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School Sports Project

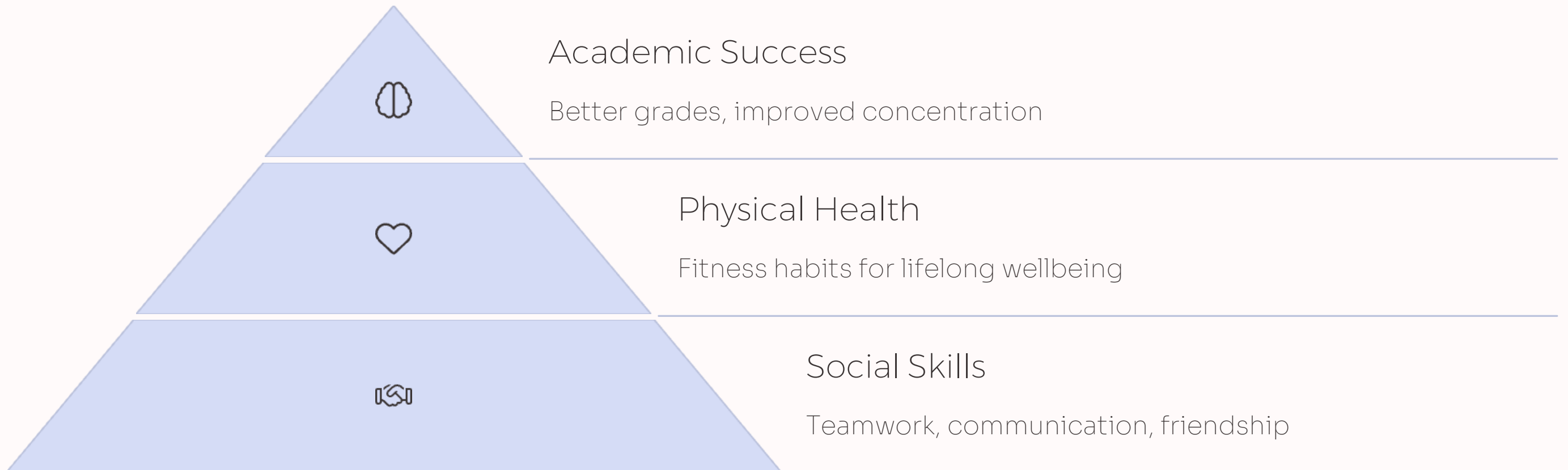
Transform your school through the power of sport. Inspiring active lifestyles. Creating community connections. Developing champions for life.

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Why Sport Matters



Our Vision



Inclusion

Sports for every ability



Excellence

Quality coaching, facilities



Enjoyment

Fun at the core



Community

Connecting through sport



Programme Overview

Term-Time Activities

- Before-school fitness
- PE curriculum excellence
- Lunchtime clubs
- After-school teams

Special Events

- Sports day gala
- Inter-school tournaments
- Charity fundraiser races
- Family fitness weekends

Holiday Programmes

- Multi-sport camps
- Specialist coaching
- Community partnerships
- Talent identification

Sports Offering

Team Sports

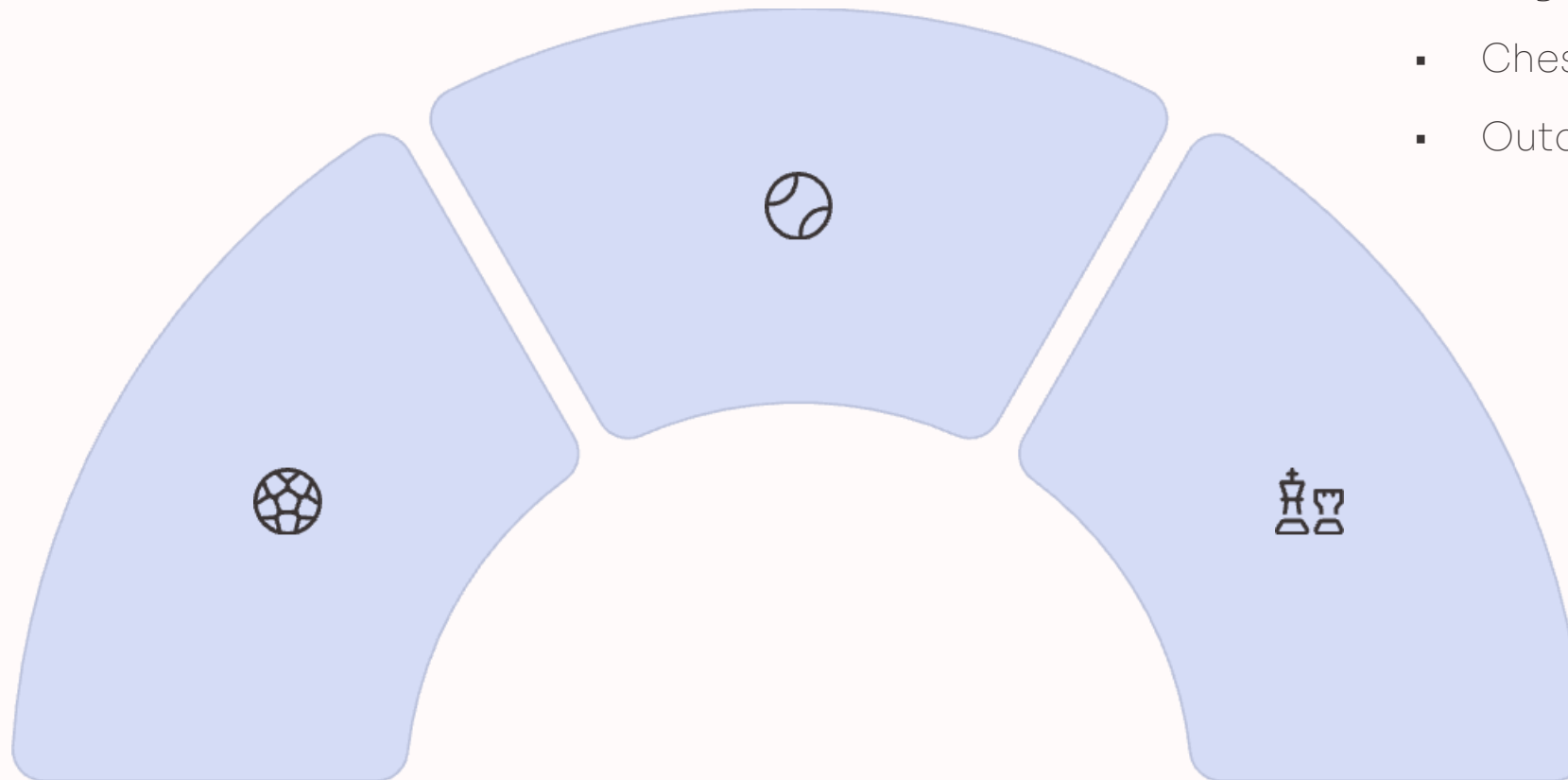
- Football
- Netball
- Cricket
- Rugby

Individual Sports

- Tennis
- Swimming
- Athletics
- Gymnastics

Alternative Activities

- Dance
- Yoga
- Chess
- Outdoor adventure





Project Impact

85%

Participation

Students regularly active

40%

Improvement

Reduction in absences

95%

Satisfaction

Parent approval rating

12

Championships

Regional titles won

Implementation Timeline



Join Our Team

For Teachers

Professional development opportunities

Sport-specific coaching qualifications

Cross-curricular integration support

For Parents

Volunteer coaching positions

Fundraising committee roles

Family activity programmes

For Students

Sports leadership training

Peer mentoring opportunities

Student sports council





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STRATEGIC SCHOOL SPORTS PLAN

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CPR LICEO LA PAZ



Liceo La Paz is a private, coeducational, and secular school, founded in 1967 by Mr. Antonio Pintor Vidal and Mr. Carlos Pérez Roca. Currently, it has 150 teachers and 2,100 students, ranging from Early Childhood Education to High School, as well as Vocational Training and Higher Degrees.

