations and supported by the Ministry of Tourism and Sport of the Republic of Croatia. These initiatives are dedicated to developing sports activities in schools and conducting national competitions in 16 sports schools.

The Croatian School Sport Federation has developed several projects that bring extracurricular sports activities to school children of different ages, in more than 1000 schools, completely free of charge. The mission is to involve all interested students in Croatia, by implementing a large number of sports programs in schools, in order to develop long-term habits of regular physical activity among students and to create positive impact on their health.

## OBJECTIVES OF THE INITIATIVE

- 1 Encouraging physical activity in schools and promoting pupils' health and well-being.
- 2 Enabling children to take part in free sports activities led by P.E. teachers.
- 3 Creating lasting interest in a different school sports and promoting key concepts of healthy and active lifestyle among students.
- 4 Including children with disabilities in school sports activities, creating an inclusive and supportive environment during those extracurricular activities.

## PRESENTATION OF THE INITIATIVE

Croatian School Sport Federation organises national competitions in 16 school sports and actively conducts sports and educational programmes for more than 50,000 children in Croatia. Several projects that bring extracurricular sports activities to elementary schools and high schools have been developed for children of different ages in more than 1000 school groups, completely free of charge; including “Universal Sport School, Exercise Time, Inclusion in School Sport”. The activities are coordinated and led by P.E. teachers cooperating with coaches, educators and sports experts of different



backgrounds – the projects are divided by age and type of activities specifically designed for children involved. Activities are conducted twice a week, during the entire school year (September to June) and include more than 51.000 elementary and high school students and 800 kinesiologists. In the school year 2022/2023 there have been more than 30.200 school hours dedicated to those activities.

- 1 “Universal Sports School” includes 355 schools and education and rehabilitation centres from 21 counties with 20.500 children from 1st to 4th grade and 374 kinesiologists.
- 2 “Exercise Time” includes 400 schools and education and rehabilitation centres from 21 counties, with 24.380 children from 5th to 8th grade in elementary schools and 1st to 4th grade in high schools and 396 kinesiologists included.
- 3 “Inclusion in School Sport” is a 2023 pilot-project with 9 schools from 9 counties, with 100 children and 15 kinesiologists and assistants included.

## SUPPORTIVE MEASURES

The initiatives are financed from the State Budget by the Ministry of Tourism and Sport of the Republic of Croatia as follows:

- 1 Compensation for P.E. teachers for every class,
- 2 Events like “School Sports Symposium” where the teachers and coordinators learn about the newest trends in the psychophysical development of children and exchange positive practices,
- 3 Universal Sports School manual with health, exercise, and sports practice tips for better planning and development of activities for children of different ages.

Project coordinators provide support to the P.E. teachers, as well as to different experts working with children with disabilities, who can help access and modify activities.

21 County Sports Federations are the connection between the national sports federation and schools.

## RESOURCES RELATED TO THIS INITIATIVE

[Ministarstvo turizma i sporta Republike Hrvatske - Hrvatski školski sportski savez \(gov.hr\)](http://Ministarstvo_turizma_i_sporta_Republike_Hrvatske_-_Hrvatski_školski_sportski_savez_(gov.hr))

[Univerzalna sportska škola - Hrvatski školski sportski savez \(skolski-sport.hr\)](http://Univerzalna_sportska_škola_-_Hrvatski_školski_sportski_savez_(skolski-sport.hr))

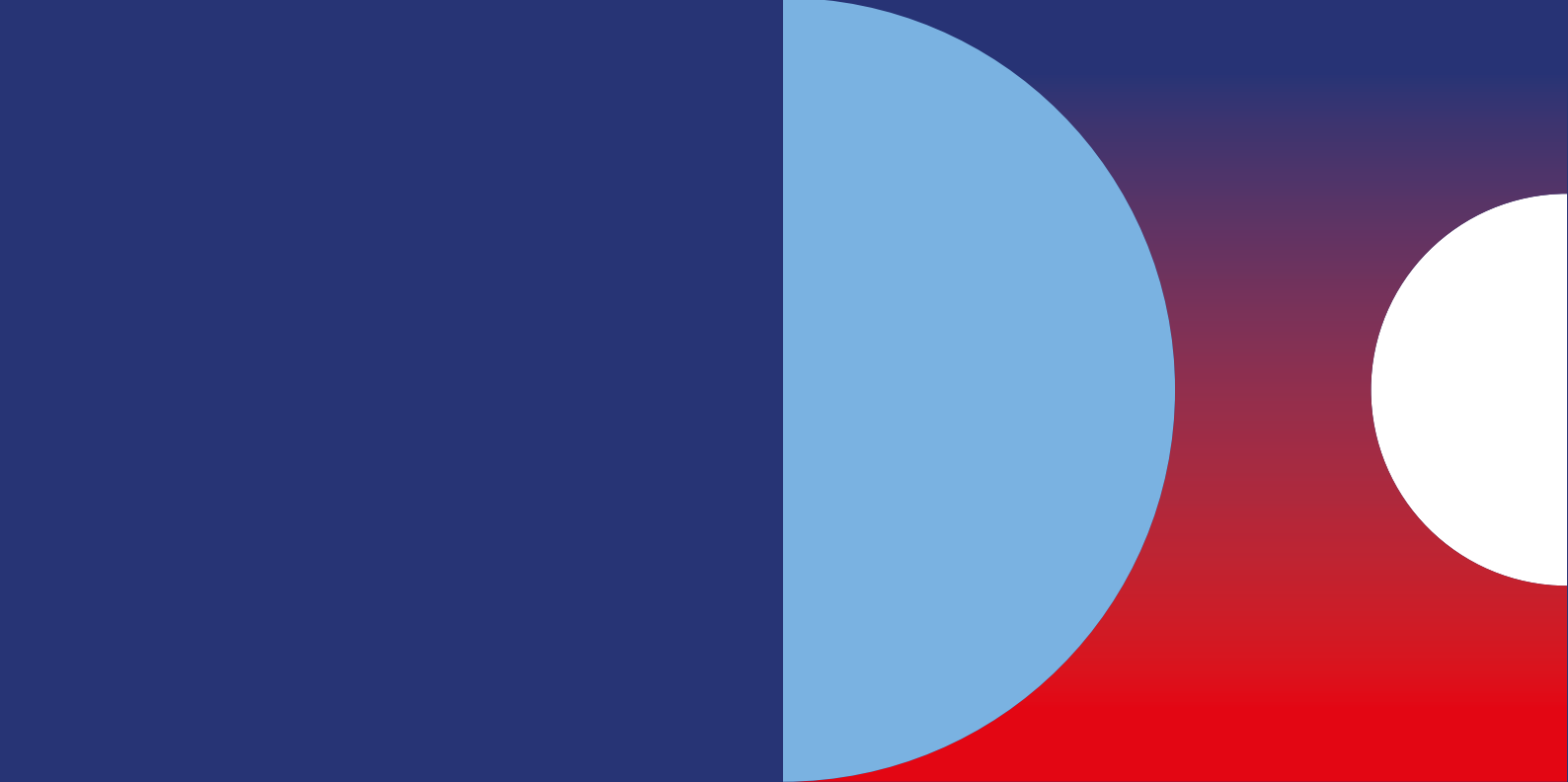
[Vježbaonica - Hrvatski školski sportski savez \(skolski-sport.hr\)](http://Vježbaonica_-_Hrvatski_školski_sportski_savez_(skolski-sport.hr))

[Inkluzija u školskom sportu - Hrvatski školski sportski savez \(skolski-sport.hr\)](http://Inkluzija_u_školskom_sportu_-_Hrvatski_školski_sportski_savez_(skolski-sport.hr))

Social :

<https://www.facebook.com/skolskisportRH/videos/294805796910410>

<https://www.linkedin.com/feed/update>



# CYPRUS

# CYPRUS

## Quality physical education

Quality Physical Education is the key for learning and enhancing children to daily physical activity. Physical Education lesson as well as Physical Education Actions and Educational Programs of Physical Education contribute to well-being and health of each child. The Cyprus Ministry of Education, Sports and Youth, in collaboration with the sports federations of the Cyprus Sports Organization, the Cyprus Olympic Committee and local authorities aim to ensure quality physical education, enhancing children to daily physical activity. In Cyprus, a number of initiatives aim to promote the main principles and values of the Olympism as well as the Olympic and Paralympic Games. They are briefly presented below.

### OBJECTIVES OF THE INITIATIVE

- 1 Encouraging physical activity and promoting pupils' health and well-being
- 2 Learning about Olympic and Paralympic disciplines

### PRESENTATION OF THE INITIATIVE

#### Olympic Programme - Sports Days / Events of summer and winter sports:

The Department of Primary Education in cooperation with the Cyprus Sport Organisation, the Cyprus Olympic Committee and the Sport Federations has established the Olympic Programme "Sports Days / Events of summer and winter sports" that includes a variety of sports such as gymnastics, ping-pong, Taekwondo, archery, ski, water sports, and athletics.

The aim of this programme is the participation of children in as many sports as possible aiming to promote positive consequences to their lives and for them to adopt exercise as a lifetime habit.

#### An athlete as a role model:

Meeting with an athlete in the framework of the Olympic programme - Sports event in collaboration with local authorities. Their stories can inspire and motivate students to pursue their

athletic dreams and understand the dedication required to excel in sports.

#### Olympic-themed events:

Schools are organizing special events and activities that align with the Olympic Games. This include mini-Olympic competitions, sports tournaments, or even a school-wide Olympic-themed day.

#### Olympic education lessons in Sports Schools:

The curriculum provides educational resources, such as books, documentaries, online materials, that focus on the Olympic Games enhancing students to understand the Games and their significance.

Olympic-themed projects and assignments: Incorporate the Olympic Games assign projects that involve researching and presenting information about past Olympic Games, famous athletes, or the history of the Olympic movement. This can help students learn about different cultures, sportsmanship, and the values associated with the Games. Olympic education lessons, as part of the curriculum, in Sports Schools. The curriculum provides educational resources, such as books, documentaries, online materials, that focus on the Olympic Games enhancing students to understand the Games and their significance.

## **SUPPORTIVE MEASURES**

Teachers training courses for sports, pedagogical issues and Olympic principles and values.

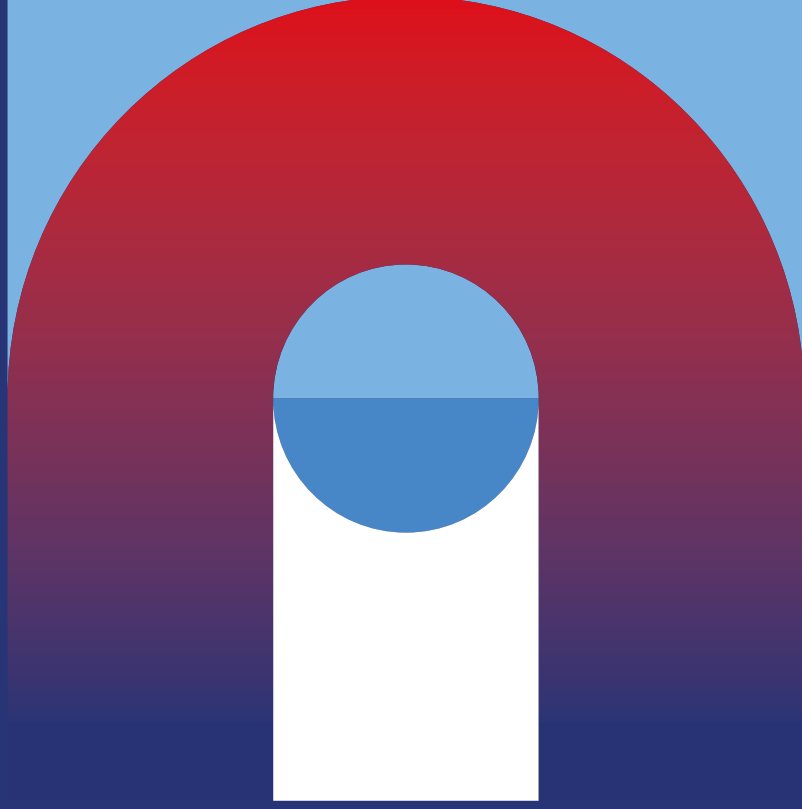
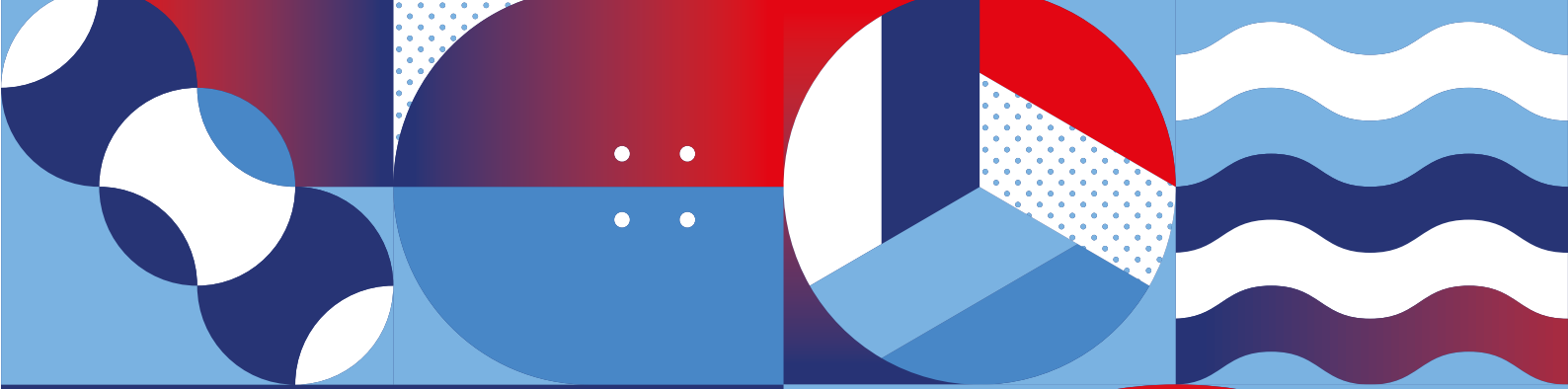
Enabling sports federations to take part in Physical Education Programmes.

Many athletes act as role models and speak to pupils in Physical Education Programmes and by visiting schools.

## **RESOURCES RELATED TO THIS INITIATIVE**

<https://fysad.schools.ac.cy/index.php/el/>





# CZECHIA

# CZECHIA

## Plan for the Promotion of the Movement of Children, Pupils and Students in Schools and Educational Institutions and State Policy on School and University Sport

### OBJECTIVES OF THE INITIATIVE

The basic aim of the Plan for the Promotion of Physical Activity of Children, Pupils and Students in Schools and Educational Institutions and the National Policy on School and University Sports is to promote and improve the physical fitness, health, resilience and overall physical development. Physical activity brings many benefits to the body and mind and has a positive impact on the overall quality of life.

### PRESENTATION OF THE INITIATIVE

Lifestyle trends in recent years show a significant decline in natural physical activity and a related significant increase in health problems and diseases associated with physical inactivity, such as obesity, type 2 diabetes, hypertension, back pain and mental health complications. Children and adolescents are also severely affected when, as a result of the recent period of the COVID-19 pandemic have further reduced their long-standing physical activity.

It is clear that the role of schools and the school environment, where children spend a significant part of their day and learn important habits for later life, is absolutely crucial in addressing the problems associated with their physical inactivity. Of course, schools cannot fully replace a comprehensive emphasis on healthy lifestyles, either in education or in leisure and family activities. However, they can have a significant impact on the family environment, which, for a variety of reasons does not provide the emphasis on healthy lifestyles and sufficient physical activity for many pupils. This will reduce the negative impact of socio-economic issues on the education of these pupils. In view of this, systematic support for the development of pupils' physical activity throughout the school day at school level is appropriate.

