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THE SECOND REPORT TPM SABAC, SERBIA

THE 4th AND 5th OF SEPTEMBER

Primary school "Nikolaj Velimirovic"

The first day of our meeting, the 4th of September, we started by viewing our website and reporting on all the work collected on the website. We discussed each part, commenting on how satisfied we all are with our work until now.

Together we checked the data collected with the first AlphaFitness battery test and agreed the second date to pass the tests again. By the end of second week of October, we have to pass the test again and then to provide a report on it. Then we talked about the gender and screen relationship tests which students have to fill in again.

We discussed the WP3 in detail, presenting centre sports project, activities in schools and school activity modules. Moreover, we presented adapted sport plan - exhibitions in schools, adapted sport modules. All our modules will be a part of the main product of this project.

When it comes to kilometres of physical activity challenge between countries, modules of physical activity in family, outdoors we discussed how much they gathered so far.

Our topics were gamification tutorials, and modules of the four Gamification activities at school, video tutorial on how to do a plogging race, how to do a plogging race in each country, video of the events and photos to create a digital collage with photos.

As far as video of Yuka app is concerned the plan is to collect the list of 30 healthy and 30 unhealthy food and try to use that list as a base for young people to start caring about healthy eating habits.

In the end of the first day of our meeting we discussed communication plan : we will continue using Google Drive folders, youtube channel and we mentioned next Videoconference.

The next day, on the 5th of September, we had a look at the timesheets of work that we've already filled in, confirming it as a good way of following the process of our work.

Our dissemination plan includes using Instagram, Facebook , Youtube channel to promote our work and disseminate the idea of the project.



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It is agreed on how the WP4 is going to be done. It has to support the EU HEPA programme. We talked about the sport and health recommendations of the 3 countries of our Consortium and our task is to compile 5 activities from each country, which have been productive in our countries, as a complement to support the EU HEPA programme. The main objective of this WP4 is to prepare a European programme of recommendations and activities, proposed by the local governments of our consortium, to create a common document, which promotes the improvement of the HEPA guidelines on European sport and health policy, focusing on our main target group, adolescents aged 12-15. As we said earlier in our project, the idea is to try to cover the promotion of healthy physical activity on all fronts. We have been active in schools, in clubs, in family activities, physical activities in nature, physical activities in relation to digital tools and we wanted in this last package, to investigate what institutions are doing to develop, enhance, innovate and complement the European HEPA programme proposal, with the aim, through our final multimedia guide, to expose recommendations from the institutions of our consortium and to expose successful activities to promote physical activity, which can be used by other institutions.

We were also given a brief explanation of the WP5 Dissemination activities and tried to find a concrete date for the last TPM in Prerov, Czech Republic and next Videoconference.

In the end we all did the Teamwork and Workplace Climate Evaluation Questionnaire. We had to answer several questions: How would you rate the effectiveness of teamwork according to the established schedule? How would you rate the coordination and communication among team members during conflict resolution? Are you satisfied with the activities implemented to promote teamwork? Do you think the activities carried out have improved the team & workplace climate? How comfortable do you feel expressing your ideas or concerns within the team? Each answer was rated from 1-5 points, depending on the level of satisfaction with our cooperation. After we did the evaluation of the answers we are really satisfied to confirm that the results are extremely positive, which is great for our future collaboration. The average number of points scored is 24,6 out of 25.