The teaching staff, with specialized training for each educational level, regularly attends professional development courses to provide students with the best possible education. Both academic and extracurricular activities take place in the school's facilities in the Matogrande neighbourhood, covering over 20,000 square meters.

For over 50 years, the school has offered an educational system that aims not only to foster intellectual development but also to promote holistic growth through core values, encouraging creativity, enthusiasm for learning, and student motivation.

The Liceo La Paz educational model seeks to balance a rigorous approach to learning and student behaviour—promoting and evaluating responsibility, effort, and study/work habits—with respect for individual freedom and the encouragement of participation, teamwork, creativity, initiative, research, experimentation, and innovation.

The result of this approach is a recognized academic standard, the acquisition of fundamental values for living in an open, participatory, and democratic society, and a student-teacher relationship based on mutual trust rather than coercive discipline.

The school remains true to its founding values while integrating necessary innovations to help students navigate the modern world. For this reason, sports and culture are also included in students' education as essential complements to their development.



STRATEGIC SCHOOL SPORTS PLAN

CPR Colegio Liceo La Paz has been providing educational activities for over 50 years, with sports and physical activity being one of its hallmarks. This commitment is evident both within the regular physical education curriculum—being one of the first private schools in Coruña to fully implement the elective subject of Healthy Habits in the second year of high school—and outside school hours, offering a wide range of extracurricular sports activities.

We are privileged to have excellent facilities to support these activities, including a covered sports hall, a heated indoor swimming pool, outdoor courts, and increasingly urbanized surroundings that aid in promoting a more active lifestyle for all our families.

1. OBJECTIVES OF THE SPORTS PROGRAM

- . Promote an active and healthy lifestyle among students.
- . Encourage values such as teamwork, respect, and personal growth through sports.
- . Provide opportunities for students' physical, emotional, and social development through participation in sports activities.

2. SPORTS ACTIVITIES PROGRAM

Our school offers a wide variety of sports and physical activities from its inception, making it one of the best, if not the best, extracurricular sports programs in the city. Below is a breakdown by category:

Aquatic Activities:

From the first year of early childhood education, students are introduced to the aquatic environment, strengthening their learning and refining their technique during primary school. Swimming is used as a means of maintaining healthy habits in secondary and high school.

Recently, an introductory water polo activity has been introduced in the last years of primary school with excellent results.

The school also has a swimming club that fosters competitive swimming from the beginner level to national-level absolute categories. It also offers open-water swimming.



Sports Association Activities:

Each sport is available at different educational stages, with competition levels ranging from regional to national, depending on performance.



Physical Development and Teamwork

We see sports as an essential complement to student education, fostering learning, physical development, and teamwork.

The **Sports, Cultural, and Recreational Circle** is responsible for managing and promoting extracurricular activities. In the sports domain, it oversees the **Liceo Sports Association** and **La Paz Football Club**, facilitating our teams' participation in federated competitions.

During the academic year—at times compatible with schoolwork—students can engage in more than a dozen sports disciplines and specialties.

All activities offered at **Liceo La Paz** are voluntary.



Sports

Chess

Planning and Strategy

Chess is an ancient discipline that has captivated enthusiasts worldwide and is the centrepiece of major championships. Highly recommended for all ages, it keeps the brain active, enhances planning and strategic thinking, improves analytical and concentration skills, and develops abstract reasoning.



Refereeing

Regulations and Social Recognition

We are pioneers in Spain in introducing refereeing at the school level, aiming to dignify and promote the role of referees. The program includes knowledge of regulations, cognitive and behavioural techniques, social skills, and specific English vocabulary.



Basketball

Skill and Performance

Available for students from **2nd grade of Primary School to 2nd year of High School**, our basketball program stands out for its participation in the **Xogade Program** of the Xunta de Galicia, the **Galician Basketball Federation**, and the **School Cup**.



Handball

Recreational Competition

With over **four decades** of presence in our school and consistent participation in provincial and regional competitions, we are a historic reference in grassroots handball in Coruña.



Indoor Soccer & 8-a-Side Football

Tactics and Sportsmanship

- **Indoor Soccer:** A well-established discipline in local and regional leagues, with training focused on developing specific motor skills and learning game tactics and strategies.
- **8-a-Side Football:** Designed as an introductory step into full-field soccer, allowing participation in federated competitions.



Rhythmic Gymnastics

Coordination and Artistic Expression

This discipline, available from **1st grade of Primary School**, develops **body expressiveness** and involves performing routines to music using hand-held apparatus (clubs, hoops, ribbons, etc.). Combining elements of ballet, dance, and

gymnastics, it enhances physical fitness and motor coordination. Apparatus handling is introduced progressively based on each student's characteristics.



Hockey

Synchronization and Teamwork

Our hockey program is home to the **most decorated sports club in Galicia**. Tradition, international recognition, and success define this discipline at our school.



Judo

Balance Between Mind and Body

Liceo's **judokas** consistently compete in top **regional and national tournaments**. The **annual Liceo "La Paz" Judo Trophy**, a well-established event in the judo calendar, stands out for its **organization, professionalism, and strong participation**.



Orienteering

Challenge in Nature

The oldest and most practiced **orienteering sport**, this discipline involves completing a race by navigating through marked points on a map in the shortest time possible. **Physically**, it offers direct contact with nature, while **mentally**, it strengthens map-reading skills, spatial awareness, and compass navigation—valuable skills applicable to daily life.



Padel

Technique and Coordination

A **new activity** designed to introduce students to the fundamentals of **padel** and develop the necessary technical and tactical skills for progress in the sport. Training covers all game aspects, including match-play strategies.



Artistic Skating

Artistic and Sporting Spirit

With a long-standing tradition since **1974**, our artistic skating team has achieved **numerous regional and national awards**. The team has **competed continuously** in major championships for decades and currently includes **over 100 skaters across all categories**.



Volleyball

Rotation and Positioning

A deeply rooted sport in our school, **volleyball** has experienced **tremendous success** at the **Galician and national levels** over the years, reinforcing the hard work of both players and coaches. The program has been progressively expanding at all skill levels.



Athletics

Personal Improvement

Athletics is an **appealing sport** for children due to its variety of disciplines (**running, jumping, and throwing**), which mimic natural human movements. Practiced in a fun and non-competitive way, it fosters **basic motor skills, sports knowledge, and a well-rounded approach to physical activity**.



Basketball Refereeing

Sports Ethics

Refereeing plays a significant **educational role** by instilling **ethical values** and providing specialized training in a **sporting discipline**. After pioneering **soccer refereeing** as an extracurricular activity, we are now launching a **similar project in basketball**, in collaboration with the **Galician Basketball Federation**.



Motor Games

Movement and Coordination

Designed for our **3-, 4-, and 5-year-old** children, motor games help reinforce and connect classroom learning with **outdoor activities**. Like **expressive play**, this activity focuses primarily on **body movement**, supporting each student's **motor development and maturation**.



3. INFRASTRUCTURE AND RESOURCES

The school's infrastructure is specially designed to support various physical education initiatives and extracurricular activities.

- **Covered Sports Hall:** A high-quality facility with regulation-sized courts for indoor sports such as handball and volleyball. It is used for competitive events outside school hours, including judo and volleyball tournaments at the national level. It also serves as a training site for high-performance basketball camps.



- **Multi-purpose Gym:** Used for psychomotor skill development for young children and serves as a primary space for judo practice.

- **Official Hockey Field:** A regulation-sized surface for hockey, also used for official youth matches.



- **25-meter Indoor Swimming Pool:** Used for school swimming programs and open to the local community, allowing families to participate.



- **Dance Studios:** Two mirrored studios equipped with audio systems and essential dance equipment.



- **Multi-purpose Outdoor Courts:** Includes a covered mini soccer field used for internal leagues during recess and an additional fully outdoor court with basketball hoops and volleyball nets.