### SUPPORTIVE MEASURES

The Ministry of Education, Youth and Sports has decided to create a two-part concept document:

### A plan to promote the movement of children, pupils and students in schools and educational establishments

Measure 1	Encouraging pupils to be active throughout the day
Key activity 1.1	Active transport to/from school
Key activity 1.2	Active school breaks
Key activity 1.3	Active movement moments
Key activity 1.4	Open playgrounds
Key activity 1.5	Campaign to promote exercises

<b>Measure 2</b>	<b>Physical Education Teaching</b>
Key activity 2.1	Modification of the Framework education program for primary school in the contents of instruction Man and Health
Key activity 2.2	Modification of the Framework education program for primary school in the contents of instruction of Health Physical Education
Key activity 2.3	Greater use of available hours for Physical Education, Inclusive Physical Education
Key activity 2.4	Innovations in the preparation of physical education teachers
Key activity 2.5	System of further education of physical education teachers
Key activity 2.6	Methodological and training portal
Key activity 2.7	Promotion of forms of tandem teaching
Key activity 2.8	Greater involvement of qualified teachers at the first level of primary schools. Promoting the development of children's movement skills in kindergartens.
<b>Measure 3</b>	<b>Physical activity in leisure education</b>
Key activity 3.1	Promoting physical activities in school playgroups
Key activity 3.2	Promotion of physical activities in school clubs
Key activity 3.3	Offer of physical activities in the leisure centre
<b>Measure 4</b>	<b>Development of sports infrastructure</b>
Key activity 4.1	School sports infrastructure renovation and development
Key activity 4.2	University sports facilities renovation and development
<b>Measure 5</b>	<b>Evaluation of support for physical activities</b>
Key activity 5.1	Monitoring of physical activities of children and youth
Key activity 5.2	Evaluation of the conditions for active physical activity in schools and educational institutions
Key activity 5.3	Evaluation of physical literacy

## State policy plan for school and university sport

Measure 1	School sports
Key activity 1.1	School sports competitions
Key activity 1.2	Preparation of athletically talented pupils
Measure 2	University sports
Key activity 2.1	Promotion of physical activities at universities
Key activity 2.2	Support for dual career athletes

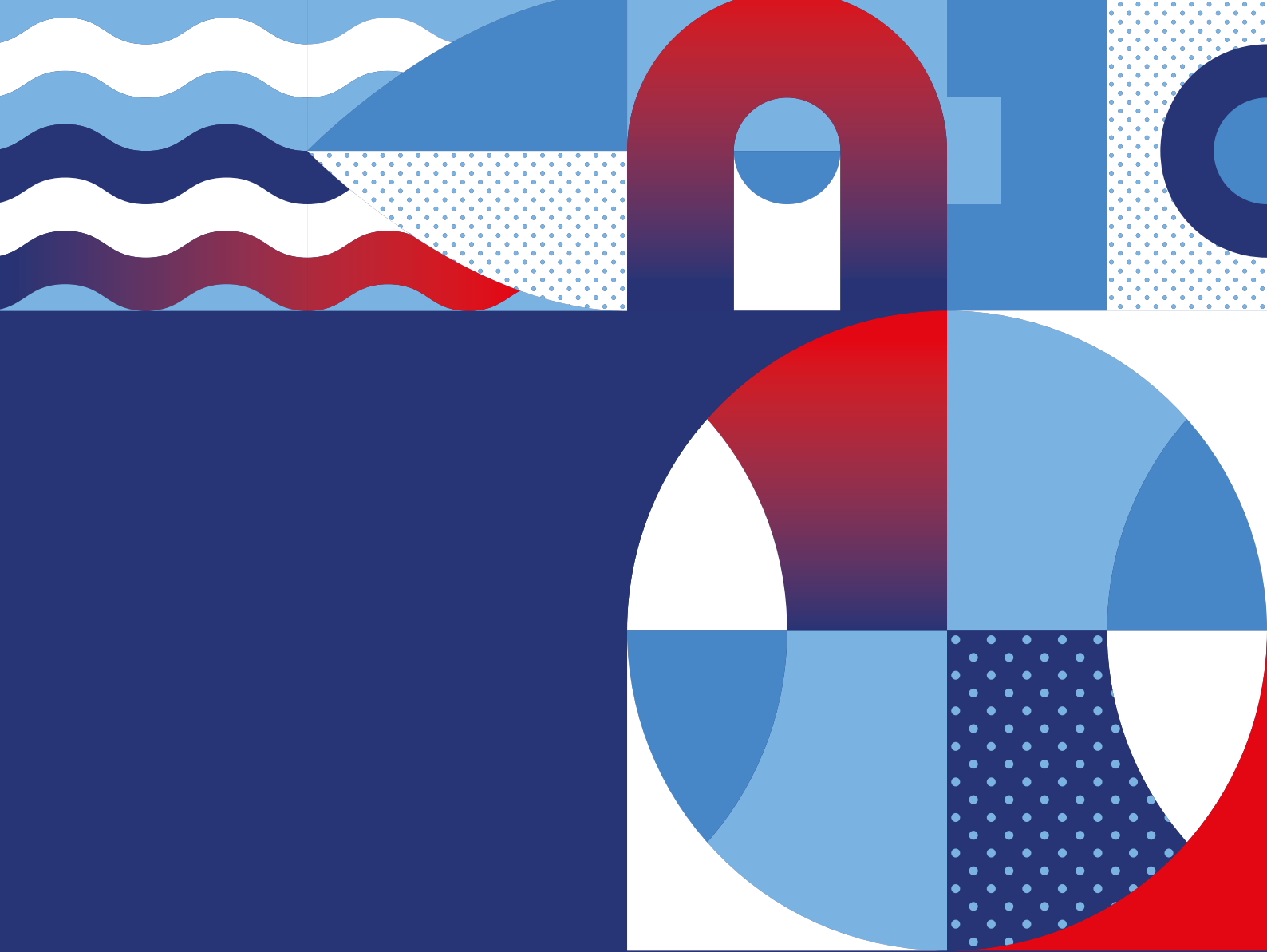
### RESOURCES RELATED TO THIS INITIATIVE

Plan for the Promotion of Physical Activity of Children, Pupils and Students in Schools and Educational Institutions and State Policy on School and University Sports: [Plan-podpory-pohybu-deti-zaku-a-studentu-2024-2028.pdf](#)

Active school : [AKTIVNÍ ŠKOLA: Inspirace pro podporu pohybových aktivit žáků \(Metodické doporučení\) \(csicr.cz\)](#)

Coaches at school: [Trenéři ve škole \(trenomiveskole.cz\)](#)

Olympic all-around competition: [Olympijský víceboj \(olympijskyviceboj.cz\)](#)



**DENMARK**



# DENMARK

## Dansk Skoleidræt (Danish School Sports)

### OBJECTIVES OF THE INITIATIVE

Improve learning and well-being among pupils through sport and exercise in a varied school day.

### PRESENTATION OF THE INITIATIVE

Dansk Skoleidræt is a nationwide sports organization. Their overall goal is to promote all students' learning and well-being through sports and movement in a varied school day. In collaboration with the country's schools, Dansk Skoleidræt gives students the opportunity to experience joy in sports and physical exercise by offering activities in the school's various areas, e.g. during lessons, during breaks and after school. Dansk Skoleidræt activates students all over Denmark every day. Both the youngest and the oldest, the elite and the general public, pupils at ordinary public schools and pupils at private, independent,

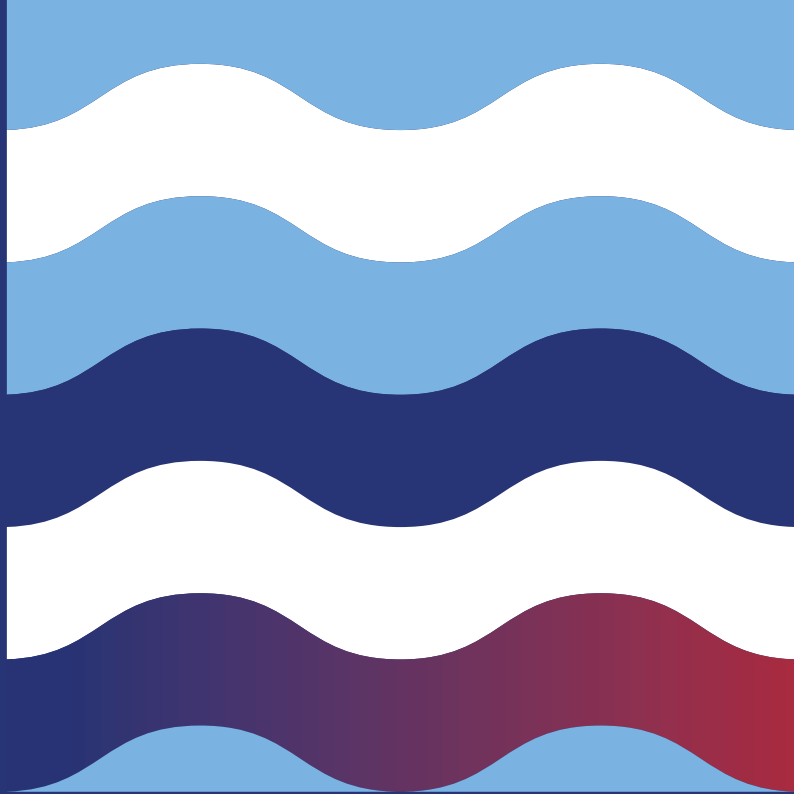
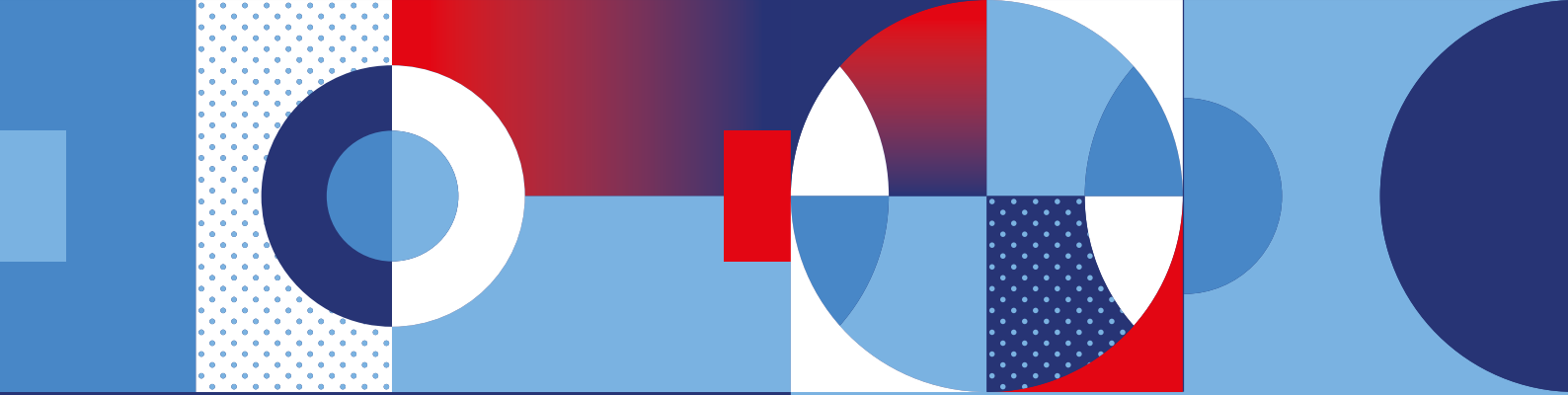
post-secondary and special schools. In 2022, Dansk Skoleidræt received DKK 10 mio. from The Danish Ministry of Culture and Ministry of Education. Dansk Skoleidræt is a member of the ISF (International School Sport Federation).

### SUPPORTIVE MEASURES

- 1 Dansk Skoleidræt arranges a wide selection of offers, activities and tournaments.
- 2 In addition, Dansk Skoleidræt also focuses on developing the skills of teachers and pedagogues, thus contributing to the development of schools.
- 3

### RESOURCES RELATED TO THIS INITIATIVE

Website : <https://skoleidraet.dk/>  
(in Danish)



**ESTONIA**

# ESTONIA

## Schools in Motion

Schools in Motion is a science-driven education innovation programme in Estonia. In collaboration with participating schools, the programme aims to develop and implement practices that support physical activity of students and teachers in Estonia.

### OBJECTIVES OF THE INITIATIVE

- 1 Move more and sit less during lessons and recess;
- 2 Greater initiative in organizing recess activities;
- 3 Gain greater joy from learning;
- 4 Build and reinforce positive relationships through play and physical activities;
- 5 Buildings and surroundings and available equipment encourage more movement;
- 6 Timetables allow time for physical activity and a richer variety of activities.

### PRESENTATION OF THE INITIATIVE

Schools in Motion is implementing a “whole-school approach”, i.e., creating possibilities to be physically active throughout the school day, including recess, lessons, school travel, physical education lessons, extra-curricular activities, school events and teachers’ activities, both indoors and outdoors, also re-conceptualizing and redesigning the school day schedule and physical environment. More than 53% of Estonian students study in a School in Motion. The students of School in Motion report significantly

more possibilities to be active throughout the school day. The indicators include physically active learning, active recess, outdoor recess, teachers’ support to active recess, active school travel and organizing activities by students themselves. The possibility to move during the school day is in correlation with feeling good at school, better relationships with classmates, going to school gladly. (General education school satisfaction survey by the Ministry of Education, 2018-2021).

### SUPPORTIVE MEASURES

- 1 “School in Motion ABC”  
<https://www.youtube.com/watch?v=qfhGZrkuXpo&t=5s>;
- 2 Teachers training programme to support movement opportunities in the classroom;
- 3 Teachers’ trainings and workshops for active recess, game leaders;
- 4 Mentor programme.

### RESOURCES RELATED TO THIS INITIATIVE

Website : <https://www.liikumakutsuvkool.ee>



**FINLAND**

# FINLAND

## Finnish Schools on the Move

“The Finnish Schools on the Move” is a research-based programme for promoting physical activity in schools. Schools on the Move programme has been developed in Finland since 2010 and has grown from a pilot of 45 schools into a programme that covers more than 90 per cent of Finnish schools in basic education.

### OBJECTIVES OF THE INITIATIVE

The main aim is to establish a physically active culture in Finnish comprehensive schools (grades 1-9).

The purpose is to make schools days more active and pleasant:

- 1 More movement – less sitting
- 2 Participation and involvement
- 3 Learning

### PRESENTATION OF THE INITIATIVE

The objective of the programme is to increase physical activity among school-age children by making the operating culture at schools more active in various ways. Linking research and monitoring with the implementation of the programme, the strong bottom-up ideology of the school-oriented approach and the extensive cooperation networks, as well as strong commitment from the government and state funding, have been central success areas in the implementation of the programme.

In more than ten years, it has been managed to increase the awareness of the importance of physical activity in Finland. More than 90 per cent of all comprehensive schools in Finland are Schools on the Move. As a result, the school culture has become more physically active: a positive change has been observed in the organisation of activities and school premises, movement has been added to

lessons and more attention has been paid to less active pupils. Based on national level physical activity surveys the proportion of 11-15-years olds meeting the physical activity recommendation has slightly increased from 18% to 29% in girls and from 30% to 35% for boys between 2010 and 2018 (Finland’s Report Card 2022. Physical Activity for Children and Youth.)

The Schools on the Move programme has been part of the implementation of the government programme in Finland since 2010. Between 2015 and 2019 it was one of the Government’s key projects in knowledge and education, since 2023 a central part of the Government’s cross-sectoral “Get Finland Moving Programme”.

### SUPPORTIVE MEASURES

- 1 Coordination of the stakeholders and different actions
- 2 Support for schools and municipalities
- 3 Materials and tools (e.g. self-evaluation survey, questionnaires and checklists <https://liikkuvakoulu.fi/tyokalut>)
- 4 Communication
- 5 Sharing best practices
- 6 Networking and coordination of networks
- 7 Seminars
- 8 Education and training
- 9 Research and follow-up

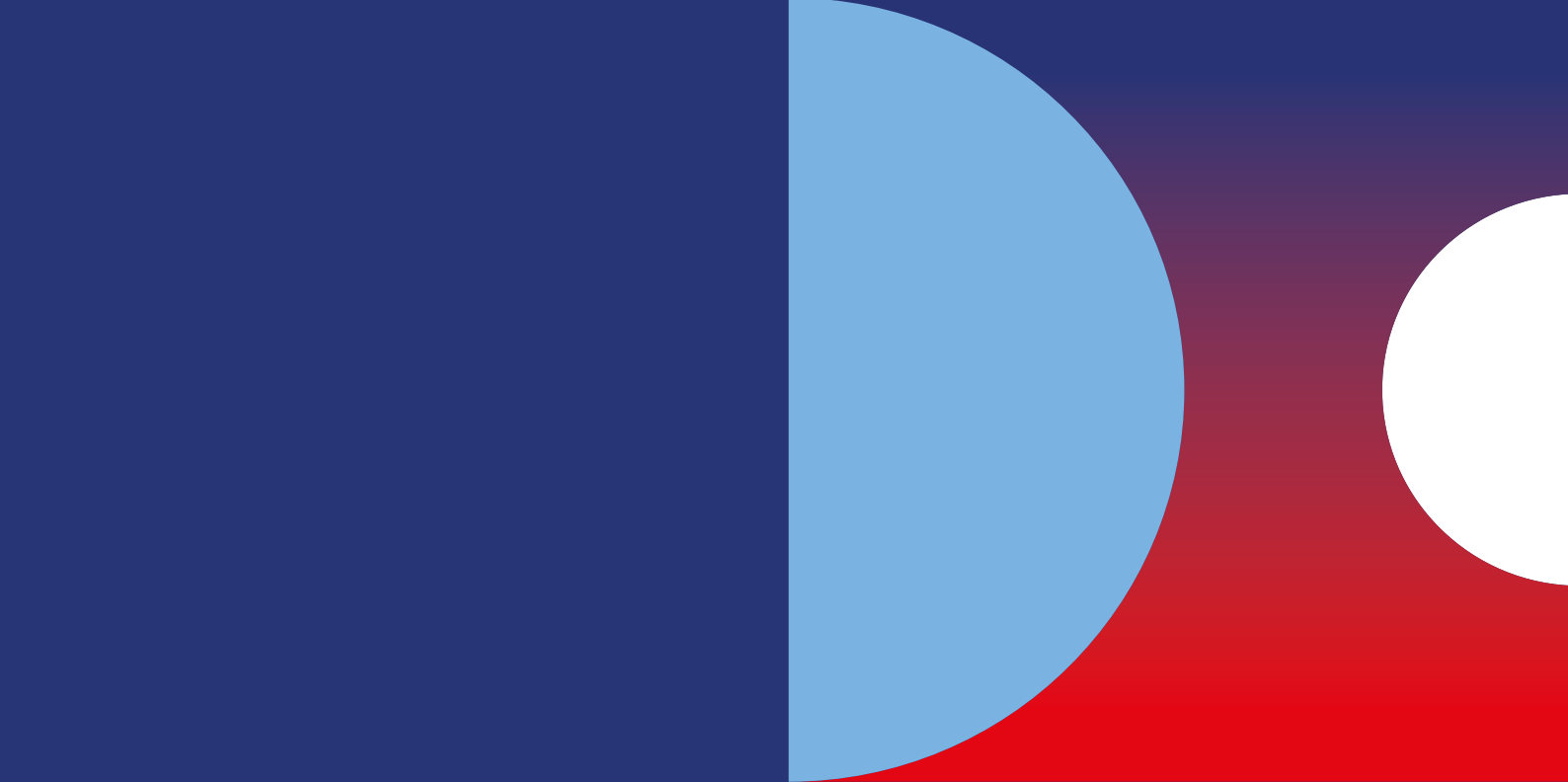
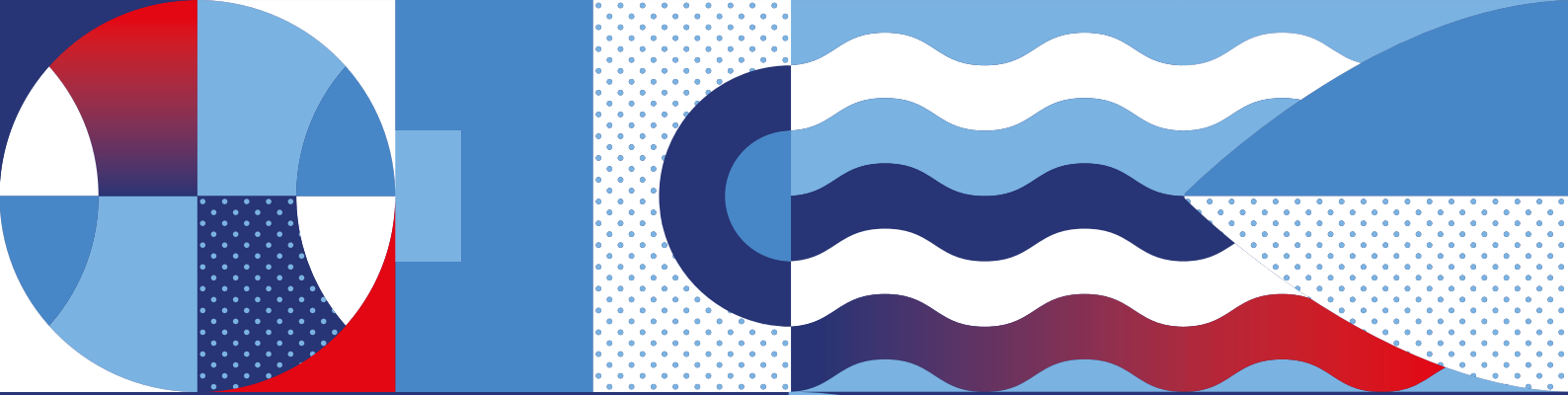


## **RESOURCES RELATED TO THIS INITIATIVE**

Websites:

<https://liikkuvakoulu.fi/>

<https://okm.fi/en/promotion-of-physical-activity>



**FRANCE**



# FRANCE



## 30 minutes per day of physical activity at primary school

Daily physical activity contributes to well-being and health, which are key for learning. The French Ministry of Education and Youth, in collaboration with Paris 2024 and the Sport Movement, is committed to ensuring that every pupil in all primary schools benefits from at least 30 minutes per day of physical activity.

### OBJECTIVES OF THE INITIATIVE

- 1 Encouraging physical activity and promoting pupils' health and well-being.
  - 2 Enabling children to take part in a sporting activity for free
  - 3 Learning about Olympic and Paralympic disciplines.
- 2 10,000 sports kits were made available to schools.
  - 3 "L'Équipe de France des 30 minutes": 150 athletes committed to get pupils moving by visiting school and exchanging with the students.

### PRESENTATION OF THE INITIATIVE

The scheme can be adapted to each school: it can be organised during class and during extra-curricular activities. It can be implemented in partnership with Local Authorities. Teachers are supported with pedagogical resources and materials or training. Daily physical activities take place using as much as possible the existing school environment: school playground, school premises and surroundings. On a voluntary basis, all members of the school community are involved in outlining a sport project that will be part of the school action plan.

### SUPPORTIVE MEASURES

- 1 A teacher training programme dedicated to the 30 minutes of physical activity project. This measure is part of the strategy to shape a «sporting nation».

### RESOURCES RELATED TO THIS INITIATIVE

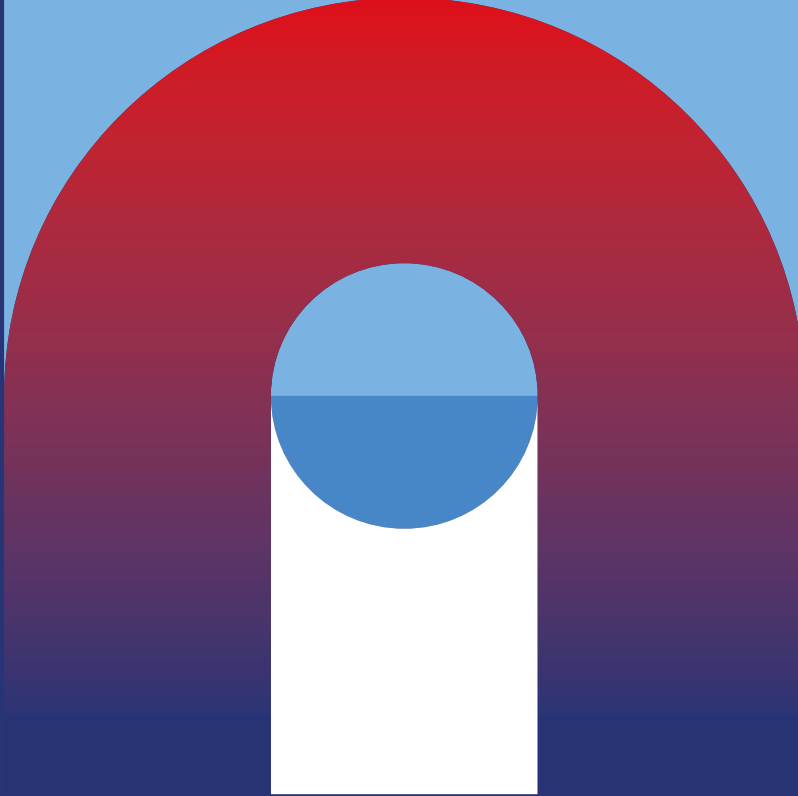
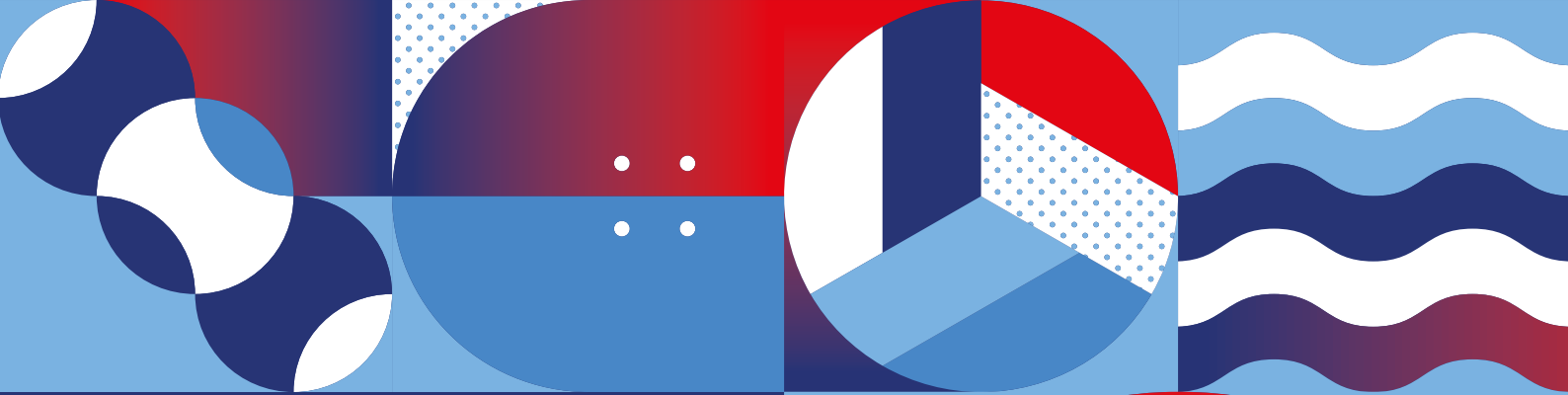
"One school - one club" programme: bringing schools into contact with sports clubs in order to support the implementation of the "30 minutes of physical activity per day": [administrative Circular 12-1-2022](#)

30 minutes of daily physical activity in primary schools: [organisation 27-7-2022](#)

30 minutes of physical activity per day: [presentation on the French Education Ministry website](#)

[30 minutes into practice. Show cases from Education Authorities of Paris and Créteil](#)

[Initiatives supported by school sports federations and local authorities \(e.g. hockey\).](#)



# GERMANY

# GERMANY

## Efforts of the Standing Conference of the Ministers of Education and Cultural Affairs of the Länder in sports at school

In Germany's education system, physical activity, games and sports are essential elements of a holistic school education. Since almost five decades the Standing Conference of the Ministers of Education and Cultural Affairs of the Länder (KMK) is therefore making great efforts to strengthen sports at school. In the last two years and in cooperation with relevant stakeholders the KMK e. g. has revised and reissued three key resolutions for this purpose.

### OBJECTIVES OF THE INITIATIVE

Joint recommendation for action by the Standing Conference Standing of the Ministers of Education and Cultural Affairs of the Länder and the German Olympic Sports Confederation on the Development of Sports at School (2023 - 28): Sustainable promotion and systematic development of sports at school - shared and equal participation for all students.

The overarching goal of the joint recommendation for action is to further develop the quality of sports at school in a sustainable and target-oriented manner.

#### Physical activity-promoting school: a summary of the current progress in the federal states

Against the latest major social developments that have had or continue to have an impact on physical activity in everyday life, such as digitalization or pandemic-related restrictions the objective of the physical activity-promoting school is to encourage students to increase their physical activity.

#### General principles for the realization of remedial teaching in sports at school

In particular, the resolution includes principles, objectives, didactic considerations, and recommendations for remedial teaching in sports at school.

### PRESENTATION OF THE INITIATIVE

Joint recommendation for action by the Standing Conference of the Ministers of Education and Cultural Affairs of the Länder and the German Olympic Sports Confederation on the Development of Sports at School (2023 - 28) [...]

The joint recommendation has been updated on a regular basis since 2007. The most important social developments, resolutions of the KMK and its committees (e. g. «Physical Education under Corona Conditions» or «Swim Safely») as well as conference results are taken into account. Moreover, the recommendation determines physical education as a compulsory subject until graduation. The latest resolution defines five areas of action for sports at school that are linked to specific recommendations for action:

- 1 School as a place for movement, games and sports
- 2 Physical education
- 3 Extracurricular sport activities as well as sports and physical activity in all day schools
- 4 After-school sports
- 5 Teacher training, further teacher training and specialist qualification



## Physical activity-promoting school - A summary of the current progress in the Länder

The general principle of the physical activity-promoting school contains among others promotion of sports at school, expanding extracurricular sport activities or the sustainable integration of physical activity as an overall pedagogical objective in school. Based on this general principle this summary contains a collection of measures and efforts taken by the Länder in order to promote physical activity in schools.

### General principles for the realization of remedial teaching in sports at school

The resolution defines the basic aims of remedial teaching in sports at school. These include fostering personality development or helping to overcome motor skill deficits. Pedagogical considerations are also taken into account as well as various recommendations

e. g. proper student selection or teacher and further teacher training.

## SUPPORTIVE MEASURES

Due to Germany's federal political system, the Länder are responsible for the implementation of the resolutions. The Länder take the resolutions objectives and principles into account in their respective regulations, such as curriculum design or

teacher and further teacher training. Their practical implementation takes place in schools, frequently in cooperation with partners like state sports associations or non-profit sports clubs.

## RESOURCES RELATED TO THIS INITIATIVE

Joint resolution of the Standing Conference of the Ministers of Education and Cultural Affairs of the Länder and the German Olympic Sports Confederation of November 2023

[Joint recommendation for action by the Standing Conference of the Ministers of Education and Cultural Affairs of the Länder and the German Olympic Sports Confederation on the Development of Sports at School \(2023-28\): Sustainable promotion and systematic development of sports at school - joint and equal participation for all students](#)

(Resolution of the Standing Conference of the Ministers of Education and Cultural Affairs of the Länder of February 2023)

[Physical activity-promoting school - A summary of the current progress in the Länder](#)

(Resolution of the Standing Conference of the Ministers of Education and Cultural Affairs of the Länder of Mai 2022)

[General principles for the realization of remedial teaching in sports at schools](#)



**GREECE**

# GREECE

## Strengthening Olympic Education

Education on issues of Olympism, Olympic Values and Olympic Games, is among the statutory targets of the Greek Ministry of Education, Religious Affairs and Sport (YPAITHA), which aspires to approach, inspire, raise awareness and mobilize primary and secondary school students of the country in the formation of attitudes and skills, which emanate from the spirit of Olympism. In particular, the Department of Physical Education has got as two operational goals: the implementation of educational policy, Sport Education and activities at all levels of Education and the promotion of Olympic Education issues.

### OBJECTIVES OF THE INITIATIVE

Joint collaboration of the Greek Ministry of Education, Religious Affairs and Sport (YPAITHA) and the International Olympic Academy (IOA) has produced an educational programme, which was designed and will be implemented in collaboration with the competent Department of Physical Education of YPAITHA and the National Olympic Academy (ETHNOA) and will be implemented at IOA's facilities in Ancient Olympia, utilizing the educational material of the «Awareness Campaign for Issues of Integrity and Positive Sport Behaviour», in which the EPATHLA programme of the General Secretariat of Sports /YPAITHA participates.

Bearing in mind that each educational visit will be a few days long, students are expected:

- 1 To acquire knowledge related to Sport, Olympism and Olympic values
- 2 To understand the spirit of the Olympic Games and their timeless value throughout centuries
- 3 To adopt and apply rules of conduct so as to develop life values and positive life attitudes

- 4 To be introduced to campaigning issues for integrity and positive sportsmanship
- 5 To encourage mass active participation, involvement and their love for sports, with the goal of lifelong exercise
- 6 To cultivate social skills and attitudes (respect for the opponent, proper sportsmanship, spectator education, benefits of exercise, healthy lifestyle, etc.)
- 7 To sensitize them to a new way of life based on the enjoyment of movement, the joy of effort and noble competition
- 8 To adopt volunteering as an expression of social behaviour
- 9 To strengthen bonds of friendship, cooperation and team spirit, through group activities
- 10 To develop their creativity and imagination through participation in visual and motor activities

### PRESENTATION OF THE INITIATIVE

The programme will involve two thousand (2,000) school students annually. It will be carried out in twenty (20) visits lasting for 2.5 days each. Students will stay at the sport facility for approximately 2.5 days (two nights). During

this time students will develop skills related to the Olympic Values through interaction, will participate in sports activities within the DOA facilities and in the city of Olympia, will also be offered a guided tour of the archaeological site, the Museum and the Ancient Stadium of Ancient Olympia and of course, they will get to know the historic city of Ancient Olympia and the unique site of the International Olympic Academy.

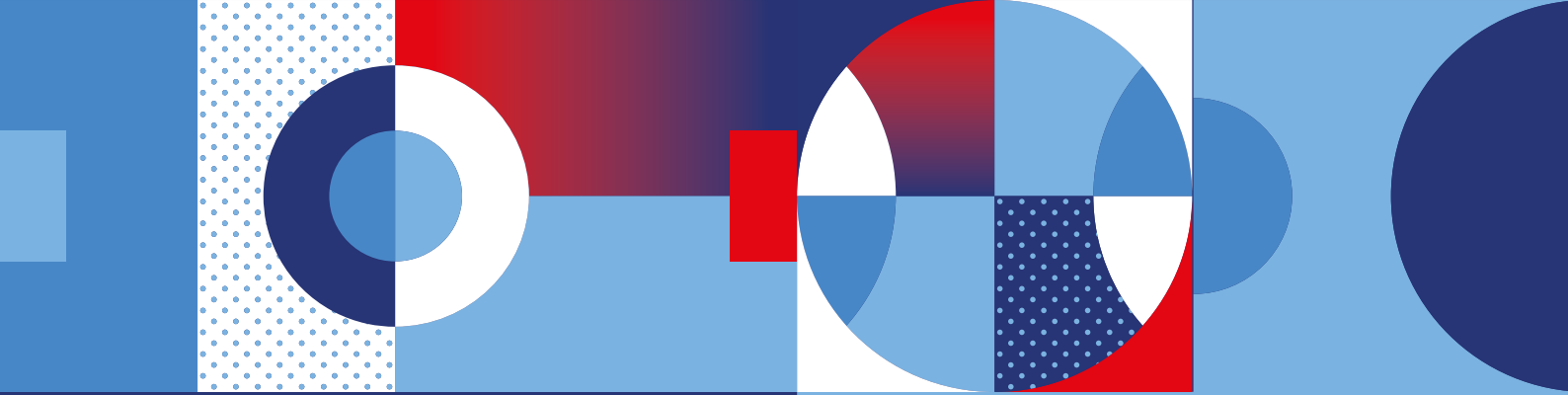
### **SUPPORTIVE MEASURES**

Students will be informed through a series of presentations, dialogue and

question-answer sessions about Olympism, Olympic Values and Olympic Games. The Analytical Curriculum of the subject of Physical Education includes teaching modules on the Olympic Games, the Olympic ideals, the values of sport, as well as educational material created for the programmes of Olympic Education, Kallipateira, Paralympic Games and is used in all school units throughout the country.

### **RESOURCES RELATED TO THIS INITIATIVE**

The website of the initiative:  
[minedu.gov.gr](http://minedu.gov.gr)



**HUNGARY**



# HUNGARY

## Everyday physical education : Olympic Values Education Programme, Sporting Nation Program

The Government of Hungary gives priority and pays a special attention to preserving healthy life-style, and sports as part of it, with a special emphasis on the young generation and school sports. This is manifested in the introduction of everyday physical education from September 2012, in the first, fifth and ninth grades in the first phase, and the programme has been extended to all grades since then.

### OBJECTIVES OF THE INITIATIVE

#### Everyday physical education

The Government of Hungary gives priority and pays a special attention to preserving healthy life-style, and sports as part of it, with a special emphasis on the young generation and school sports. This is manifested in the introduction of everyday physical education from September 2012, in the first, fifth and ninth grades in the first phase, and the programme has been extended to all grades since then. The main goal of school sports is to give access to a growing proportion or even to all members of the young generations to regular exercise and thus introduce the importance of a healthy life-style and prevention by sport.

As a result of this, one of the important goals of school sports is to involve to sport those students who do not participate in regular sport activities and provide them attractive sport programmes. It is only through the education system that we can introduce the new generations to the elements of a healthy life-style.

Pursuant to the Act, organising everyday physical education in the framework of five PE lessons per week in daytime school education is the task of the schools, of which two lessons can be replaced at the most by various forms of education

organisation, lessons on civilization, sport activities within the frames of school sport teams or by competitive sports activities.

As a general rule, the five hours of everyday physical education should be distributed among the days of the week so that each student participate in a PE lesson each day. Diversion from this general rule is allowed only in order to organise obligatory swimming training.

### PRESENTATION OF THE INITIATIVE

#### Olympic Values Education Programme (OVEP)

As part of the cooperation between the Hungarian Olympic Committee (MOB) and the Hungarian University of Physical Education and Sports Sciences (TF), the Olympic Values Education Programme (OVEP) has been launched in Hungary. In a first round of 14 sessions, a total of 336 teachers will participate in the training, resulting in more than 200 schools across the country with thousands of students taking part in the programme.

In 2008, the International Olympic Committee launched the Olympic Education Programme with the aim of passing on the Olympic ideal to the younger generation. This strategy was taken forward by Jacques Rogge, who created the Youth Olympic Games to give young athletes the

opportunity to live the Olympic ideal and return to their countries as ambassadors of the Olympic ideal. Since then, the IOC has set up an Education Committee to help member countries implement local education projects. They have developed and are constantly improving the OVEP Curriculum Pack, which is the technical basis for the various educational projects. These can be festivals, national Olympic days, school projects, curriculum implementations, higher education, training courses, workshops, etc.