<https://www.liceolapaz.com/instalaciones-deportivas/>

4. SCHEDULE AND CALENDAR

Sports activities take place throughout the school year, from September 15 to June 22. During non-school periods, various camps are held on the premises to continue recreational sports and help with parental work-life balance. A summer camp in July has been a benchmark in the city for years due to the quality of the facilities.

Participation times are divided into two main periods:

- **Midday Sports Activities:** From 12:30 PM to 3:00 PM, for students who stay for lunch, including activities like dance, water polo, and swimming.
- **Afternoon Sports Activities:** From 5:00 PM to 8:00 PM, offering a broad range of sports such as futsal, refereeing, basketball, handball, and volleyball.

Facilities are available for community rentals until 11:00 PM for the sports hall and 10:00 PM for the swimming pool.

The schedule is extended with the rental of facilities for the educational community or individuals from the surrounding area who wish to use them. The sports hall is available until 11:00 PM, while the swimming pool can be used until 10:00 PM, providing great potential for promoting sports in the region.

Students from our primary school participate in internal leagues between different grade levels during recess. The sports circle staff is involved in organizing match schedules, but it is the students themselves who referee the games, fostering respect for this role from an early age. In the higher levels of secondary school (ESO), students create these internal leagues, encouraging their creativity in designing match schedules, setting rules, selecting venues, etc. Referees are chosen by the organizers based on their sports experience and suitability.



Numerous inter-school tournaments are held throughout the year, such as the Liceo La Paz Trophy in futsal, judo, volleyball, and handball. The most recent competition we have joined is the Copa Colegial basketball tournament.



Additionally, various sports trips provide students with more positive interactions with their environment. Examples include the Leitariegos snow trip for 3rd to 5th grade students and the sports and cultural camp held in Sanxenxo during the last week of June.



All these initiatives from the school serve to enhance students' positive experiences and promote physical activity as part of their education.



<https://www.liceolapaz.com/actividades-extraescolares-2024-25/#jp-carousel-24426>

5. PARTICIPATION AND ACCESS

Participation is open to all students at the school, as they can enroll in any activity they wish from the beginning of the school year, depending on their grade and schedule, without the need for a specific skill level or prior experience.

Students enjoy a wide variety of activities that allow them to practice sports within their own school, starting from a very young age. This provides nearly 2,000 students with access to both sports initiation and later specialization.

Thanks to the wide range of activities offered, they can be adapted to meet each student's needs, regardless of their individual circumstances. If a student has a disability, there will be full adaptation of equipment, space, access, and methodology, always handled by qualified staff to ensure a satisfactory and personalized experience.

6. COACHES AND STAFF

The sports program is managed by professionals with at least a higher-level sports technician qualification, with some holding top-tier coaching certifications. Many coaches have been athletes themselves and have even trained at the school.

A significant number of these coaches are also physical education teachers with degrees in Physical Activity and Sports Sciences, ensuring close monitoring and motivation for students.



7. SKILL DEVELOPMENT

- . Implement structured training programs to enhance students' sports skills and physical performance.
- . Provide opportunities for personal development through sports, such as leadership and teamwork.

Our sports coaches design and implement sports programs tailored to the level, age, and characteristics of the athletes, always striving to stay up to date with new methodologies that support the development of students and future athletes.

They are in continuous learning, attending training courses promoted by the school, particularly those focused on differentiated needs that require individualization and/or additional support.

These same coaches, who initiate many students' sports careers, also guide them through advanced training stages if they choose to continue, ensuring a smooth transition in training programs to support long-term sports engagement, which is often challenging at older ages.

All the opportunities offered by the school for sports practice foster personal development and inherently promote teamwork and leadership, which are fundamental aspects of the sports environment.

8. SPORTS ETHICS AND VALUES

A priority objective in the programming of all sports activities is that teachers promote fair play values and respect among all teammates and opponents, regardless of gender, skill level, or the school they compete against.

These values are already fostered within regular physical education and are especially emphasized in the internal leagues held during recess. In these leagues, students often self-manage by organizing teams, refereeing matches, and handling different aspects of the competition.

The development of these competitions is important as all grade levels participate, increasing motor activity time within the school while reinforcing a strong sports ethic that aligns with the educational values promoted during school hours.

Through these competitions, teachers can observe student behaviours and assess whether they are appropriate, allowing for intervention when necessary.



9. COMPETITION PARTICIPATION

The school facilitates the federation of students in the XOGADE program of the Xunta de Galicia, initially in any chosen sport. This program promotes safe sports practice at early ages, corresponding to sports initiation.



Students who wish to progress in their sports practice are given the opportunity to obtain a license through the corresponding sports federation. This license allows them to participate in high-level regional competitions and qualify for national championships, especially in volleyball, handball, basketball, and swimming.

Students can continue training at their school, which significantly encourages sports participation until later ages, allowing them to balance their training with their studies.



10. SAFETY AND WELL-BEING

The school has a nursing station on-site, staffed by a qualified nurse and a first aid technician. This allows students to access medical assistance whenever needed during activities.

The school keeps its first aid protocols up to date, along with the necessary self-protection measures, by conducting annual training courses provided by industry professionals.

All teaching staff, including those involved in extracurricular activities and cafeteria personnel, complete a basic first aid course to ensure they can provide emergency intervention if necessary before referring cases to the nursing service.

Regarding communication with families, the school uses a dedicated platform called ADDITION, allowing direct contact with parents. Through this platform, parents can check their children's attendance, progress, and final evaluation, as well as address any other needs that may arise. Parents also have the opportunity to attend end-of-year sports exhibitions, watch their children in competitions, and speak with coaches.

The sports association and AMPA (Parents' Association) regularly organize informative talks to help parents understand how to best support their children's development and performance during these formative years, while also collaborating with teachers in this essential educational process.



11. EVALUATION AND MONITORING

At the end of the school year, a detailed report is compiled, summarizing the key aspects carried out throughout the year. This report is based on two main pillars: assessing the suitability of the activities in terms of number of participants and their social impact, and evaluating the level of achievement attained by the students.

By analysing the number of enrolments in each activity and their continuity throughout the year, the necessary data is gathered to determine their viability for future courses. The activities with the highest participation rates are football, basketball, hockey, volleyball, swimming, handball, and dance. These activities are fully established, and the achievement levels in them are high, as reflected in the competitive results achieved by teams across all age groups.

Participation is also growing in other activities, but refereeing stands out due to the ethical values it instils in students regarding sportsmanship.



Based on the collected data, necessary adjustments are made, and new sports offerings are explored to match students' interests—such as the introduction of surfing a few years ago.

13. EXAMPLE OF ACTIVITIES IN THE ANNUAL PLAN

Healthy active lifestyle project, Annual plan

Title of the module:	Artistic Roller Skating
Objectives: <i>General and Specific Objectives</i>	General Objectives: <ol style="list-style-type: none"> 1. Promote Regular Physical Activity: Encourage continuous participation in physical activities through artistic roller skating to improve overall health and fitness. 2. Develop Artistic Skating Technical and Creative Skills: Teach and refine the technical skills and artistic elements necessary for various skating routines, including jumps, spins, and choreography. 3. Strengthen Values and Social Skills: Utilize artistic roller skating to foster values such as creativity, discipline, respect, and teamwork. 4. Create an Inclusive and Motivating Environment: Ensure that all participants, regardless of skill level, feel included and motivated to participate and improve. Specific Objectives: <ol style="list-style-type: none"> 1. Improve Physical Fitness. 2. Develop Artistic Skating Technical Skills. 3. Foster Creativity and Artistic Expression. 4. Engage the School Community. 5. Ensure Inclusion of All Participants.
Stakeholders of the project: <i>People and entities contributing or contributed to the implementation of the project/programme</i>	<ul style="list-style-type: none"> • Artistic roller skating coaches and trainers • Physical education teachers
Beneficiaries: <i>Which target group was involved</i>	<ol style="list-style-type: none"> 1. Beginners: Individuals new to artistic roller skating who need fundamental instruction in basic skating techniques and routines. 2. Intermediate Skaters: Those who have basic skills and are looking to improve their technique, creativity, and performance in various skating routines.