### **Sporting Nation Program**

The aim of the Sporting Nation programme is to make physical activity more accessible to all children and adults

and to provide more opportunities, such as discounted tickets to sports facilities. We will also open the doors of sports clubs wider, giving more space to those who like to move or want to move. We want everyone to be able to find the nearest gym, track or sport, so that time and distance are not barriers. The aim of the Sporting Nation programme is to encourage lifelong physical activity. We are building an inspiring community because we want more people to experience the joy of regular exercise and the direct and indirect benefits of physical activity. The Sporting Nation is a community of people who believe in the power of sport.



**IRELAND**



# IRELAND



## Active School Flag - Primary

The Department recognises that schools and other educational settings have a role in contributing to the physical activity and healthy lifestyles of the school community.

### OBJECTIVES OF THE INITIATIVE

Active School Flag (ASF) is an initiative of the Department of Education, supported by the Department of Health (Healthy Ireland). The aim of the programme is to get 'more schools, more active, more often'.

Consistent government support from the Department of Education and the Department of Health, and the inclusion of ASF as a key action within Ireland's National Physical Activity Plan, highlights the value placed on the initiative at national level. Research carried out has shown the strengths of ASF in primary (see [www.activeschoolflag.ie](http://www.activeschoolflag.ie)).

ASF Primary is designed to recognise schools that strive to achieve a physically educated and physically active school community. Since inception, over 2,400 flags have been awarded to Irish schools. Currently (2023/2024 school year) 736 primary schools, attended by 144,829 pupils, hold ASF status, with many more working towards the flag at present. Once awarded, the flag remains valid for three years, after which time schools are invited to renew their ASF status.

### PRESENTATION OF THE INITIATIVE

The ASF Primary flag is awarded to schools that can demonstrate that they meet criteria, across 4 areas.

- 1 **Physical Education: Delivery of strong and balanced PE curriculum, at all class levels.**

- 2 **Physical Activity: Whole-school approach to maximising physical activity throughout the school day.**
- 3 **Partnerships : Collaboration with students, parents, local and national agencies.**
- 4 **Active School Week : Annual focus event.**

ASF guides schools to create their own specific roadmap for sustained physical activity practices with accessibility, and sustainability, in mind. All initiatives are designed to promote physical activity in a FUN, positive and inclusive way. Student voice and student leadership are central to the ASF process, which empowers student participation in decision-making process in their school.

### SUPPORTIVE MEASURES

ASF Primary provides a range of measures to support primary schools throughout the ASF process. These include:

- 1 **Self-evaluation tool: 3-part questionnaire which allows schools to reflect on their current provision, identifying areas of strength and areas that require attention.**
- 2 **ASF Criteria: Guide schools to ensure that they adopt a whole-school approach to promoting physical activity for all, prioritizing participation, inclusion and fun.**

- 3 Support Webinars: A series of webinars focussed webinars, delivered throughout the school year, with input from teachers and schools.
- 4 Resources: Ready-made resources to support the implementation of ASF initiatives and the integration of physical activity with teaching and learning.
- 5 Website: Provides easy access to a wide range of resources and supports.
- 6 Monthly Newsletter : Ensures schools are aware of new initiatives and supports, as and when they become available.
- 7 Social Media : Exemplars of best practice, innovation and collaboration through ASF social media channels.

## RESOURCES RELATED TO THIS INITIATIVE

ASF designs, delivers and promotes several whole-of-school physical activity initiatives which are open to all schools. These include:

### Movement Breaks: 'Active Break Every Day' Challenge

This whole-school challenge, accessible to all schools, runs across a 4-week period during November and December every year. This initiative is designed to support teachers to build movement breaks in to their daily routine and to raise awareness about the benefits that an energised school day brings in terms of improved concentration and focus. In 2023, Active School Flag partnered with the Olympic Federation of Ireland's Dare to Believe programme to create a suite of Olympic Movement Break videos available, free of charge, to all schools. 5, 000+ teachers registered for the challenge with a reach of 120, 000 students.

### Daily Runs: 'Run a Day' Challenge

This whole-school challenge, accessible to all schools, runs across a 4-week period during March and April every year. Over the past 5 years, teachers have been

provided with ready-made resources to show them ways to combine daily running with cross-curricular learning opportunities. In 2024, the challenge (#RunAroundEurope) focussed on European capital cities. 700+ schools (primary/special schools) took part, with a reach of 135, 000 students. Teachers were encouraged to use the challenge to support students to improve their running techniques using the 'Move Well, Move Often' resources, developed by the Oide (the support service for teachers and school leaders).

### Focus Week: Active School Week

This whole-school initiative, open to all schools, takes place in April every year. Active School Week provides an excellent opportunity for schools to build fun and inclusive physical activity opportunities into the school day and to promote sport. Teachers are challenged to find ways to promote 'learning on the move', across all subject areas and for all class levels. Schools are asked to reach out to their local community for taster sessions of the many and diverse physical activity opportunities that are available locally. Active School Week is not just for students. Staff members and parents are encouraged to join in too.

### Participation Events: #TakeOvers

In 2023, Active School Flag in partnership with Table Tennis Ireland encouraged and supported schools to organise a whole-school #TableTennisTakeOver event. The aim of the initiative was to give as many students and staff as possible the opportunity to play the sport of table tennis at school. As with all ASF initiatives, the emphasis was on participation, inclusion and fun. 372 schools registered, with a reach of 93, 087 students and 8, 529 staff members, for the inaugural event held during Active School Week (2023). A second #TableTennisTakeOver was promoted during European Week of Sport. Further #TakeOver events, focussing on different ways to be active, are planned.

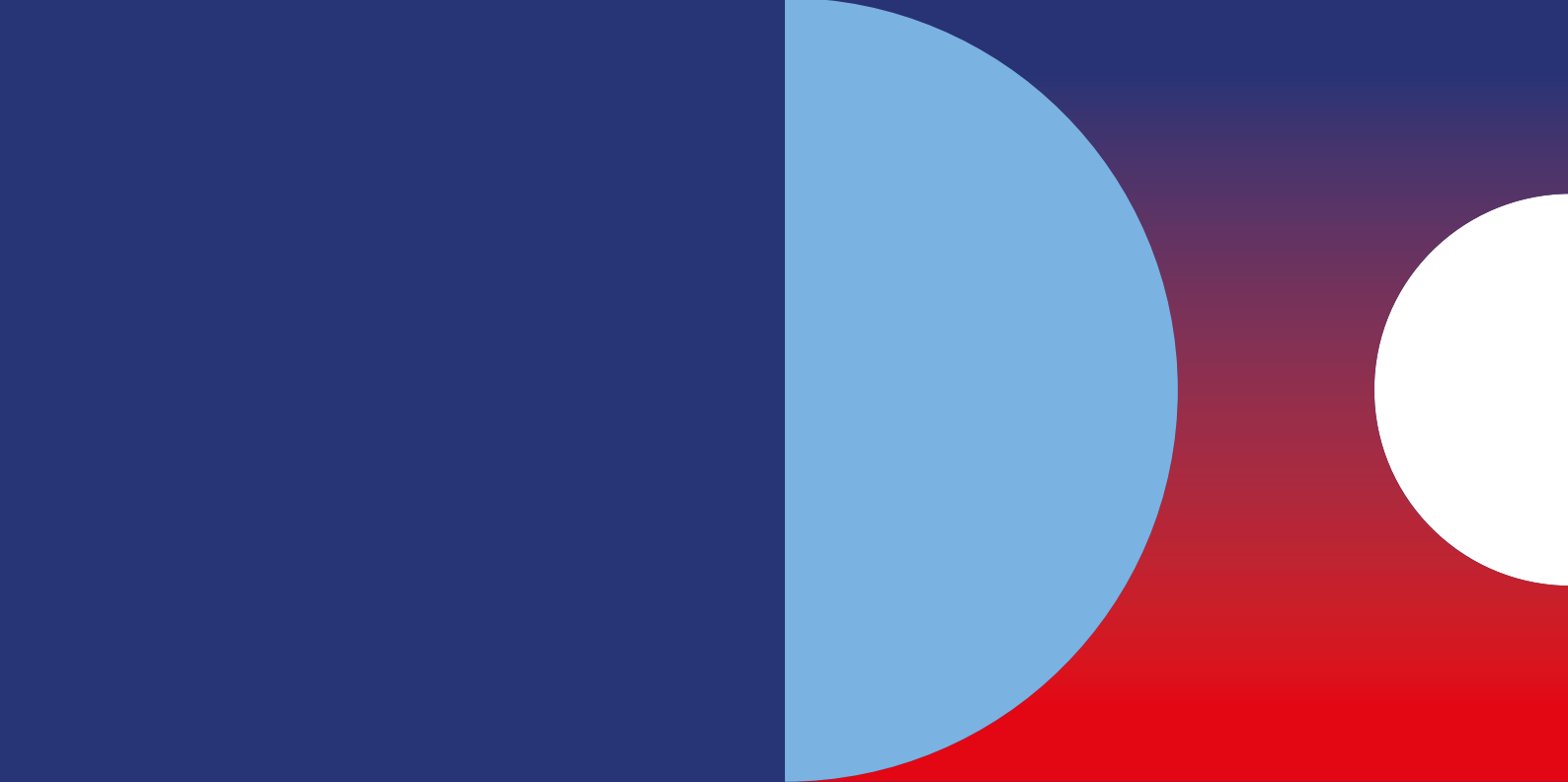
## Learning on the Move: Active School Walkway

Schools that engage with the ASF accreditation process are provided with all-weather, outdoor signage to mark out a walking/running route on their school premises. Each sign displays a number of different icons (eg: clock faces, flags, colours, patterns, letter, numbers) linked to many and varied cross-curricular learning activities. Twenty ready-made Walkway Learning Challenge templates are available to teachers, which demonstrate how learning can be brought outdoors and how learning can be combined with physical activity. The Active School Walkway resource is jointly funded by Active School Flag and Get Ireland Walking.

## Student Leadership

Schools that engage with the ASF process are required to form a student committee to work with teachers to lead the process for their school and to organise fun, inclusive and varied physical activity opportunities, throughout the school year, for their peers. Advice is given about how other student leadership roles that can be generated to support the implementation of the process. These include playground leaders, dance leaders, challenge leaders and sports equipment monitors.

More details on Active School Flag – Primary can be found on [www.activeschoolflag.ie](http://www.activeschoolflag.ie)



**ITALY**



# ITALY

## Junior Active School

Junior Active School is an educational and multi-sports path for first-grade secondary school, allowing students to try many sports, have fun and adopt an active lifestyle.

### OBJECTIVES OF THE INITIATIVE

- 1 Promoting youth's global motor development to improve sport practice.
- 2 Allowing a student's aware sport-being, according to their attitudes.
- 3 Encouraging the knowledge of enjoyable and exciting sports.
- 4 Promoting healthy and active lifestyle among students, teachers and families.
- 3 Sport equipment: kit supplied by national sport federations available for school.
- 4 "AttiviAMOCi": campaign about food education e physical activity.
- 5 End of year party: party with sport events at the end of school year.
- 6 Webinar: online meeting about the project for PE teacher.

### PRESENTATION OF THE INITIATIVE

Junior Active School provide a sport path for all first-grade secondary school, focused on two sports, individual or team ones. Two federal sport coaches, one for each sport, manage activities with PE teachers during school hours twice a week and provide free sport courses once a week.

### SUPPORTIVE MEASURES

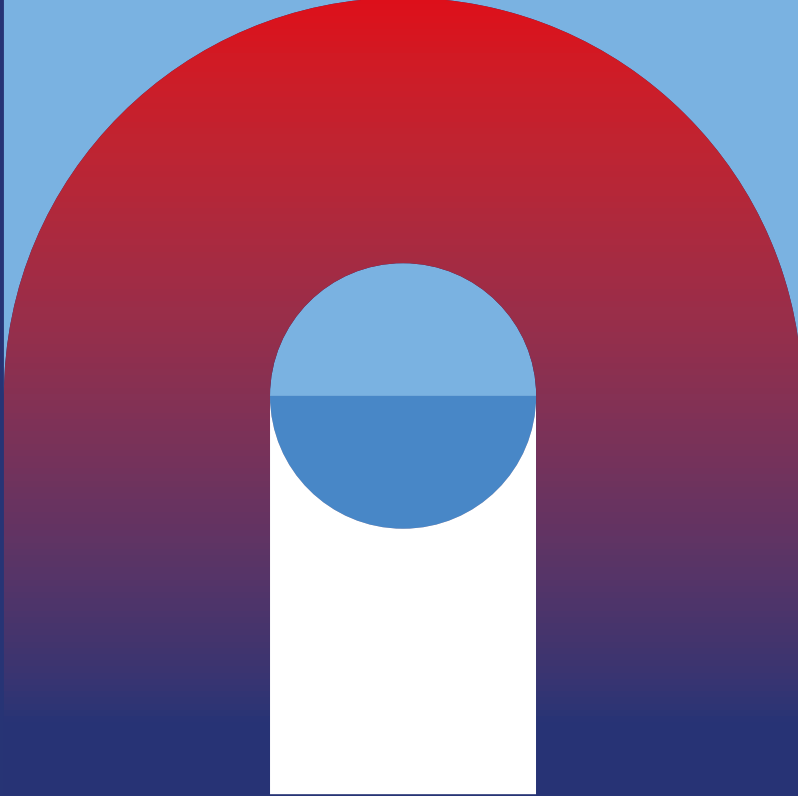
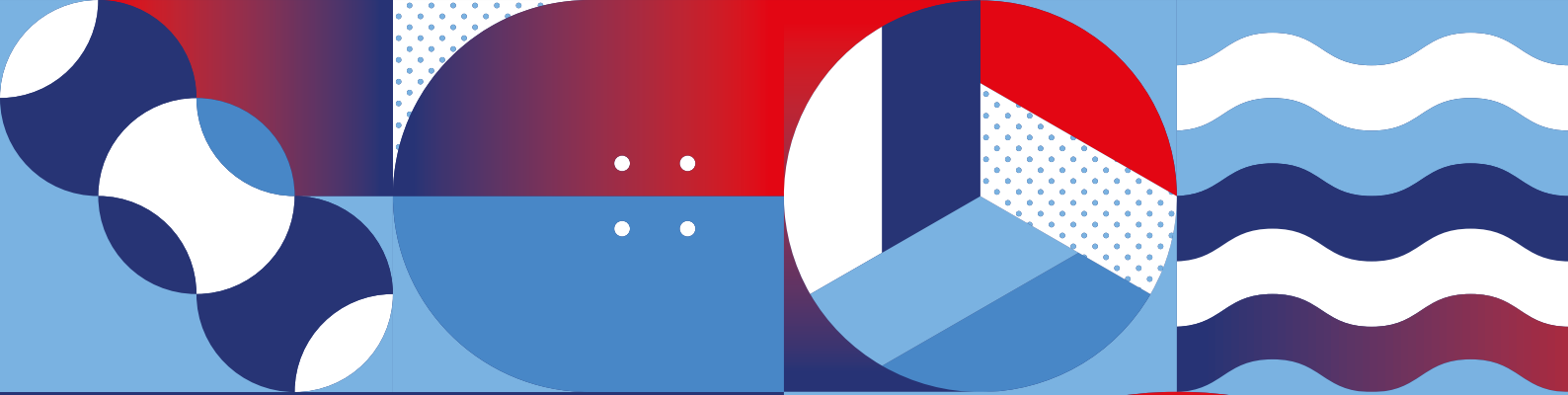
- 1 Sport weeks: mastering a sport with a federation sport coach and the PE teacher twice a week.
- 2 Sporting afternoon: after school sport activity with a national federation's sport coach.

### RESOURCES RELATED TO THIS INITIATIVE

<https://www.sportosalute.eu/progettoscuolattiva/junior/il-progetto.html>

<https://www.miur.gov.it/web/guest/-/progetto-nazionale-scuola-attiva-junior-per-la-scuola-secondaria-di-i-grado-anno-scolastico-2022-2023>

<https://www.sportosalute.eu/primopiano/4803-al-via-l-edizione-2023-2024-del-progetto-scuola-attiva-junior-con-attivit%C3%A0-multi-sportive-e-tanti-contenuti-per-le-scuole-secondarie-di-i-grado.html>



**LATVIA**



# LATVIA



## “The Whole Class Does Sports”

The project “The Whole Class Does Sports” (“Sporto visa klase”) aims to promote sport among primary school students by carrying out sports classes daily. It is implemented with the support of state funding by the Latvian Olympic Committee since 2014. More than 10 000 students (~10% of all students in grades 2-6) are involved in the project and the number of participating schools keeps increasing each year.

### OBJECTIVES OF THE INITIATIVE

The initiative is designed to strengthen children’s health, improve their well-being, and create motivation to engage in sports. Outdoor sports activities are prioritized to enhance the overall physical fitness and promote a positive approach to regularly engaging in sports.

The project includes scientific research in collaboration with the University of Latvia on the project’s impact on students’ overall physical fitness, health status, cognitive functions, and academic performance. An interactive mobile application is used for data collection for scientific research purposes. Within the framework of the project, the University of Latvia conducted the study “Physical Activity and Children’s Overall Health Status.” International report: <https://www.mdpi.com/2072-6643/12/12/3818>

### PRESENTATION OF THE INITIATIVE

Schools can annually apply to join the project and commit to ensuring sports classes every day throughout the school year. Participating schools receive methodological materials developed by the Latvian Academy of Sport Pedagogy and various sports federations. Every year several schools can win financial support for new sports equipment. According to the project regulations, schools conduct sports classes based on

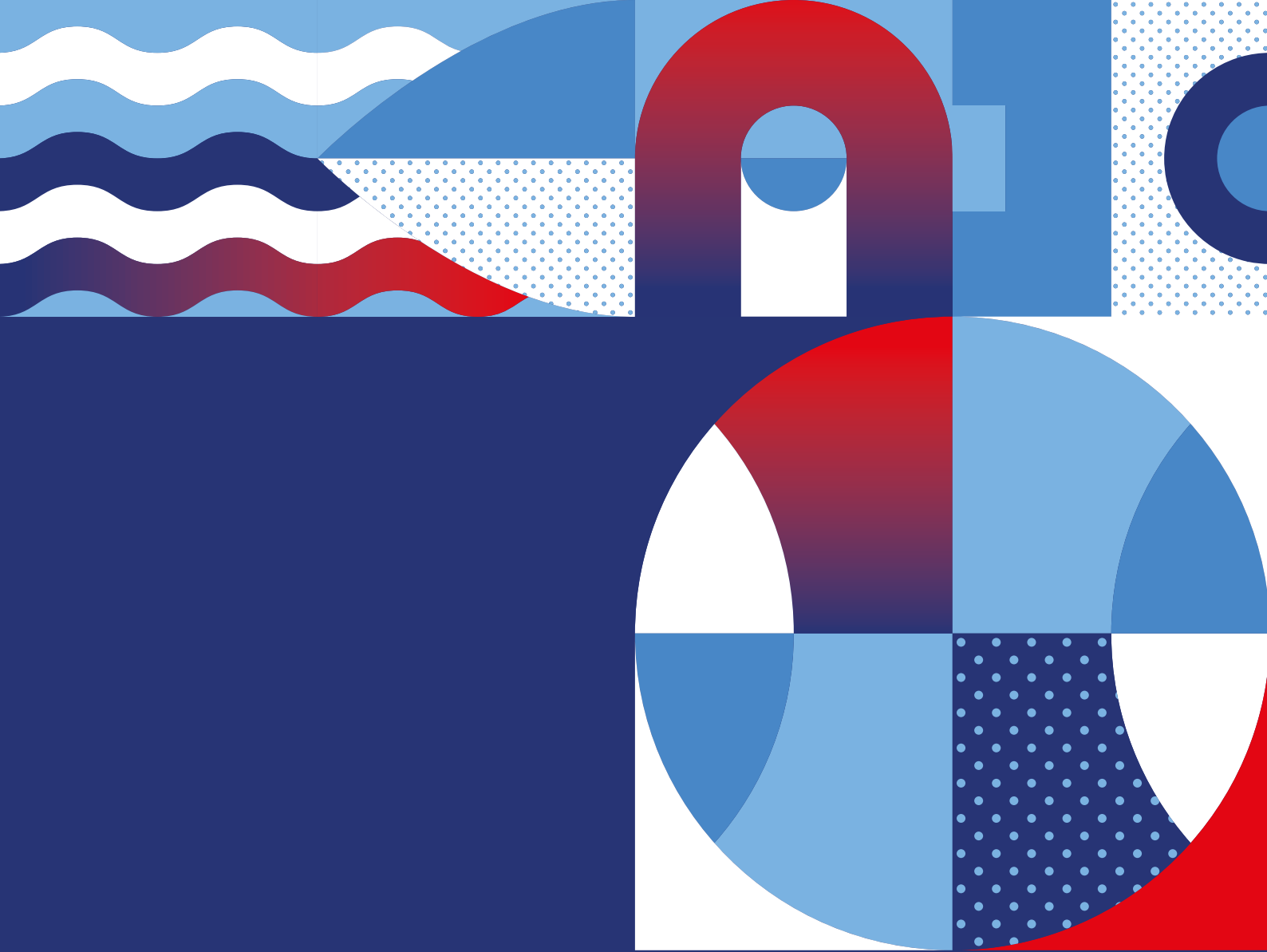
the methodological materials. Students in 2nd grade participate in two or three optional sports activities of their choice: games and play, general physical fitness training, swimming lessons, outdoor activity, judo class, touch rugby class. Students in 3rd, 4th, 5th, and 6th grade will participate in two or three optional sports activities of their choice: general physical fitness training, football skills training, swimming lessons, outdoor activity, judo class, touch rugby class. During the academic year, all participants must take part in a compulsory short programme on the safety on water. As an additional incentive, participating schools can win support from the national sport lottery for improvement of sport infrastructure, equipment, or coaches.

### SUPPORTIVE MEASURES

The Ministry of Education and Science concludes an annual agreement with the Latvian Olympic Committee for the allocation of state budget funds for the implementation of the project. Financial resources are intended for the provision of equipment, event organization, as well as support for scientific research.

### RESOURCES RELATED TO THIS INITIATIVE

<https://sportovisaklase.olimpiade.lv/en/home>



**LITHUANIA**

# LITHUANIA

## The Lithuanian Games for Little Ones

As the most favourable age to develop basic skills, habits and attitudes for a physically active life is pre-school and pre-primary school age, the 'Lithuanian Games for the Little Ones' is an excellent tool to promote children's physical activity and a positive attitude towards sport, as well as to introduce the ideas of fair competition and the opportunities for communication and cooperation.

### OBJECTIVES OF THE INITIATIVE

The aim of the initiative is to increase physical activity among preschool-age children by satisfying their natural need for movement and to promote mutual communication and collaboration among pedagogues in Lithuanian pre-school education institutions, providing professional support and assistance in educating healthy and physically active children.

The objectives of the initiative:

- 1 To foster physical activity, positive behaviour, and cooperation among preschool-aged children.
- 2 To provide methodological and consultative support to pre-school pedagogues on the promotion of physical activity and the organisation of sporting events in pre-school education institutions.
- 3 To provide pre-school pedagogues with conditions to share good practice in promoting children's health and physical activity.
- 4 To encourage stronger collaboration among pre-school institutions.
- 5 To forge a community of preschool educators dedicated to advancing physical activity initiatives.

### PRESENTATION OF THE INITIATIVE

The 'Lithuanian Games for the Little Ones' consist of three stages:

- 1 Virtual physical activity sessions.
- 2 Games for the little ones in institutions.
- 3 National festivals for the little ones.

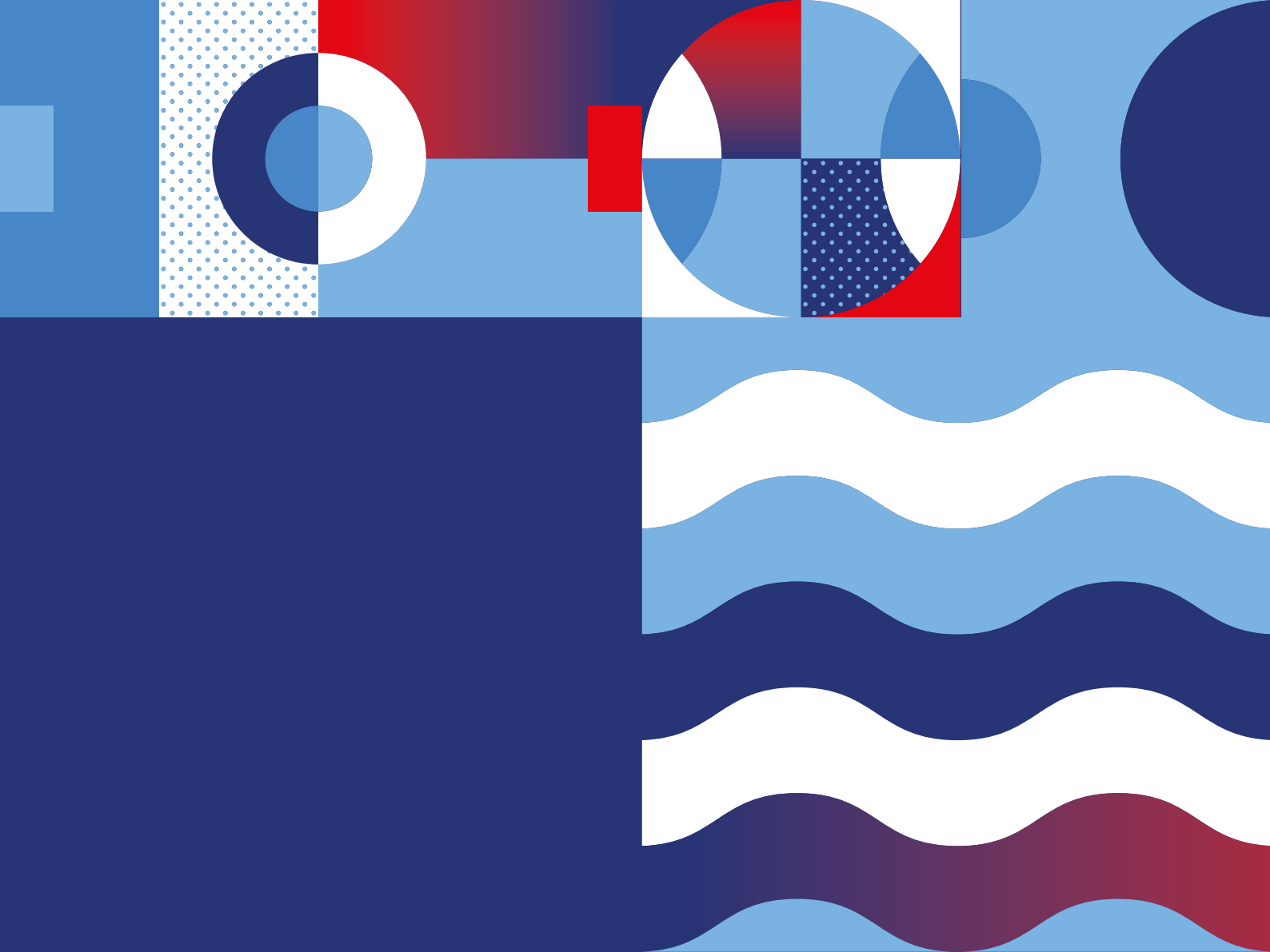
In the first stage, information technology is used to promote children's physical activity. During the second stage, festivals promoting physical activity take place in institutions. During the third stage, festivals are held in major Lithuanian cities. The aim is for as many children as possible to experience joy and positive emotions through sports and interacting with each other. During these festivals, tasks are assigned to reveal children's physical abilities and nurture fundamental Olympic values: friendship, improvement, and respect. In 2023, the initiative reached a new record. It involved 450 preschool education institutions from 59 (out of 60) Lithuanian municipalities. More than 55,000 children joined the project activities. Ten final festivals took place in 7 Lithuanian cities.

### SUPPORTIVE MEASURES

The Lithuanian Games for the Little Ones are organised by the Association of Pre-school Physical Education Pedagogues and the National Olympic Committee of Lithuania. Communities comprising pupils, teachers, administrators, parents, etc., from the participating institutions are actively involved in this initiative.

### RESOURCES RELATED TO THIS INITIATIVE

The website of the initiative:  
<https://www.mazujuzaidynes.lt/>



**LUXEMBOURG**

# LUXEMBOURG

## Bewegte Schule

The government's continuous and strong commitment to promote physical activity and healthy eating for children is again firmly anchored in the it's coalition plan for 2023 to 2028, To combat the lack of physical activity among many children, initiatives such as «Bewegte Schule» that is described hereunder will be stepped up. In the same vein, non-formal education structures will be encouraged to develop similar programmes and projects. To promote a healthy, balanced and sustainable diet, community catering programmes that promote local and organic food will be further supported. A programme to raise awareness of food waste will be developed for schools and non-formal education programmes. The national strategy («Gesond iessen - méi beweegen» Healthy eating-more exercise) for basic education will be evaluated and adapted. The initiative "Bewegte Schule" was introduced in 2014 and adopted by more and more schools over the years.

### OBJECTIVES OF THE INITIATIVE

Surveys on health, motor performance and physical activity in children and adolescents, confirm world-wide trends also observed in children in Luxembourg: motor deficits, inactivity and health risks among children and adolescents have increased alarmingly in recent years. Physical activities in everyday life and sporting activities in leisure time decrease significantly with age. In contrast, daily screen consumption and hence inactivity is rising sharply. As a result, most recent studies found that overweight and obesity among young people aged 11 to 18 in Luxembourg represent 21%, a slight increase compared with the 2018 study, when the rate was 19%. Children and young people more frequently report headaches, followed by difficulty falling asleep, back pain and more than 20% of children and adolescents receive regular medical treatment. In recent years, additional arguments have been added that emphasise the relevance of physical activity at school: a changed childhood, a

precarious state of health of children and young people, concentration and behavioural problems and findings from learning and development research on the importance of exercise. It is often believed that taking exercise breaks would be at the expense of language and maths lessons and cognitive education of pupils. However, numerous studies have shown that exercise optimises not only physical but also mental performance, in addition to the ability to concentrate, cognitive capacity is are also improved. As the links between motor development, physical activity and health are no longer disputed and as it is difficult to increase the number of lessons dedicated to sports, the government found it advisable to look for other ways of encouraging children to move and exercise during school hours.

### PRESENTATION OF THE INITIATIVE

One of the initiatives strongly supported is called "Bewegte Schule", the best translation is "Active school".



The concept became known in the 80's and is based on the fact that physical activity is an element for maintaining and improving your health and that motion is an important sensory and experiential channel. Basically, the objective was to integrate more physical activity into the traditional "sitting school". He promoted the idea that a child-centred pace of teaching and learning, that through active, dynamic and independent learning, through adequate furnishing of schools and participatory and health promoting structures, schools can be changed for the sake of children's health and development. Regular "activity breaks" are foreseen during lessons, during which targeted exercises are offered to the students. The project "Bewegte Schule" is also based on the assumption that learning while being physically in motion is more productive and that knowledge acquired during a physical activity or a game are more strongly anchored in the brain. If reading, writing or maths' exercises are embedded in a physical activity

several learning channels are activated. Movement has a positive impact on physical and psychological development of children, their coordinative skills and balance improve, their self-esteem is built up, as well as their communicative skills. Tension, concentration and stress are reduced and everyday life has a healthier rhythm, stress and relaxation phases alternate.

## **SUPPORTIVE MEASURES**

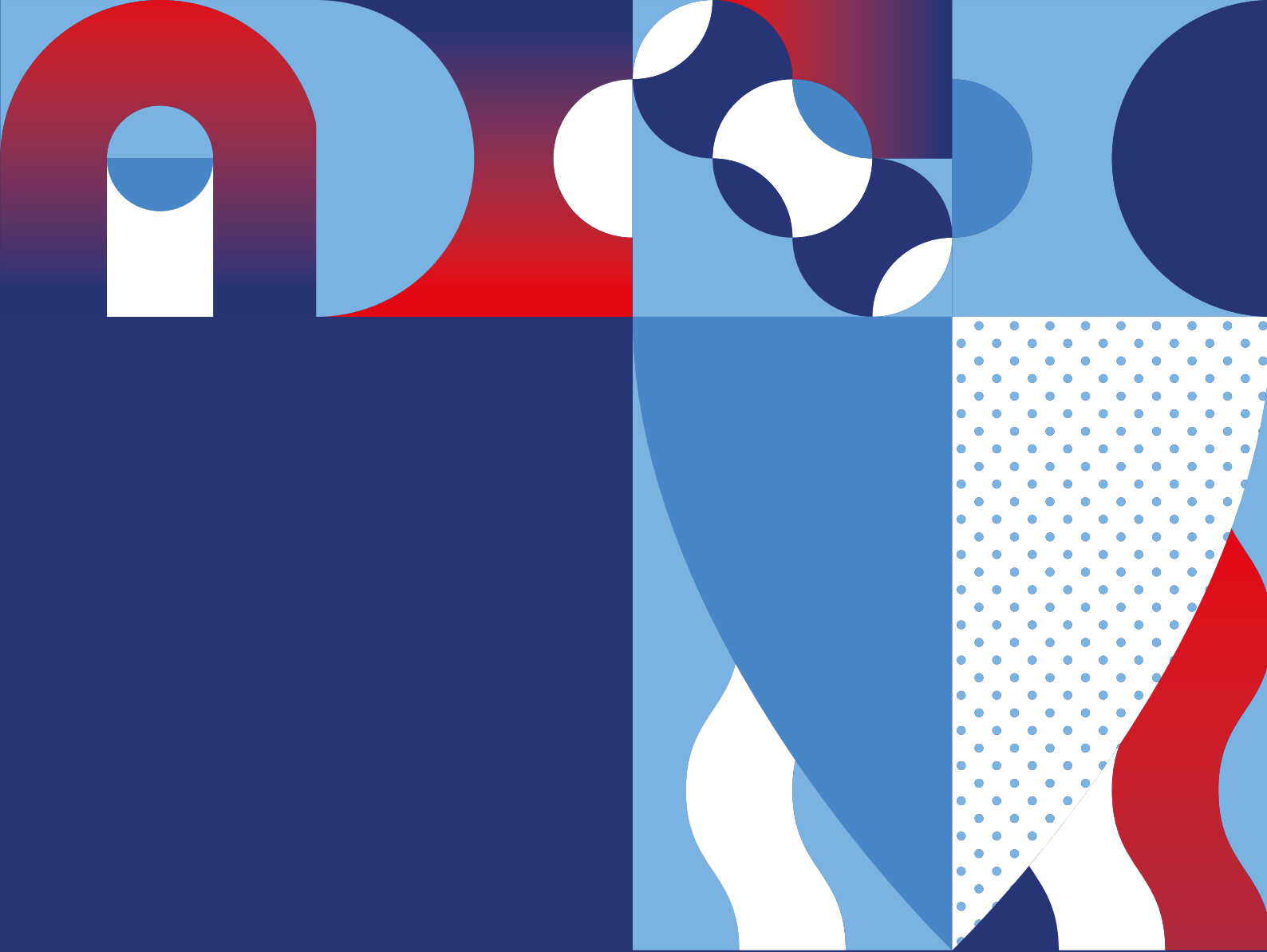
- 1 Continuous Professional training for teachers
- 2 Pedagogical material

<https://bewegung.lu/de/ressourcen>  
<https://bewegung.lu/de/weiterbildung>

## **RESOURCES RELATED TO THIS INITIATIVE**

The web site [www.bewegung.lu](http://www.bewegung.lu) hosts a series of other ideas and support measures besides the project « Bewegte Schule ».

<https://bewegung.lu/>



**MALTA**



## Initiative No. 3: Fitness / Values Education through Sports

### OBJECTIVES OF THE INITIATIVE

Performing physical activity during replacement lessons in middle and secondary school. This measure considers students aged from 11 to 16. When students have a replacement lesson, they are assigned a physical activity teacher who helps them to be active through activities aimed to improve their Fitness by playing various fun games.

### PRESENTATION OF THE INITIATIVE

The initiative stemmed from the government's proposal to engage students in physical activity every day. In this pilot project two whole colleges are participating and it is expected that another three colleges will join in the next scholastic year.

Students use various facilities such as gyms, dance studios and pitches / courts to be active performing a variety of activities. The aim is to have the students active every day and develop a moderate to high physical activity (mvpa). Upon studying the project, it was decided that

as from next scholastic year this project will be mostly concerned with promoting values and could possibly be entitled Values Education through Sport (VEtS).

### SUPPORTIVE MEASURESE

The Education Officer (EO) responsible for the project visits the teachers and the students and supports in their requirements to see that the programme is really directing the students' needs.