	<p>3. Advanced Skaters: Individuals with a high level of proficiency seeking to refine their skills, enhance their artistic expression, and compete at higher levels.</p>
<p>Content: <i>Describe the contents of the modules</i></p>	<p>Beginners:</p> <ul style="list-style-type: none"> • Introduction to Artistic Roller Skating Basics: <ul style="list-style-type: none"> ○ Overview of basic skating techniques and routines. ○ Basic techniques for balance, stopping, and turning. ○ Introduction to safety protocols and warm-up exercises. • Teaching Fundamental Techniques: <ul style="list-style-type: none"> ○ Instruction on basic skating form and techniques. ○ Introduction to fundamental jumps, spins, and footwork. ○ Development of balance, coordination, and flexibility. • Development of Basic Fitness and Skills: <ul style="list-style-type: none"> ○ Exercises to improve overall fitness, including strength, endurance, and flexibility. ○ Basic drills for skating techniques and routines. ○ Fun activities to build confidence and interest in artistic roller skating. • Promotion of Interest and Motivation: <ul style="list-style-type: none"> ○ Organize performances and mini-shows to keep participants engaged. ○ Educational sessions on the benefits of artistic roller skating for health and creativity. ○ Positive reinforcement and celebration of achievements. <p>Intermediate Skaters:</p> <ul style="list-style-type: none"> • Refinement of Techniques: <ul style="list-style-type: none"> ○ Advanced drills to enhance skating techniques, jumps, and spins. ○ Focus on improving technique precision, fluidity, and performance. ○ Practice of choreography and routine elements. • Training for Endurance and Strength: <ul style="list-style-type: none"> ○ Structured workouts and interval training to build stamina. ○ Strength training exercises tailored to artistic roller skating performance. ○ Flexibility and injury prevention routines.

- **Development of Artistic and Performance Skills:**
 - In-depth practice of artistic routines and performance elements.
 - Exploration of creative expression through choreography and music.
 - Participation in mock performances to apply skills in a performance setting.
- **Exploration of Competitive Artistic Roller Skating:**
 - Familiarization with competition rules and performance standards.
 - Participation in local competitions or showcases.
 - Review of performance strategies and goals.

Advanced Skaters:

- **Intensive Training in Advanced Techniques:**
 - High-level drills to perfect advanced jumps, spins, and choreography.
 - Advanced training for complex routine elements and transitions.
 - Personalized coaching to address individual performance needs.
- **Development of Specialized Skills:**
 - Targeted training based on skater's specialization (e.g., freestyle, pairs, show skating).
 - Comprehensive conditioning programs to enhance performance.
 - Mental preparation and focus techniques for competitive success.
- **Advanced Physical Preparation:**
 - Intensive strength and conditioning programs.
 - Advanced agility and flexibility drills.
 - Recovery strategies and injury prevention techniques.
- **Competition Preparation:**
 - Detailed analysis of past performances and identification of areas for improvement.
 - Simulation of competitive routines and performance planning.
 - Strategy sessions focusing on mental and physical preparation for high-level competition.

<p>Activities: <i>Describe the activities of the module</i></p>	<p>For Beginners:</p> <ol style="list-style-type: none"> 1. Introduction to Artistic Roller Skating Basics: <ul style="list-style-type: none"> ○ Event Overview: Introduce basic skating techniques and routines through demonstrations and explanations. ○ Technique Instruction: Teach fundamental skating techniques, including balance, stopping, and turning. ○ Safety and Warm-Up: Conduct warm-up exercises and discuss safety protocols. ○ 2. Teaching Fundamental Techniques: <ul style="list-style-type: none"> ○ Skating Drills: Practice basic skating form and techniques. ○ Jumps and Spins Drills: Introduce fundamental drills for jumps and spins. ○ Coordination Exercises: Engage in activities to improve balance and flexibility. 3. Development of Basic Fitness and Skills: <ul style="list-style-type: none"> ○ Fitness Workouts: Perform exercises to build strength, endurance, and flexibility. ○ Routine Drills: Conduct basic drills for skating routines. ○ Fun Activities: Organize performances and mini-shows to enhance interest and confidence. 4. Promotion of Interest and Motivation: <ul style="list-style-type: none"> ○ Mini-Shows: Host performances to encourage participation. ○ Educational Sessions: Discuss the benefits of artistic roller skating and set goals. ○ Celebration of Achievements: Recognize and celebrate progress and milestones. <p>For Intermediate Skaters:</p> <ol style="list-style-type: none"> 1. Refinement of Techniques: <ul style="list-style-type: none"> ○ Advanced Drills: Implement drills to refine skating techniques, jumps, and spins. ○ Performance Training: Include workouts to enhance technique precision and fluidity. ○ Choreography Practice: Focus on choreography and routine elements. 2. Training for Endurance and Strength: <ul style="list-style-type: none"> ○ Endurance Workouts: Perform interval training and strength workouts to build stamina.
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	<ul style="list-style-type: none"> ○ Strength Training: Engage in exercises designed to improve skating performance. ○ Flexibility Routines: Implement stretching and flexibility exercises to prevent injury. <p>3. Development of Artistic and Performance Skills:</p> <ul style="list-style-type: none"> ○ Routine Practice: Conduct in-depth practice of artistic routines. ○ Creative Expression: Explore choreography and music for performance. ○ Mock Performances: Simulate performance scenarios to apply learned skills. <p>4. Exploration of Competitive Artistic Roller Skating:</p> <ul style="list-style-type: none"> ○ Competition Rules: Educate participants on competition formats and standards. ○ Local Competitions: Facilitate participation in local events. ○ Strategy Sessions: Review performance strategies and set goals. <p>For Advanced Skaters:</p> <p>1. Intensive Training in Advanced Techniques:</p> <ul style="list-style-type: none"> ○ High-Level Drills: Perform advanced drills for perfecting technique and performance. ○ Routine Development: Focus on complex routine elements and transitions. ○ Personalized Coaching: Provide individualized coaching to address specific needs. <p>2. Development of Specialized Skills:</p> <ul style="list-style-type: none"> ○ Specialization Training: Implement training programs based on skater's specialization. ○ Conditioning Programs: Engage in comprehensive conditioning for peak performance. ○ Mental Preparation: Conduct mental conditioning sessions for competitive focus. <p>3. Advanced Physical Preparation:</p> <ul style="list-style-type: none"> ○ Strength and Conditioning: Perform intensive strength training and conditioning. ○ Agility Drills: Practice advanced agility and flexibility exercises. ○ Recovery Strategies: Implement strategies for recovery and injury prevention. <p>4. Competition Preparation:</p> <ul style="list-style-type: none"> ○ Performance Analysis: Review past performances and identify areas for improvement. ○ Routine Simulations: Conduct simulations of competitive routines for practice.
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	<ul style="list-style-type: none"> ○ Strategic Planning: Develop strategies and plans for competitive success.
<p>Results: <i>Describe the expected results from the activities</i></p>	<p>For Beginners:</p> <ul style="list-style-type: none"> • Introduction to Artistic Roller Skating Basics: <ul style="list-style-type: none"> ○ Understanding of basic skating techniques and routines. ○ Ability to participate in artistic roller skating with foundational knowledge. • Teaching Fundamental Techniques: <ul style="list-style-type: none"> ○ Acquisition of basic skating skills, including jumps and spins. ○ Increased confidence and comfort in performing artistic skating techniques. • Development of Basic Fitness and Skills: <ul style="list-style-type: none"> ○ Improved overall fitness, strength, and coordination. ○ Enhanced basic skating skills through targeted drills and exercises. • Promotion of Interest and Motivation: <ul style="list-style-type: none"> ○ Increased enthusiasm for artistic roller skating and engagement in activities. ○ Development of positive attitudes towards regular physical activity. ○ <p>For Intermediate Skaters:</p> <ul style="list-style-type: none"> • Refinement of Techniques: <ul style="list-style-type: none"> ○ Enhanced execution of advanced skating techniques. ○ Improved technique precision, fluidity, and performance. • Training for Endurance and Strength: <ul style="list-style-type: none"> ○ Increased stamina and physical strength specific to skating. ○ Enhanced ability to sustain performance during extended training and performances. • Development of Artistic and Performance Skills: <ul style="list-style-type: none"> ○ Mastery of artistic routines and performance elements. ○ Improved performance in mock shows and practice scenarios. • Exploration of Competitive Artistic Roller Skating: <ul style="list-style-type: none"> ○ Familiarity with competition formats and performance standards. ○ Ability to perform effectively in local competitions.