The physical activity teachers meet once a month with the EO to refine the programme and discuss difficulties or challenges encountered.

### RESOURCES RELATED TO THIS INITIATIVE

This is a pilot project and to date while the teachers are sharing information in a community of practice approach, there is no further dissemination.

## Initiative No. 4: Interschools Football Festivals for Primary Schools

Over 100 football teams from state and non-state schools took part in a football festival interschools festivals over a five-month period for age groups 2015, 2014, and 2013.

### OBJECTIVES OF THE INITIATIVE

The tournament's major goal is to help students improve their football skills, learn basic game strategies, and create healthy relationships with other participants on the pitch.

### PRESENTATION OF THE INITIATIVE

Various meetings with all participants were held before and during the project to ensure that it ran smoothly and efficiently.

### SUPPORTIVE MEASURES

This project was coordinated by the respective Education Officers, Heads of Departments, and a group of PE Resource Event teachers. Parents were invited to all of the matches, and it provided an excellent opportunity for PE teachers from state, religious, and independent schools to meet and discuss their efforts.

## RESOURCES RELATED TO THIS INITIATIVE

Facebook Page – Physical Education Malta & Gozo, MEYR Centre for PE & Sport, Hamrun - Football Pitch.

*Note : Handball, basketball, girls' football, and volleyball festivals are being staged in the same way that football interschools (as attached) are. Following the huge success of the Interschools Football Festivals for Primary Schools, on the same line, we worked with other sport disciplines where our goal is to help students, improve their respective sport skills, learn basic*

*game strategies, and create healthy relationships with other participants on the pitch. Various meetings with all participants were held before and during the project to ensure that it ran smoothly and efficiently. Similar to football, other sport discipline projects were coordinated by the respective Education Officers, Heads of Departments, and a group of PE Resource Event teachers. Parents were invited to all of the events, and it provided an excellent opportunity for PE teachers from state, church, and independent schools to meet and discuss their efforts.*

## Initiative No. 5: Ready, Set, Play! Kindergarten & Ready, Set, Play! Juniors

Primary schools were informed that the MEYR Centre for Physical Education and Sport offered them the opportunity to participate in the Ready, Set, Play! in-school programmes.

### OBJECTIVES OF THE INITIATIVE

The RSP programme targets fun and creative physical activity sessions, and it is a perfect opportunity to acquire fundamental movement skills through fun, creative and cross-curricular physical activities. The RSP programmes are held within school premises.

### PRESENTATION OF THE INITIATIVE

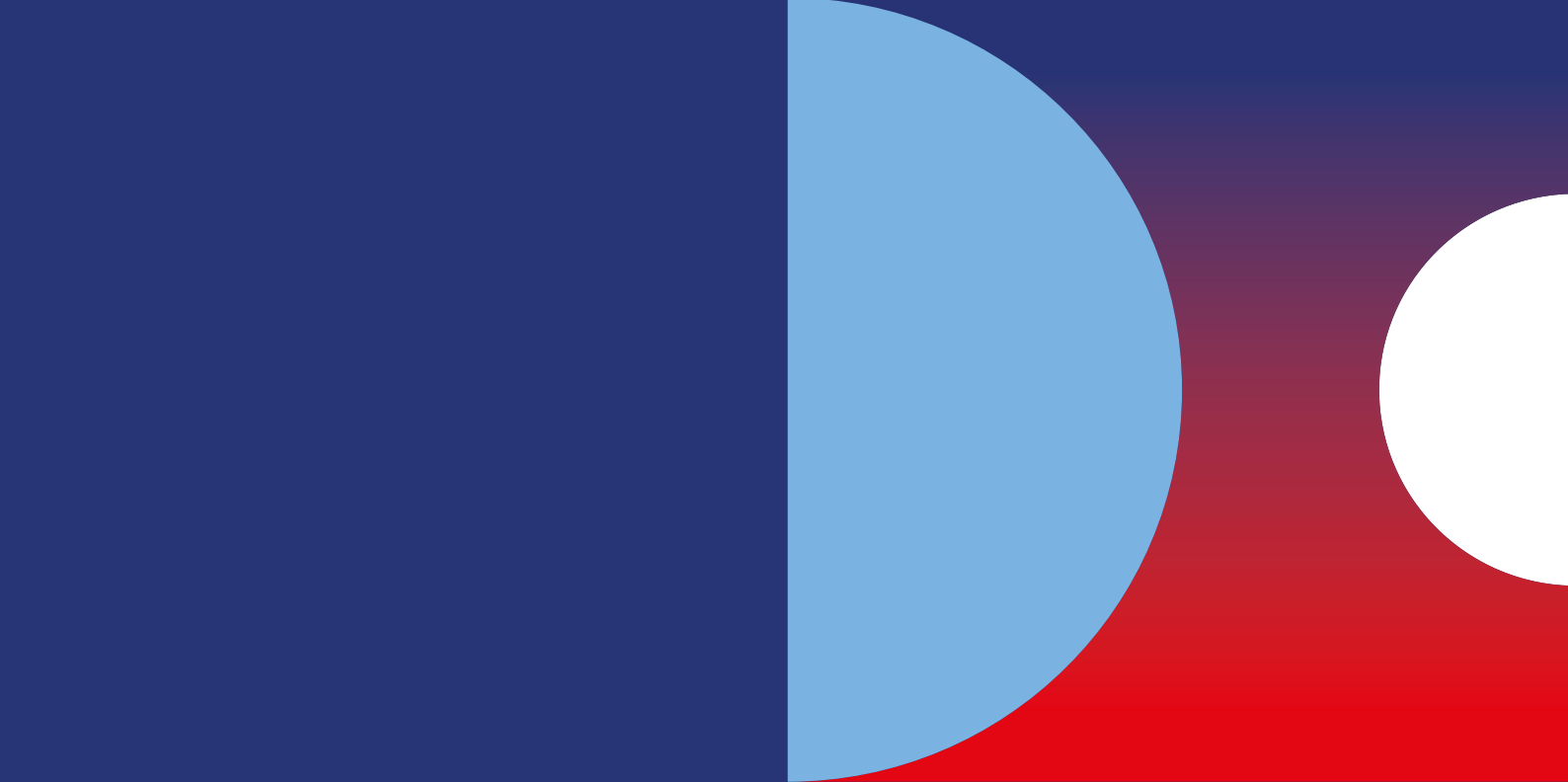
All schools received a circular with all the related information.

### SUPPORTIVE MEASURES

This project was coordinated by the respective Education Officers, Heads of Departments, and a group of PE Resource Event teachers.

### RESOURCES RELATED TO THIS INITIATIVE

Facebook Page – Physical Education Malta & Gozo



# THE NETHERLANDS

# THE NETHERLANDS

## Collaboration as key to success

Physical education and participation in primary and secondary education contributes to independent, responsible, promising, and lasting participation in the culture of physical activity. Helping young people to engage in more physical activity is not something schools can do alone: therefore the Dutch Ministry of Education, Culture and Science and the Dutch Ministry of Health, Welfare and Sports seek collaboration with various (social) partners to help young children and teens enhance movement skills and understand the relationship between physical activity and health.

### OBJECTIVES OF THE INITIATIVE

- 1 The ministry of Education has established a minimum number of weekly hours for physical education in primary education, ensuring that schools spend enough time on the physical and motoric development of children.
- 2 The **Healthy School** approach (in Dutch: De Gezonde School): The Healthy School approach is a program that helps educational professionals to facilitate a healthy lifestyle at school for example by stimulating physical activity and participation in sports.
- 3 The **School and Environment** grant program aims to increase equal opportunities among children and young people by offering additional activities during their primary and secondary school years.
- 3 Working together to better harness the power of sport through **Broad Scheme for Combination Officers** (Dutch: *Brede Regeling Combinatiefuncties*). More children, young people, and adults engaging in sports, physical activities, and cultural participation. For example: many municipalities work together with sport coaches to provide sports and physical activity during lunch breaks and after school.

- 4 The yearly **King's Games** (in Dutch: **Konings spelen**) is a festive event for primary schools to stimulate children to participate in sports and physical activity and enjoy a healthy breakfast. Every year nearly 1,4 million children from 6300 schools participate in the Netherlands, the Caribbean part of the Kingdom and Dutch schools abroad.

### PRESENTATION OF THE INITIATIVE

Various initiatives have been started by the government and social organisations to help children and teens become more active. The ministry of Education has established a minimum number of weekly hours for physical education in primary education, ensuring that schools meet the minimal standards for physical activity.

In 2022 the School and Environment Program was launched. In many places in the Netherlands coalitions of schools, municipalities and local organizations work together on programs with activities that stimulate the active development of children and teens to enhance equal opportunities among children. The vast majority of schools have chosen for sports as their main subject within this program and the first results are promising.

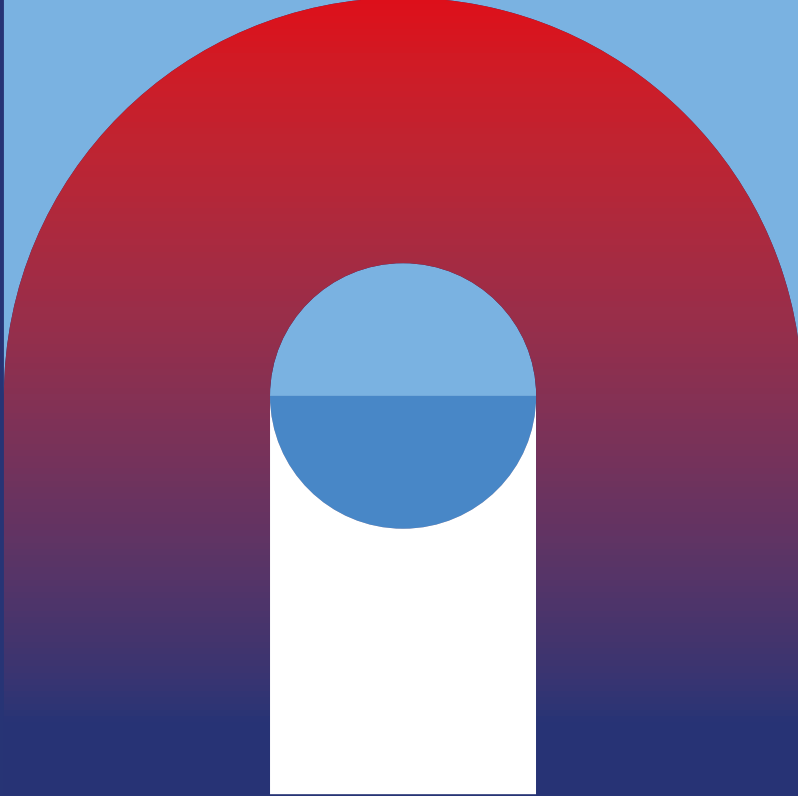
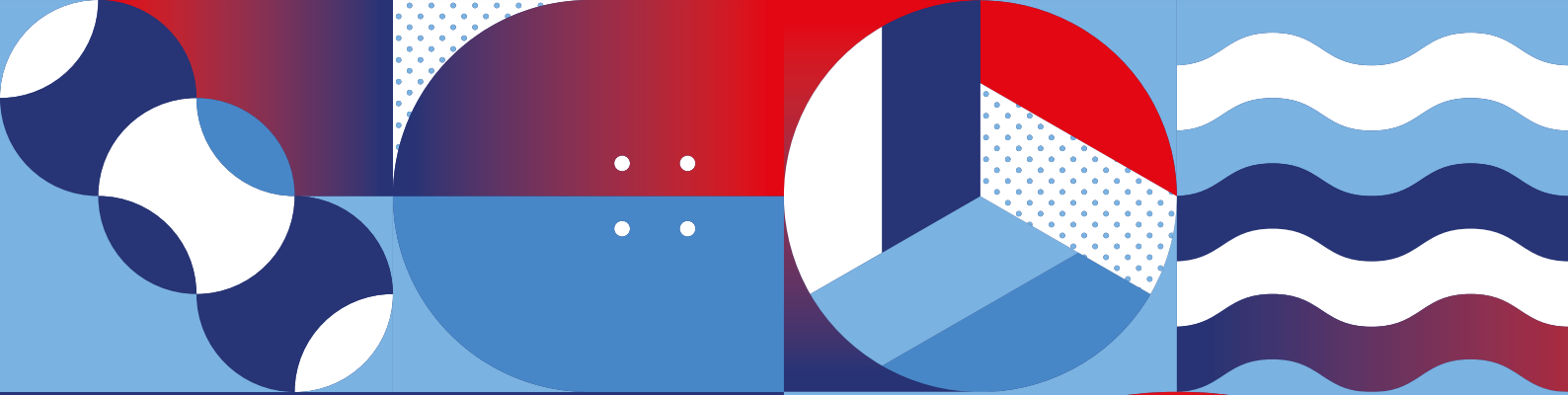


The Ministries of Education, Culture and Science and Health, Welfare and Sports jointly co-fund the Broad Scheme for Combination Officers (BRC) which allows for example the deployment of activity coaches in neighbourhoods.

The Ministries of Education, Culture and Science and Health, Welfare and Sports jointly co-fund the organisation of the yearly 'Koningsspelen' in which almost 1,4 million children participate in sports games at their school.

## **SUPPORTIVE MEASURES**

- 1 The ministry has stipulated in the law that a school must offer a minimum of 1,5 hours of physical education per week in primary education.
- 2 Subsidization School and Environment (School en omgeving)
- 3 Co-funding Broad Scheme for Combination Officers (Brede Regeling Combinatiefuncties)
- 4 Co-funding Gezonde School
- 5 Co Funding Koningsspelen



**POLAND**



# POLAND



## Initiative No. 1: Active School programme of the initiative

### OBJECTIVES OF THE INITIATIVE

Program Active School was launched in March 2024 and it's the largest programme in Poland focusing on the promotion of physical activity in society.

Its objective is to create conditions for physical activation of local communities, in particular children and young people with the use of existing sport facilities based by schools.

### PRESENTATION OF THE INITIATIVE

The programme provides numerous possibilities for using school and other sports infrastructure for sport purposes after the physical education classes. This will be achieved through funding for staff conducting sports activities at the facilities. Under the programme, there will be three tasks supported:

- 1 Support for active weekend (Saturdays and Sundays) - to provide sports activities at sport schools facilities,
- 2 Support for physical activation at municipal sports facilities (including at schools),
- 3 Extra-curricular sports activities for children and youth at primary and secondary schools.

### SUPPORTIVE MEASURES

In 2024 budget of **260 million PLN (60.5 million euros)** will be allocated to the programme.

Thanks to Active School, sports facilities will be open on weekends. Funding will also be provided for activities at "Orlik pitches" (popular multipurpose sport facilities in Poland) and other sports grounds as well as for the regular multi-sports activities at schools after school hours.

The programme will be implemented over three years, and it will be coordinated by the national operator.

As a support there will be a parallel programme Active School - Sports Equipment Purchase launched.

It's goal will be to provide co-financing in the amount of **25 000 PLN (6 000€)** per school for sport equipment for those schools which make their sports facilities available on weekends.

The amount allocated to this purpose is **75 million PLN (17.5 million €)**. In total over **335 million PLN (78 million €)** will be spent on all components of the Active Schools program

### RESOURCES RELATED TO THIS INITIATIVE

<https://www.gov.pl/web/sport/oglaszamy-nowy-program-aktywna-szkola>

## Initiative No. 2: Sports Talents Programme

### OBJECTIVES OF THE INITIATIVE

The programme aims on gathering and analysing data on the level of physical fitness of children and adolescents as well as on providing an opportunity for systemic identification of sports talented young athletes.

### PRESENTATION OF THE INITIATIVE

The program offers a precise diagnostic tool for analysing the physical condition of children and adolescents at mass scale in Poland. The data will enable targeted development and implementation of the public sector's offer of activating activities for the youngest citizens. It will enable a diagnosis by population groups (including groups with greatest deficits in this regard) and by regions (to determine places where the programme's activities need to be particularly intensified).

All aggregated data will be anonymised and protected.

The ultimate goal is to assess the fitness level of all pupils and students from primary school grades IV to VIII and all grades of secondary schools.

Under the new curricula, starting from the school year 2023/2024 physical education teachers, as part of regular physical education lessons, conduct annual fitness tests (between March and April) for every class of students. The tests include:

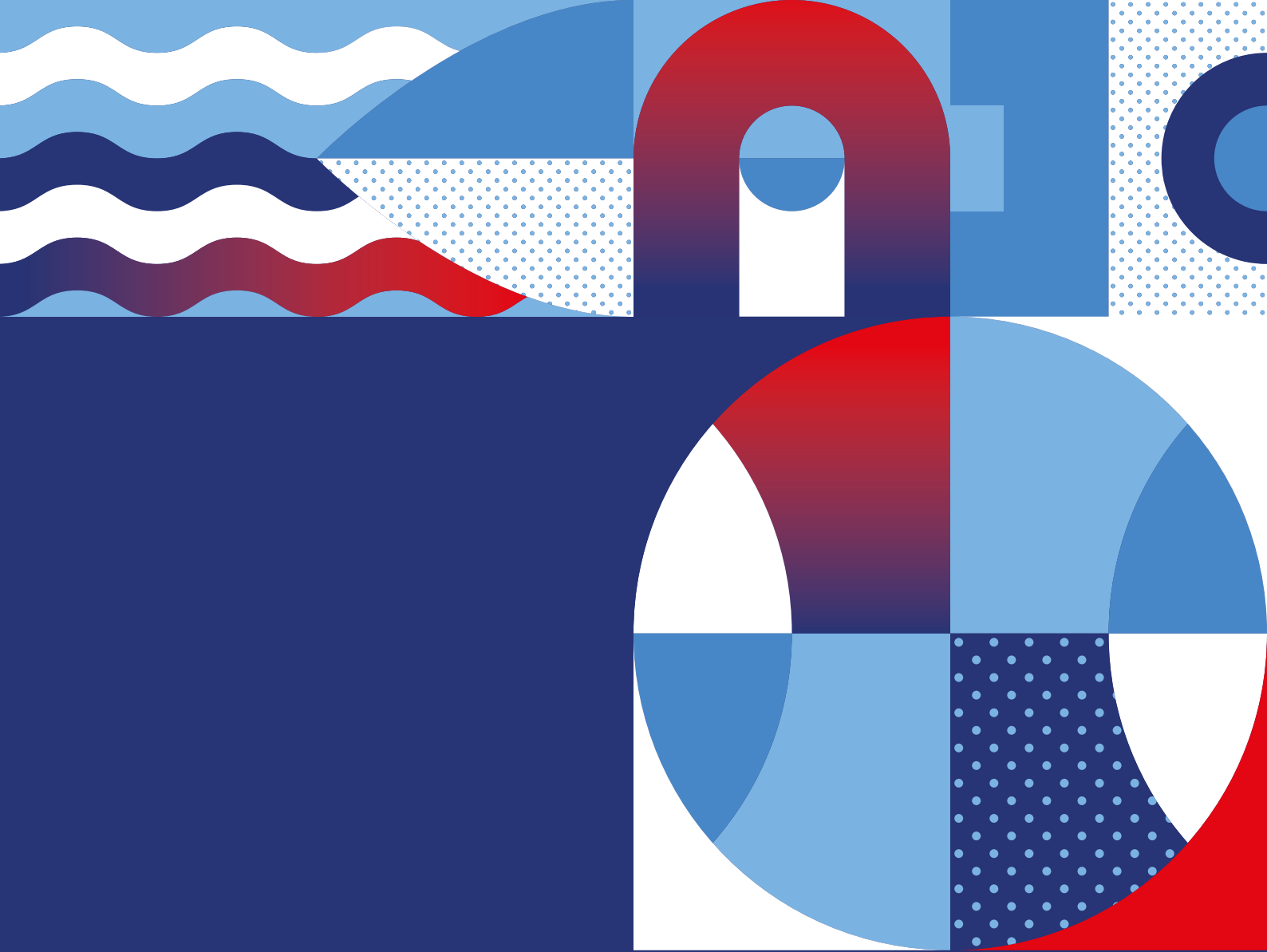
- 1 10 times x 5 m shuttle run – to check speed, strength and coordination;
- 2 20 metres shuttle run test, in accordance with Eurofit European Physical Fitness Test developed by the Council of Europe - to check running endurance;
- 3 forearm push-ups – to check whole-body strength and endurance;
- 4 standing long jump - to check jumping skills and strength.
- 5 The test results and dates, including the student's body mass and age, will be entered by the school in the Sporting Talents registration system.