	<p>For Advanced Skaters:</p> <ul style="list-style-type: none"> • Intensive Training in Advanced Techniques: <ul style="list-style-type: none"> ○ Mastery of high-level skating techniques and performance skills. ○ Consistent execution of advanced techniques in competitive scenarios. • Development of Specialized Skills: <ul style="list-style-type: none"> ○ Proficiency in specialized skills tailored to skater's events. ○ Enhanced overall performance through targeted conditioning and training. • Advanced Physical Preparation: <ul style="list-style-type: none"> ○ Peak physical condition and reduced risk of injury through comprehensive training. ○ Improved speed, strength, and agility specific to artistic roller skating. • Competition Preparation: <ul style="list-style-type: none"> ○ Effective application of strategies and tactics in competitive settings. ○ Improved performance and decision-making during high-level competitions.
<p>Innovation: <i>Describe the innovative aspects of the activities</i></p>	<ul style="list-style-type: none"> • Progressive Skill Development: Structured activities that progressively build from foundational skills to advanced techniques, ensuring continuous improvement and motivation. • Interactive Learning: Incorporation of interactive methods such as practical drills, choreography workshops, and performance simulations to enhance understanding and engagement. • Technology Integration: Use of video analysis and performance tracking to provide personalized feedback and assess progress. • Holistic Athlete Development: Emphasis on overall athlete development, including physical fitness, artistic expression, and sportsmanship. • Adaptability and Inclusivity: Adaptation of training programs to meet diverse skill levels and physical abilities, ensuring inclusivity and maximizing potential.

	<ul style="list-style-type: none"> • Competitive Preparation: Realistic simulations and strategic planning for competitive events to enhance readiness and performance. • Promotion of Lifelong Engagement: Activities designed to instill a lifelong passion for artistic roller skating and promote ongoing participation.
<p>Impact: <i>Describe the specific impact expected by the activities</i></p>	<ul style="list-style-type: none"> • Development of Technical Skills: Improvement in skating techniques, leading to more effective and efficient performance in artistic roller skating events. • Improvement of Physical Fitness: Enhanced endurance, strength, and agility specific to skating, supporting optimal performance during practices and competitions. • Promotion of Teamwork and Communication: Fostering of effective teamwork and communication among skaters, important for group routines and performances. • Development of Self-Confidence and Self-Esteem: Increased self-confidence and self-esteem through skill development and recognition of progress. • Promotion of Sportsmanship Values: Strengthening of values such as respect, discipline, and fair play within the context of artistic roller skating. • Preparation for Competitions and Events: Enhanced readiness for competitive events through training, simulations, and strategic preparation. • Encouragement of Long-Term Engagement: Cultivation of a love for artistic roller skating, encouraging continued participation and physical activity beyond the structured program.
<p>Evaluation:</p>	<ul style="list-style-type: none"> • Technical Skills Development: <ul style="list-style-type: none"> ○ Evaluation of Techniques: Assess improvement in skating techniques through drills, performance evaluations, and coach feedback. ○ Skill-Specific Drills and Assessments: Regular evaluations to measure progress in technical skills.

- **Physical Fitness Enhancement:**
 - **Measurement of Fitness Changes:** Measure changes in endurance, strength, and agility through fitness tests and performance assessments.
 - **Fitness Tests and Agility Exercises:** Include exercise circuits and timed drills to gauge physical conditioning.
- **Artistic and Performance Skills:**
 - **Assessment of Performance:** Evaluate performance through routine rehearsals and mock shows.
 - **Creative Expression:** Assess creativity and artistic expression in routines and choreography.
- **Self-Confidence and Self-Esteem:**
 - **Evaluation of Self-Confidence:** Use surveys and self-assessment tools to gauge changes in self-confidence and self-esteem.
 - **Self-Assessment Surveys and Interviews:** Regularly gather feedback on perceptions of progress and role within the group.
- **Sportsmanship and Values:**
 - **Assessment of Sportsmanship Values:** Evaluate adherence to values such as respect and fair play through observations and feedback.
 - **Behavioural Observations:** Conduct observations and gather feedback on sportsmanship behaviours.
- **Preparation for Competitions:**
 - **Assessment of Competition Readiness:** Evaluate readiness for competitions through participation in events and simulations.
 - **Routine Simulations and Strategic Reviews:** Include simulations and reviews to prepare for competitive settings.
- **Long-Term Engagement:**
 - **Tracking Retention:** Monitor participant retention rates and long-term involvement in artistic roller skating.
 - **Satisfaction and Motivation Surveys:** Conduct surveys to assess ongoing motivation and satisfaction with the program.

Bank of resources: <i>additional materials</i>	
Resources/references: <i>(if available)</i>	Video 1 Video 2 Video 3 Video 4
Photos: <i>(if available)</i>	

Healthy active lifestyle project, Annual plan

Title of the module:	ATHLECTICS
Objectives: <i>General and Specific Objectives</i>	General Objectives: <ol style="list-style-type: none"> 1. Promote Regular Physical Activity: Encourage continuous participation in physical activities through athletics to improve overall health and fitness. 2. Develop Athletic Technical and Tactical Skills: Teach and refine the technical and tactical skills necessary for various athletic events, including sprints, middle-distance, long-distance running, jumping, and throwing. 3. Strengthen Values and Social Skills: Utilize athletics to foster values such as teamwork, discipline, respect, and perseverance. 4. Create an Inclusive and Motivating Environment: Ensure that all participants, regardless of skill level, feel included and motivated to participate and improve. Specific Objectives: <ol style="list-style-type: none"> 1. Improve Physical Fitness. 2. Develop Athletic Technical Skills. 3. Foster Social Skills and Values. 4. Engage the School Community. 5. Ensure Inclusion of All Participants.
Stakeholders of the project: <i>People and entities contributing or contributed to the implementation of the project/programme</i>	<ul style="list-style-type: none"> • Athletics coaches and trainers • Physical education teachers
Beneficiaries: <i>Which target group was involved</i>	<ol style="list-style-type: none"> 1. Beginners: Individuals new to athletics who need fundamental instruction in basic running, jumping, and throwing techniques. 2. Intermediate Athletes: Those who have basic skills and are looking to improve their technique, speed, and endurance in various events.

	<p>3. Advanced Athletes: Individuals with a high level of proficiency seeking to refine their skills, improve their performance, and compete at higher levels.</p>
<p>Content: <i>Describe the contents of the modules</i></p>	<p>Beginners:</p> <ul style="list-style-type: none"> • Introduction to Athletics Basics: <ul style="list-style-type: none"> ○ Overview of basic athletic events (sprints, distance running, jumping, and throwing). ○ Basic techniques for each event. ○ Introduction to safety protocols and warm-up exercises. • Teaching Fundamental Techniques: <ul style="list-style-type: none"> ○ Instruction on basic running form and technique. ○ Introduction to fundamental jumping and throwing techniques. ○ Development of coordination and flexibility. • Development of Basic Fitness and Skills: <ul style="list-style-type: none"> ○ Exercises to improve overall fitness, including strength, endurance, and flexibility. ○ Basic drills for running, jumping, and throwing. ○ Fun activities to build confidence and interest in athletics. • Promotion of Interest and Motivation: <ul style="list-style-type: none"> ○ Organize games and friendly competitions to keep participants engaged. ○ Educational sessions on the benefits of athletics for health and fitness. ○ Positive reinforcement and celebration of achievements. <p>Intermediate Athletes:</p> <ul style="list-style-type: none"> • Refinement of Techniques: <ul style="list-style-type: none"> ○ Advanced drills to enhance running form, jumping techniques, and throwing accuracy. ○ Focus on improving speed, agility, and endurance. ○ Practice of specific techniques for various athletic events. • Training for Endurance and Strength: <ul style="list-style-type: none"> ○ Structured endurance workouts and interval training to build stamina. ○ Strength training exercises tailored to athletic performance. ○ Flexibility and injury prevention routines.