### SUPPORTIVE MEASURES

The programme's legal basis is Chapter 6a of the Act on Sport. The provision was introduced by the Act of 17 August 2023 amending the Act on Public Health Act and certain other acts. Thereunder, the Minister of Education and Science changed the PE curricula. The changes include the introduction of a mechanism to monitor the physical fitness level of primary school students (grades IV-VIII) and secondary school students - over 3.5 million students from over 26 000 schools.

### RESOURCES RELATED TO THIS INITIATIVE

<https://sportowetalenty.gov.pl/>



**PORTUGAL**

# PORTUGAL

## School sports

School Sports is a program that provide of a varied offer of sports practices and sports training developed as a curricular complement to Physical Education and as leisure-time occupation. It is a national program overseen by the Ministry of Education and is integrated into the activity plans of schools, conducting its activities in schools from the 2nd cycle of basic education to secondary school. This program is very important in promoting health and physical and motor condition, as well as knowledge about sports. It stimulates the acquisition of values of solidarity, cooperation, respect, autonomy, and creativity, with safeguarding guidance by qualified teachers.

### OBJECTIVES OF THE INITIATIVE

- 1 Promote and increase varied and regular sports practice in the school context;
- 2 Provide appropriate conditions for sports practice in the school context;
- 3 Ensure a comprehensive technical-pedagogical education and training of children and young students in motor, physical, personal, and social terms;
- 4 Contribute to the acquisition of healthy habits and engagement in physical and sports activities;
- 5 Ensure the acquisition of values of ethics and fair play, as well as respect, tolerance, cooperation, solidarity, and autonomy;
- 6 Contribute to the increase in sports practice and physical activity in the country.

### PRESENTATION OF THE INITIATIVE

Each school adapts the National School Sports Program to its contextual reality. In the program, activities are organized into various types:

#### Internal School Activities

(sports introduction, regular training and learning sports; interclass competitions, physical activity projects with the school community);

#### Inter-School Competition Activities

(schools choose the sports and create teams, in different age groups, to compete with other schools - these competitions take place at the local, regional, and national levels and with the opportunity to qualify for FISEC or ISF international competitions)

#### Special Activities and Projects

(There are special projects aimed at developing specific sports practices), The most important projects are:

- 1 «School Sports on Wheels,» - teaching children how to ride bicycles and use this means of transportation to create sustainable mobility;
- 2 «Nautical Educational Sports Training Centers in School Sports,» to promote Ocean literacy by the practice of nautical sports as a way to foster a relationship with the sea, its sustainability, curricular articulation, citizenship and inclusion;

- 3 "MegaSprinter" - an athletics development project (running, jumps, and throws) carried out in partnership with the Portuguese Athletics Federation, aimed at students between 13 and 16 years old, which includes school, local, regional and national levels;
- 4 "The School Sports Cup", aimed at 7th-grade students, consists of class competition in 4 sports disciplines (Badminton, Football, Gymnastics, and Volleyball). It begins at the school level, and then the qualified classes progressively participate in the local and regional phases until reaching the national final. Teacher Training, aimed at empowering teachers for the development of practices.
- 5 Student Training, for example, the training of judges and referees in different sports (partnership with sports federations).
- 6 There are also other projects developed from the school to the national level, created from partnerships with national sports federations, such as: 3x3 Basketball, Handball 4 Kids, Women's Football Party, NBA Junior and Padel School.

## SUPPORTIVE MEASURES

School Sports offers more than 40 available sports, involving over 350 000 students, 22 250 student judges-referees, approximately 6 000 teachers, and more than 90 % of schools.

School Sports is developed throughout the school year. Activities are carried out outside of regular classes, at weekly scheduled practice times (at least 2 times / week – 1 hour / time).

Teachers are supported with pedagogical resources, materials, and training courses. School sports activities take place in school playgrounds, school sports facilities and, where possible, facilities provided by local authorities and surrounding clubs.

## RESOURCES RELATED TO THIS INITIATIVE

All resources and support information for the development of School Sports are available on the website

<https://desportoescolar.dge.medu.pt/>

You can consult :

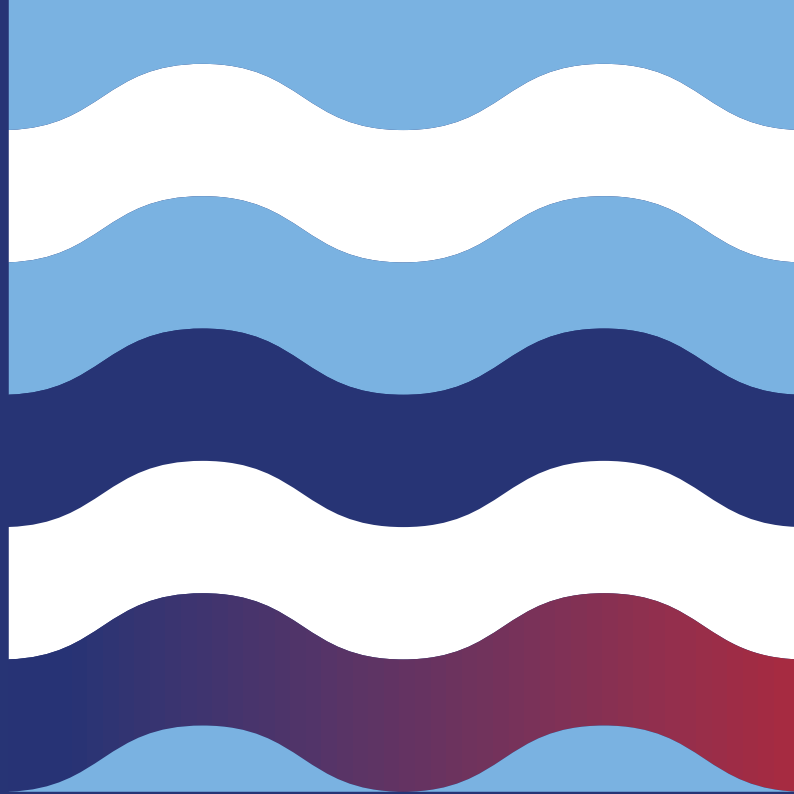
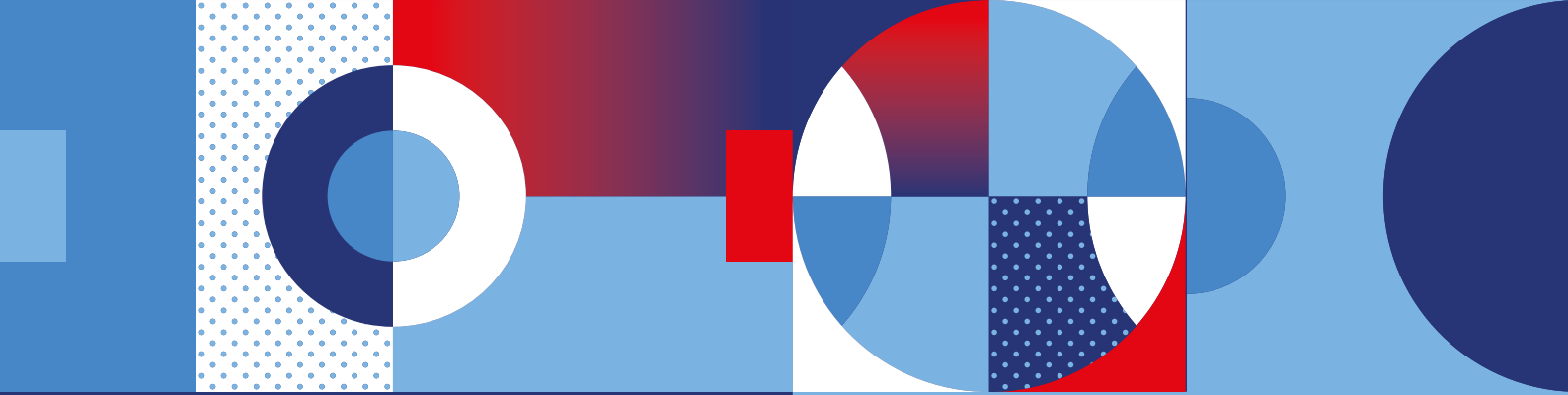
[the Strategic Programme for School Sports](#)

It is also possible to follow school sports activities on the following websites:

<https://www.facebook.com/desportoescolar>

<https://www.youtube.com/@DEdesportoescolar>





**ROMANIA**

# ROMANIA

## National Programme to stimulate the interest of preschoolers and pupils in physical education and sport – “Kalokagathia”

Inspired by Greek philosophy (Plato) and remembering the ancient Olympic Games, the national programme *Kalokagathia* has been implemented in Romania since 2012 by the Ministry of Education.

### OBJECTIVES OF THE INITIATIVE

*Kalokagathia* Programme is designed to stimulate the interest of preschoolers and pupils in physical education and sport as a prerequisite for their socio-emotional development, health and well-being, establishing the foundation for successful lifelong learning. The programme also encourages healthy lifestyles through information and daily sport exercises, developing also teamwork, social and cooperation skills – “mens sana in corpore sano” (lat.).

### PRESENTATION OF THE INITIATIVE

Under the *Kalokagathia* Programme, each kindergarten/school designs and promotes its own educational project to encourage daily physical activity in the community. The programme is adapted by each kindergarten/school and activities are carried out either as part of the daily programme or outside daily school hours, as part of the curriculum at school decision.

Based on the school-community partnership, the *Kalokagathia* Programme includes many local or national initiatives that promote sport among children. Initiatives developed under the national programme: *the National Junior Handball Festival* (aimed at 8-9 years old, it involves no scoring nor final ranking, promoting

cooperation, fair play attitudes and children’s well-being), *Football for girls* (a RFF initiative), or the Tymbark Junior Football Cup (national junior football competition, that has attracted 140 000 girls and boys aged between 6 and 12).

### SUPPORT MEASURES

- 1 554 school facilities dedicated to sport are being equipped as part of the 1 billion investment project «Providing furniture, teaching materials and digital equipment for pre-university education and related institutions» funded from the National Recovery and Resilience Plan;
- 2 The development of community centres for lifelong learning at local level to support activities for children and adults in areas such as sport, arts, foreign languages, digital skills, etc.
- 3 Since January 2023, schoolyards have been opened up to all those interested to practice physical exercise, consolidating the role of schools in their communities;
- 4 Training programs for teachers on how to include physical activity for children in their daily educational activities through CRED and Erasmus + mobility (e.g. nutrition and sports activities for children).

## **RESOURCES RELATED TO THIS INITIATIVE**

Local initiatives:

Secondary School 59, Bucharest – Baby Handball Festival

[https://www.scoala59.ro/app/uploads/2024/04/Baby\\_Handb\\_Sc59\\_aprilie\\_2024.jpg](https://www.scoala59.ro/app/uploads/2024/04/Baby_Handb_Sc59_aprilie_2024.jpg) ;

Prichindel Kindergarten, Cugir, Alba county, Romania

<https://gradinitaprichindel.wordpress.com/programe-educationale/programul-kalokagathia/>

<https://cupatymbark.ro/noutate/aproape-140-000-de-elevi-participa-la-cupa-tymbark-junior-editia-2023-2024/40/>

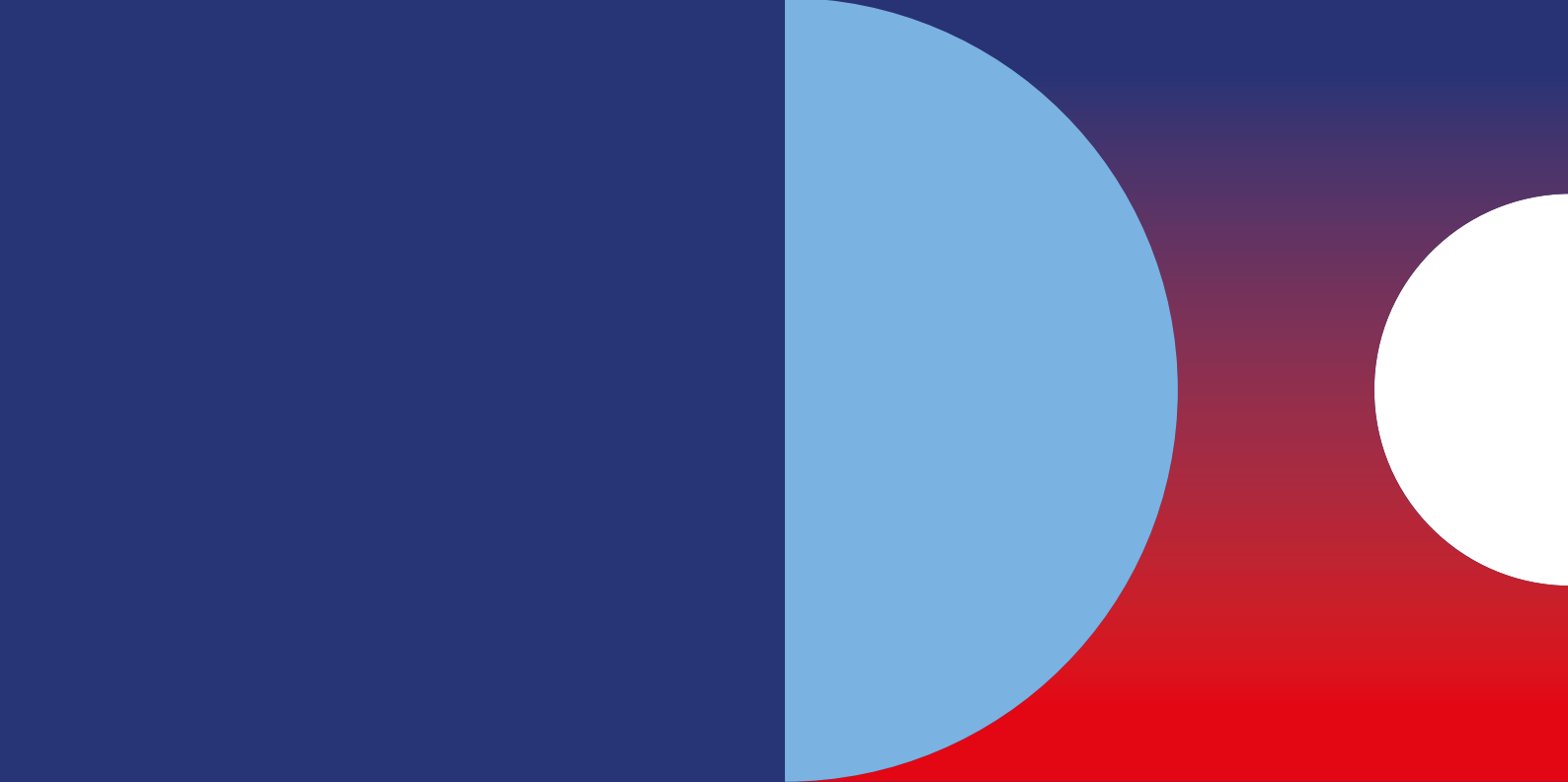


**SLOVAKIA**



- 5 **Olympic Day** – the events celebrating the Olympic Day were organised by municipalities, schools and local clubs throughout the territory of Slovakia. SOSC organised its own Olympic Day event in Bratislava (June 21).
- 6 **Olympic Festival** – as a symbolic culmination of the relay “Our Colours, Our Hearts”, the event will take place in Bratislava