	<ul style="list-style-type: none"> • Development of Event-Specific Skills: <ul style="list-style-type: none"> ○ In-depth practice of running, jumping, and throwing techniques. ○ Introduction to event-specific strategies and tactics. ○ Participation in mock competitions to apply skills in a competitive setting. • Exploration of Competitive Athletics: <ul style="list-style-type: none"> ○ Familiarization with competition rules and regulations. ○ Participation in local meets or track events. ○ Review of race strategies and performance goals. <p>Advanced Athletes:</p> <ul style="list-style-type: none"> • Intensive Training in Advanced Techniques: <ul style="list-style-type: none"> ○ High-level drills to perfect technique in sprints, distance running, jumps, and throws. ○ Advanced training for starts, acceleration, and event-specific skills. ○ Personalized coaching to address individual performance needs. • Development of Specialized Skills: <ul style="list-style-type: none"> ○ Targeted training based on athlete's specialization (e.g., sprinter, distance runner, jumper, thrower). ○ Comprehensive conditioning programs to enhance performance. ○ Mental preparation and focus techniques for competitive success. • Advanced Physical Preparation: <ul style="list-style-type: none"> ○ Intensive strength and conditioning programs. ○ Advanced agility and flexibility drills. ○ Recovery strategies and injury prevention techniques. • Competition Preparation: <ul style="list-style-type: none"> ○ Detailed analysis of past performances and identification of areas for improvement. ○ Simulation of competitive scenarios and race planning. ○ Strategy sessions focusing on mental and physical preparation for high-level competition.
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<p>Activities: <i>Describe the activities of the module</i></p>	<p>For Beginners:</p> <ol style="list-style-type: none"> 1. Introduction to Athletics Basics: <ul style="list-style-type: none"> ○ Event Overview: Introduce basic athletic events through demonstrations and explanations. ○ Technique Instruction: Teach fundamental techniques for running, jumping, and throwing. ○ Safety and Warm-Up: Conduct warm-up exercises and discuss safety protocols. 2. Teaching Fundamental Techniques: <ul style="list-style-type: none"> ○ Running Drills: Practice basic running form and techniques. ○ Jumping and Throwing Drills: Introduce fundamental drills for jumping and throwing. ○ Coordination Exercises: Engage in activities to improve coordination and flexibility. 3. Development of Basic Fitness and Skills: <ul style="list-style-type: none"> ○ Fitness Workouts: Perform exercises to build strength, endurance, and flexibility. ○ Event-Specific Drills: Conduct basic drills for each athletic event. ○ Fun Activities: Organize games and challenges to enhance interest and confidence. 4. Promotion of Interest and Motivation: <ul style="list-style-type: none"> ○ Friendly Competitions: Host fun races and events to encourage participation. ○ Educational Sessions: Discuss the benefits of athletics and set goals. ○ Celebration of Achievements: Recognize and celebrate progress and milestones. <p>For Intermediate Athletes:</p> <ol style="list-style-type: none"> 1. Refinement of Techniques: <ul style="list-style-type: none"> ○ Advanced Drills: Implement drills to refine running form, jumping techniques, and throwing accuracy. ○ Speed and Agility Training: Include workouts to enhance speed and agility. ○ Event-Specific Practice: Focus on advanced techniques for each event. 2. Training for Endurance and Strength: <ul style="list-style-type: none"> ○ Endurance Workouts: Perform interval training and long-distance runs to build stamina. ○ Strength Training: Engage in exercises designed to improve athletic strength. ○ Flexibility Routines: Implement stretching and flexibility exercises to prevent injury.
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	<p>3. Development of Event-Specific Skills:</p> <ul style="list-style-type: none"> ○ Technique Practice: Conduct in-depth practice of specific techniques for each event. ○ Strategic Drills: Introduce strategies and tactics for competitive events. ○ Mock Competitions: Simulate competitive scenarios to apply learned skills. <p>4. Exploration of Competitive Athletics:</p> <ul style="list-style-type: none"> ○ Competition Rules: Educate participants on competition rules and formats. ○ Local Meets: Facilitate participation in local meets or track events. ○ Strategy Sessions: Review race strategies and set performance goals. <p>For Advanced Athletes:</p> <p>1. Intensive Training in Advanced Techniques:</p> <ul style="list-style-type: none"> ○ High-Level Drills: Perform advanced drills for refining technique and performance. ○ Event-Specific Training: Focus on specialized training based on athlete's events. ○ Personalized Coaching: Provide individualized coaching to address specific needs. <p>2. Development of Specialized Skills:</p> <ul style="list-style-type: none"> ○ Specialization Training: Implement training programs based on athlete's specialization. ○ Conditioning Programs: Engage in comprehensive conditioning for peak performance. ○ Mental Preparation: Conduct mental conditioning sessions for competitive focus. <p>3. Advanced Physical Preparation:</p> <ul style="list-style-type: none"> ○ Strength and Conditioning: Perform intensive strength training and conditioning. ○ Agility Drills: Practice advanced agility and flexibility exercises. ○ Recovery Strategies: Implement strategies for recovery and injury prevention. <p>4. Competition Preparation:</p> <ul style="list-style-type: none"> ○ Performance Analysis: Review past performances and identify areas for improvement. ○ Race Simulations: Conduct simulations of competitive events for practice.
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	<ul style="list-style-type: none"> ○ Strategic Planning: Develop strategies and plans for competitive success.
<p>Results: <i>Describe the expected results from the activities</i></p>	<p>For Beginners:</p> <ul style="list-style-type: none"> • Introduction to Athletics Basics: <ul style="list-style-type: none"> ○ Understanding of basic athletic events and techniques. ○ Ability to participate in athletics with foundational knowledge. • Teaching Fundamental Techniques: <ul style="list-style-type: none"> ○ Acquisition of basic running, jumping, and throwing skills. ○ Increased confidence and comfort in performing athletic activities. • Development of Basic Fitness and Skills: <ul style="list-style-type: none"> ○ Improved overall fitness, strength, and coordination. ○ Enhanced basic athletic skills through targeted drills and exercises. • Promotion of Interest and Motivation: <ul style="list-style-type: none"> ○ Increased enthusiasm for athletics and engagement in activities. ○ Development of positive attitudes towards regular physical activity. <p>For Intermediate Athletes:</p> <ul style="list-style-type: none"> • Refinement of Techniques: <ul style="list-style-type: none"> ○ Enhanced execution of advanced techniques in running, jumping, and throwing. ○ Improved speed, agility, and overall athletic performance. • Training for Endurance and Strength: <ul style="list-style-type: none"> ○ Increased stamina and physical strength specific to athletics. ○ Enhanced ability to sustain performance during extended workouts and events. • Development of Event-Specific Skills: <ul style="list-style-type: none"> ○ Mastery of advanced techniques and strategies for specific events. ○ Improved performance in mock competitions and practice scenarios. • Exploration of Competitive Athletics: <ul style="list-style-type: none"> ○ Familiarity with competition formats and rules. ○ Ability to perform effectively in local meets and track events.

	<p>For Advanced Athletes:</p> <ul style="list-style-type: none"> • Intensive Training in Advanced Techniques: <ul style="list-style-type: none"> ○ Mastery of high-level techniques and performance skills. ○ Consistent execution of advanced techniques in competitive scenarios. • Development of Specialized Skills: <ul style="list-style-type: none"> ○ Proficiency in specialized skills tailored to athlete's events. ○ Enhanced overall performance through targeted conditioning and training. • Advanced Physical Preparation: <ul style="list-style-type: none"> ○ Peak physical condition and reduced risk of injury through comprehensive training. ○ Improved speed, strength, and agility specific to athletic events. • Competition Preparation: <ul style="list-style-type: none"> ○ Effective application of strategies and tactics in competitive settings. ○ Improved performance and decision-making during high-level competitions.
<p>Innovation: <i>Describe the innovative aspects of the activities</i></p>	<ul style="list-style-type: none"> • Progressive Skill Development: Structured activities that progressively build from foundational skills to advanced techniques, ensuring continuous improvement and motivation. • Interactive Learning: Incorporation of interactive methods such as practical drills, role-playing, and event simulations to enhance understanding and engagement. • Technology Integration: Use of video analysis and performance tracking to provide personalized feedback and assess progress. • Holistic Athlete Development: Emphasis on overall athlete development, including physical fitness, mental resilience, and sportsmanship. • Adaptability and Inclusivity: Adaptation of training programs to meet diverse skill levels and physical abilities, ensuring inclusivity and maximizing potential. • Competitive Preparation: Realistic simulations and strategic planning for competitive events to enhance readiness and performance.

	<ul style="list-style-type: none"> • Promotion of Lifelong Engagement: Activities designed to instil a lifelong passion for athletics and promote ongoing participation.
<p>Impact: <i>Describe the specific impact expected by the activities</i></p>	<ul style="list-style-type: none"> • Development of Technical Skills: Improvement in running, jumping, and throwing techniques, leading to more effective and efficient performance in athletic events. • Improvement of Physical Fitness: Enhanced endurance, strength, and agility specific to athletics, supporting optimal performance during practices and competitions. • Promotion of Teamwork and Communication: Fostering of effective teamwork and communication among athletes, important for individual and team events. • Development of Self-Confidence and Self-Esteem: Increased self-confidence and self-esteem through skill development and recognition of progress. • Promotion of Sportsmanship Values: Strengthening of values such as respect, discipline, and fair play within the context of athletics. • Preparation for Competitions and Events: Enhanced readiness for competitive events through training, simulations, and strategic preparation. • Encouragement of Long-Term Engagement: Cultivation of a love for athletics, encouraging continued participation and physical activity beyond the structured program.
<p>Evaluation:</p>	<ul style="list-style-type: none"> • Technical Skills Development: <ul style="list-style-type: none"> ○ Evaluation of Techniques: Assess improvement in running, jumping, and throwing techniques through drills, performance evaluations, and coach feedback. ○ Skill-Specific Drills and Assessments: Regular evaluations to measure progress in technical skills. • Physical Fitness Enhancement: <ul style="list-style-type: none"> ○ Measurement of Fitness Changes: Measure changes in endurance, strength, and agility through fitness tests and performance assessments. ○ Fitness Tests and Agility Exercises: Include exercise circuits and timed runs to gauge physical conditioning.

	<ul style="list-style-type: none"> • Teamwork and Communication: <ul style="list-style-type: none"> ○ Assessment of Team Dynamics: Evaluate teamwork and communication effectiveness through practice sessions and team activities. ○ Collaboration Exercises: Conduct activities requiring collaboration to assess team cohesion and communication. • Self-Confidence and Self-Esteem: <ul style="list-style-type: none"> ○ Evaluation of Self-Confidence: Use surveys and self-assessment tools to gauge changes in self-confidence and self-esteem. ○ Self-Assessment Surveys and Interviews: Regularly gather feedback on perceptions of progress and role within the group. • Sportsmanship and Values: <ul style="list-style-type: none"> ○ Assessment of Sportsmanship Values: Evaluate adherence to values such as respect and fair play through observations and feedback. ○ Behavioural Observations: Conduct observations and gather feedback on sportsmanship behaviours. • Preparation for Competitions: <ul style="list-style-type: none"> ○ Assessment of Competition Readiness: Evaluate readiness for competitions through participation in meets and simulations. ○ Race Simulations and Strategic Reviews: Include simulations and reviews to prepare for competitive settings. • Long-Term Engagement: <ul style="list-style-type: none"> ○ Tracking Retention: Monitor participant retention rates and long-term involvement in athletics. ○ Satisfaction and Motivation Surveys: Conduct surveys to assess ongoing motivation and satisfaction with the program.
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Bank of resources: <i>additional materials</i>	
Resources/references: <i>(if available)</i>	Video 1 Video 2
Photos: <i>(if available)</i>	

Healthy active lifestyle project, Annual plan

Title of the module:	BASKETBALL
Objectives: <i>General and Specific Objectives</i>	<p>General Objectives</p> <ol style="list-style-type: none"> 1. Promote Regular Physical Activity: Encourage on going participation in physical activities through basketball to enhance children's overall health and well-being. 2. Develop Basketball Technical and Tactical Skills: Teach and refine the technical and tactical skills necessary to play basketball effectively. 3. Strengthen Values and Social Skills: Utilize basketball as a tool to promote values such as teamwork, cooperation, respect, and responsibility. 4. Create an Inclusive and Motivating Environment: Ensure that all children, regardless of their skill level, feel included and motivated to participate and improve. <p>Specific Objectives:</p> <ol style="list-style-type: none"> 1. Improve Physical Fitness. 2. Develop Basketball Technical Skills. 3. Foster Social Skills and Values. 4. Engage the School Community. 5. Ensure Inclusion of All Children
Stakeholders of the project: <i>People and entities contributing or contributed to the implementation of the project/programme</i>	<ul style="list-style-type: none"> - Specialist basketball coaches - Physical education teachers
Beneficiaries: <i>Which target group was involved</i>	<p>1.- New basketball players: Individuals interested in learning and starting to play basketball, but who may lack experience or basic skills in the sport.</p> <p>2.- Intermediate basketball enthusiasts: Those who have already acquired basic basketball skills and wish to improve their technique, increase their endurance, and explore new aspects of the sport.</p>

	<p>3.- Advanced players: Individuals with a high level of basketball ability who seek to refine their technique, develop specific skills (such as shooting, rebounding, or defense), or participate in high-level competitions and events.</p>
<p>Content: <i>Describe the contents of the modules</i></p>	<p>. New basketball players:</p> <ul style="list-style-type: none"> • Introduction to the basic rules and fundamentals of basketball. • Teaching basic techniques such as dribbling basics, passing fundamentals, shooting form, and layups. • Development of specific motor skills for basketball, such as hand-eye coordination and quick movements on the court: Dribbling while looking up • Encouragement of teamwork and communication within the game. • Promotion of interest and motivation towards handball as a recreational sport. <p>Intermediate handball enthusiasts:</p> <ul style="list-style-type: none"> • Refinement of basic techniques and improvement of consistency in execution. • Training to enhance endurance and specific aerobic capacity for basketball. • Introduction to more advanced game tactics, such as defensive and offensive strategies. • Exploration of specific positions on the court and roles within the team. • Practice of simulated game situations to improve decision-making and anticipation. <p>Advanced players:</p> <ul style="list-style-type: none"> • Intensive training to perfect advanced techniques in shooting, rebounding, and defense. • Development of specialized skills according to individual positions on the court. • Participation in specific physical preparation training to improve strength, speed, and agility. • Detailed video analysis and feedback to adjust and enhance technical and tactical performance. • Preparation for local or regional competitions, including match simulations and game management strategies.