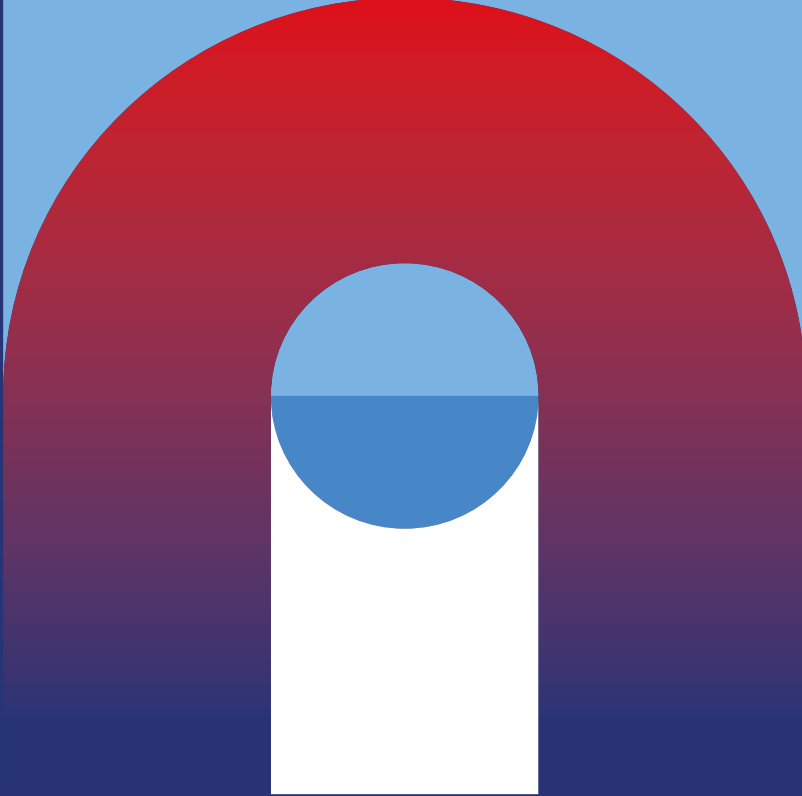
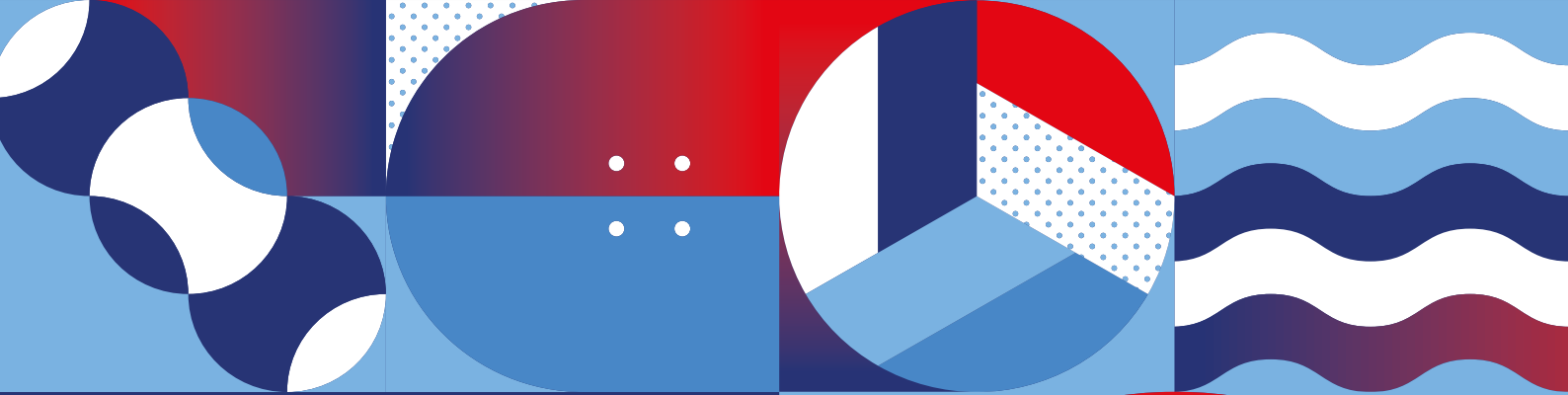
from July 26 to August 11, 2024. During the event visitors will have the opportunity to follow live TV broadcasts of Olympic competitions, to try a whole range of Olympic and non-Olympic sports, as well as activities related to Olympic education within the SOSC mobile stand and the Slovak Olympic and Sports Museum.



**SLOVENIA**







# SPAIN

# SPAIN

## Initiative No. 1: TODOS OLÍMPICOS – Paris 2024

The Spanish Olympic Committee's educational campaign «TODOS OLÍMPICOS» (All Olympians/Olympic) has kicked off its sixteenth edition in 2024 to disseminate the values of sport and Olympism among Spanish schools once again this year (pupils from 9 to 12 years old). This initiative, which began in 2008 in the Community of Madrid, has grown exponentially and is now also being developed in schools in the Community of Valencia, Extremadura, Castilla y León, Andalusia and the Canary Islands.

### OBJECTIVES OF THE INITIATIVE

The main objective of the "TODOS OLÍMPICOS" campaign is to make young students between 9 and 12 years old aware of the values of sport transmitted directly by 14 Olympic athletes spread throughout Spain.

These athletes visit the school and give a lecture on the history of the Olympic Games, their anecdotes and curiosities, the need to practice sports on a daily basis, the values that sport has given to them, and special mention is made of the next edition of the Olympic Games to be held in PARIS 2024.

### PRESENTATION OF THE INITIATIVE

Every day, from January to June, 7 schools throughout Spain welcome two Olympic athletes to give a lecture to primary school students between 9 and 12 years old. Their presentation, among other things, touch on the following in a didactic, interactive and practical way:

- 1 The sporting and personal experiences of elite athletes and Olympians;
- 2 The values of Olympism and sport, such as equality, respect, self-improvement, effort and perseverance;
- 3 The importance of healthy habits and of practicing sports on a daily basis;
- 4 The history of the Olympic Games and of the Spanish Olympic Team and medallists

The session is completed with a practical part where the students can interact with the high-competition sports equipment of a multitude of sports that the athletes take to the school. They are taught the basic rules of different sports and small training sessions are carried out using the sports equipment.

### SUPPORTIVE MEASURES

The Olympic athletes bring the necessary didactic material to give their presentation in schools in a van loaded with sports equipment for the practical session, and they leave as a gift to the school a book edited for this campaign with the history of the Olympic Games.

### RESOURCES RELATED TO THIS INITIATIVE

Many information leaflets are sent to schools, so that they can learn about the campaign and register for it. They are accompanied by a letter from the President of the Spanish Olympic Committee encouraging them to participate in this campaign.

A diploma is given to the school as a certificate of its participation in the campaign.

To date, 16 editions of the "TODOS OLÍMPICOS" campaign have been held, 4,179 schools have been visited and 297,787 students have participated.

Press release of the initiative (January 2024):  
<https://www.coe.es/noticias/detallenoticia/NEW-ab9cd1b8-217f-4856-8a47-adb0a072b529/ya-esta-en-marcha-la-xvi-edicion-detodos-olimpicos/>

Campaign video (2022):  
<https://www.youtube.com/watch?v=qpVnkSXalOA&t=171s>

## Initiative No. 2: Special attention to sport programme (Espade)

The aim of this programme is to allow students in Compulsory Secondary Education and Baccalaureate of the Autonomous Community of Cantabria who have a sporting and academic projection, to be able to train in sport and continue their studies in a favourable environment that helps their personal, educational and sporting development.

### OBJECTIVES OF THE INITIATIVE

- 1 To coordinate the efforts made by the sports and education systems to provide quality training for young student athletes, without reducing their projection in the sports technification stage.
- 2 To offer a support service for student athletes that addresses all aspects related to the comprehensive training of young people, their personal, academic, social and technical training, establishing networks of collaboration between school institutions, the different administrations, sports organisations and families.
- 3 To facilitate access to and optimisation of existing resources in educational centres, sports facilities, Regional Sports Medicine Centre, federations, sports clubs and local entities.
- 4 To improve the results of sports students from the Autonomous Community of Cantabria in national and international competitions.
- 5 To avoid the premature abandonment of sports practice.
- 6 To support the practice of sports by women.

### PRESENTATION OF THE INITIATIVE

The programme is developed in five educational centres in the autonomous community of Cantabria (Spain) that have been accredited as centres incorporated in the ESPADE programme. Likewise, any Sports Federation can participate in the programme by applying for the (annual) call to join the programme and form part of the technical team for young athletes. These technicians will work in close collaboration with the programme's educational coordinators, all of whom are graduates in Physical Activity and Sport Sciences and who will be the reference teachers for the young sportspeople participating in the programme.

The sportsmen and sportswomen are selected according to sporting and academic criteria by the ESPADE Programme Selection Committee, made up of members of the Regional Ministry of Education and the General Directorate of Sports of the Government of Cantabria.

The programme involves a total of 60 young athletes and the involvement of

the Handball, Swimming, Rescue and Surfing Federations and their sports technicians.

## SUPPORTIVE MEASURES

- 1 Specific training for the coordinating teachers in the management of programmes linked to sport and work with young athletes.
- 2 Annual and reviewable plans for all athletes participating in the programme.
- 3 Access to sports facilities necessary for the correct development of the programme

## RESOURCES RELATED TO THIS INITIATIVE

News from the Swimming Federation on the ESPADE programme (<https://fcnat.net/es/posts/tag/3291-espade>).

News from the Badminton Federation on the ESPADE programme (<https://fecba.es/programa-espade/>).

News from the Surfing Federation on the ESPADE programme (<https://www.federacioncantabradesurf.com/espade-contraviento-y-marea/>)

News on sports results of young sportsmen and sportswomen (<http://blog.iesvalentinturienzo.es/medalla-de-oro-de-nuestros-alumnos-de-balonmano-del-programa-espade/>).

News on sports results of young sportsmen and sportswomen (<https://www.eldiarioalerta.com/articulo/otros-deportes/torrelaveguense-teo-riego-convocado-seleccion-nacional-infantil-natacion/20210329195854104518.html>).

## Initiative No. 3: "Directorate-General for Sports"

The Regional Department of Education in collaboration with the Regional Department of Sports (Junta de Extremadura) develops educational programmes together. For example: "PROADES" (Promotion and support for school sports); "JUDEX" (Extremadura Sports Games) and "JEDEX" (Extremadura Special Sport Games) and "Sports dynamisation".

## OBJECTIVES OF THE INITIATIVE

The objectives of these programmes are to promote the practice of school sports (inside and outside of the school context), the respect fair play, sportsmanship and the educational values of sport. Also, these programmes promote physical and sports activities for people with different abilities in our region.

## PRESENTATION OF THE INITIATIVE

These programmes promote school-age sport as a formative and non-competitive element. Their common

methodology is that different sports federations develop various modalities (triathlon, chess, rugby...) with students from educational centres. Its annual celebration is a major sporting event. It attracts more than 40,000 participants. Specifically, sports dynamisation takes place outside of educational centres

## SUPPORTIVE MEASURES

- 1 training course for teachers
- 2 celebration of events of inter-school
- 3 sports conviviality

## RESOURCES RELATED TO THIS INITIATIVE

[DOE n.º 229- 29-noviembre-2022 \(juntaex.es\)](#)

[JUDEX \(Juegos Deportivos Extremeños\) 2022-2023 \(gobex.es\)](#)

[PROGRAMA PROADES 2024 \(gobex.es\)](#)

<http://deportextremadura.gobex.es/index.php/dinamizacion-deportiva>

### Initiative No. 4: "Youth and sports foundation"

The Regional Department of Education in collaboration with the Regional Department of Sports (both belonging to Junta de Extremadura) jointly develop educational programs. For example: 'Inclusive Sport at School' (DIE), 'Promotion of Values in School-Age Sport' and 'Promotion of Gender Equality through School-Age Sport'.

## OBJECTIVES OF THE INITIATIVE

The objectives of these programmes are respectively:

- 1 To promote inclusive educational practice in schools to learn more about the initiative of different adapted and Paralympic sports through an inclusive methodology raising awareness about the situation of people with disabilities in the practice of sport.
- 2 To promote a space of values through the practice of sports in educational centres. It aims to prevent aggressive and violent incidents in school-age sport, promoting attitudes and behaviour associated with fair play.
- 3 To promote gender equality from a comprehensive perspective using sport and digital media as tools.

## PRESENTATION OF THE INITIATIVE

Programme 'Inclusive Sport at School' (DIE).

For this initiative, four strategic and methodological lines, such as the online

training course for teachers, an inclusive sports day at the school (with theoretical and practical presentations about the transfer of audio-visual teaching resources and sports equipment) and the celebration of a final DIE event of inter-school coexistence are followed. The activities are mainly aimed at Primary Education Centres and Grouped Rural Centres (5th and 6th grade primary), Special Education Educational Centres and Secondary and High Schools, as well as their Physical Education teachers.

### Programme known as 'Promotion of Values in School-Age Sport'.

It is a teaching guide for reflection and development of material for the promotion of values in school-age sport. This implies that physical activity takes place during school and non-school hours. It has a preventive, educational and socializing function. The target are schools and high school centres, Rural Grouped Centres, Special Education Centres, with students from the 6th year of primary school and 1st and 2nd year of E.S.O. It is developed in five strategic lines: online training course, telematic educational platform, training-sports day «Values in Sport», Exhibition «Values in sport» and Complementary Activities.

### **Programme 'Promotion of Gender Equality through School-Age Sport'.**

This programme generates a space for knowledge, exchange of opinions and reflection for the promotion of gender equality in school-age sports contexts. It also tries to promote the presence of school-age girls in sports contexts. The target are schools and high school centres, Rural Grouped Centres, Special Education Centres, with students in the 6th year of primary school and 1st and 2nd year of E.S.O.

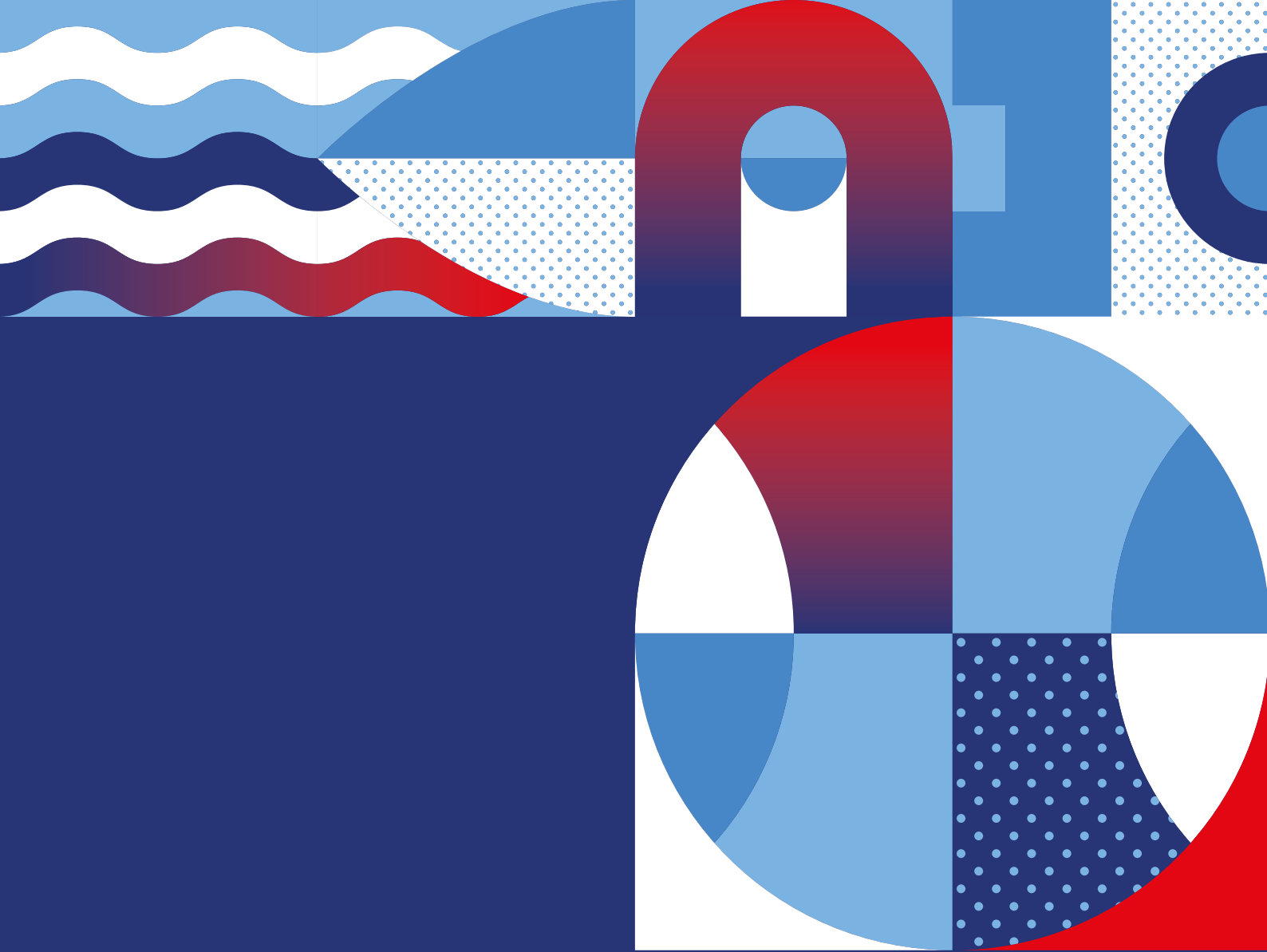
### **SUPPORTIVE MEASURES**

- 1 online training course for teachers
- 2 celebration of a final event of inter-school
- 2 telematic educational platform
- 2 complementary activities (exhibitions)

### **RESOURCES RELATED TO THIS INITIATIVE**

<https://www.fundacionjd.com/deportes/programas-educativos/>





**SWEDEN**



# SWEDEN



## Movement in schools

Together with the school, we want to change the culture so that movement becomes a permanent feature of everyday school life.

We want to give children a positive experience of movement, social development and encourage them to challenge themselves. In the long term, we want the children to feel better, succeed better in school, find sports clubs and live a more active life.

### OBJECTIVES OF THE INITIATIVE

Movement in schools is a government assignment that aims to improve public health, well-being and school results. We do this by building bridges between the school, the children and the sport clubs. The initiative is aimed at all children 6-15 years old, and especially those who are least active.

### PRESENTATION OF THE INITIATIVE

The movement initiative in schools is led by the Swedish Sports Confederation (RF) and our 19 districts, while the sports (national sports federations) contribute with knowledge, material and inspiration.

Through collaboration between the sports movement and schools, we create the conditions for more children to experience the joy of moving and have an active leisure time in the sport club.

### RESOURCES RELATED TO THIS INITIATIVE

Website about the Swedish Sports Confederation and their movement in school projects: [Inspiration till rörelse och idrott - Riksidrottsförbundet \(rf.se\)](http://inspiration.till.rorelse.och.idrott.-riksidrottsforbundet.rf.se)

Website to support schools, sport clubs and parents [Rörelsesatsning i skolan – stöd och material \(sisuforlag.se\)](http://rorelsesatsning.i.skolan-stod.och.material.sisuforlag.se)



int'ask ny  
p&e foqsl  
remic. l&h&ls and f&ny economics



**[education.gouv.fr](http://education.gouv.fr)**