<p>Activities: <i>Describe the activities of the module</i></p>	<p>For New Basketball Players:</p> <ol style="list-style-type: none"> 1. Introduction to Rules and Fundamentals <ul style="list-style-type: none"> • Detailed Explanation of Basic Basketball Rules: Cover fundamental rules such as dribbling, traveling, fouls, and scoring. • Practical Demonstrations of How Basketball is Played and Scored: Show how the game is played, including how points are scored and basic game flow. • Simple Exercises to Familiarize with Court Movement and Positioning: Conduct basic drills to help players understand the layout of the court, positions, and how to move effectively. 2. Teaching Basic Techniques <ul style="list-style-type: none"> • Drills: Practice essential skills such as dribbling, passing, shooting, and rebounding through structured drills. • Defence Techniques: Teach basic defensive stances, positioning, and how to guard opponents. • Footwork Drills: Focus on drills that enhance agility and movement, such as pivoting and lateral movements. • Game Situations: Simulate game scenarios to apply learned techniques in a realistic context. • 3. Development of Motor Skills <ul style="list-style-type: none"> • Hand-Eye Coordination Exercises Using Basketballs: Include drills like dribbling while balancing or catching and passing to improve coordination. • Quick Court Movement Drills to Improve Agility: Conduct exercises such as cone drills and shuttle runs to enhance court movement and agility. • Simple Games Promoting Teamwork and Communication: Play games that require passing and teamwork to foster communication and collaborative skills. 4. Promotion of Interest and Motivation <ul style="list-style-type: none"> • Mini Games Tailored for Active Participation: Organize fun, small-sided games to keep players engaged and motivated. • Discussions on the Recreational Benefits of Basketball: Talk about how basketball can be a fun, lifelong activity and its benefits for fitness and social interaction. • Motivational Talks Emphasizing Teamwork and Perseverance: Offer encouragement and discuss the importance of teamwork and persistence in improving as a player.
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	<p>For Intermediate Basketball Enthusiasts:</p> <p>1. Refinement of Basic Techniques</p> <ul style="list-style-type: none"> • Repetition Exercises to Perfect Dribbling and Shooting: Focus on repetitive drills to fine-tune dribbling and shooting techniques. • Advanced Passing and Shooting Practices: Incorporate drills that focus on different types of passes and shooting under various conditions. • Rebounding Drills: Practice techniques to improve both offensive and defensive rebounding skills. <p>2. Training for Endurance and Aerobic Capacity</p> <ul style="list-style-type: none"> • Exercise Circuits Simulating Basketball Movements: Use circuits that replicate basketball movements to build stamina and endurance. • Endurance Drills Such as Sprints and Interval Training: Include court sprints and interval runs to enhance cardiovascular fitness. • Basketball Games Adapted to Increase Endurance: Play modified games with extended periods or increased intensity to improve endurance. <p>3. Advanced Game Tactics</p> <ul style="list-style-type: none"> • Match Simulations with Emphasis on Strategy: Conduct scrimmages focusing on advanced defensive and offensive strategies. • Fast Transition Drills from Defense to Offense: Practice drills that emphasize quick transitions between defensive and offensive plays. • Tactical Discussions on Communication and Anticipation: Discuss the role of communication and anticipation in effective game strategy. <p>4. Exploration of Positions and Roles</p> <ul style="list-style-type: none"> • Position Rotations to Understand Responsibilities: Rotate players through different positions to give them a comprehensive understanding of each role. • Position-Specific Practices: Tailor drills to the specific skills needed for different positions, such as point guard or center. • Role-Playing Games Simulating Different Scenarios: Use role-playing exercises to improve decision-making and adapt to various game situations.
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	<p>For Advanced Basketball Players:</p> <p>1. Intensive Training in Advanced Techniques</p> <ul style="list-style-type: none">• Speed and Accuracy-Focused Shooting Exercises: Implement drills that focus on improving shooting speed and accuracy under pressure.• Advanced Defensive and Rebounding Drills: Practice techniques for blocking, stealing, and securing rebounds effectively.• Specialized Drills for Position-Based Skills: Work on skills specific to each position, such as post moves for forwards or playmaking for guards. <p>2. Development of Specialized Skills</p> <ul style="list-style-type: none">• Individual Position-Based Training: Provide targeted drills and exercises based on player positions, such as point guards or forwards.• Drills to Improve Game-Specific Skills: Focus on skills like high-pressure free throws or tactical passing, tailored to game scenarios.• Critical Game Situation Simulations: Simulate high-stress game situations to practice skills under competitive conditions. <p>3. Advanced Physical Preparation</p> <ul style="list-style-type: none">• Strength Training Programs: Include workouts to build strength for better performance in shooting, rebounding, and defense.• Speed and Agility Training: Implement drills to enhance quickness and reaction time on the court.• Stretching and Recovery Exercises: Ensure flexibility and prevent injuries with dedicated stretching and recovery routines. <p>4. Competition Preparation</p> <ul style="list-style-type: none">• Detailed Video Analysis of Previous Games: Review game footage to identify strengths and areas for improvement.• Match Simulations Against Local or Regional Teams: Organize practice games to test and refine strategies and tactics.• Tactical and Strategic Review Sessions: Conduct pre-competition meetings to review game plans and strategies, ensuring players are well-prepared for upcoming matches. <p>This structured approach will help players at all levels develop their basketball skills, from basic fundamentals to advanced techniques and game strategies.</p>
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<p>Results:</p> <p><i>Describe the expected results from the activities</i></p>	<p>For New Basketball Players:</p> <ul style="list-style-type: none"> • Introduction to Rules and Fundamentals: Understanding of basic basketball rules and game structure. Ability to participate in games with knowledge of scoring and regulations. • Teaching Basic Techniques: Acquisition of fundamental skills such as dribbling, passing, shooting, and rebounding. Improvement in hand-eye coordination and basic movement on the court. • Development of Motor Skills: Enhanced coordination and agility through targeted exercises. Improved ability to react quickly and move efficiently during gameplay. • Promotion of Interest and Motivation: Increased enthusiasm for basketball as a recreational activity. Development of teamwork skills and effective communication on the court. <p>For Intermediate Basketball Enthusiasts:</p> <ul style="list-style-type: none"> • Refinement of Basic Techniques: Consistent execution of dribbling, passing, shooting, and rebounding techniques. Enhanced accuracy and control in fundamental skills. • Training for Endurance and Aerobic Capacity: Improved stamina and cardiovascular fitness specific to basketball demands. Increased ability to sustain performance throughout longer games or practices. • Advanced Game Tactics: Understanding and application of defensive and offensive strategies. Better anticipation of opponents' movements and game situations. • Exploration of Positions and Roles: Familiarity with different positions on the court and their specific responsibilities. Ability to adapt to various roles within team dynamics. <p>For Advanced Basketball Players:</p> <ul style="list-style-type: none"> • Intensive Training in Advanced Techniques: Mastery of advanced skills such as powerful shooting, effective blocking, and precise defence.
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	<p>Enhanced consistency and reliability in executing high-level techniques.</p> <ul style="list-style-type: none"> • Development of Specialized Skills: Proficiency in position-specific skills tailored to playmaker, forward, etc. Ability to contribute strategically to the team's success in competitive settings. • Advanced Physical Preparation: Increased strength, speed, and agility to perform at peak levels during intense gameplay. Reduced risk of injury through improved flexibility and conditioning. • Competition Preparation: Application of tactical knowledge and strategic planning in competitive matches. Performance improvement in real-game scenarios, including pressure situations.
<p>Innovation: <i>Describe the innovative aspects of the activities</i></p>	<p>Customized Skill Progression: Activities are structured to progress from foundational to advanced skills, ensuring that each participant builds a solid skill base before advancing. This sequential approach helps maintain motivation and confidence as players gradually tackle more complex techniques and strategies.</p> <ul style="list-style-type: none"> • Interactive Learning: Incorporation of interactive and practical learning methods, such as game simulations, role-playing scenarios, and tactical discussions, enhances understanding and retention of basketball concepts. This hands-on approach encourages active participation and deeper engagement with the sport. • Technology Integration: Utilization of video analysis and feedback sessions allows for detailed performance evaluation. By leveraging technology, coaches can provide personalized feedback to players, identifying strengths and areas for improvement more effectively. This enhances the learning experience and accelerates skill development. • Holistic Development: Beyond technical skills, emphasis is placed on holistic player development. This includes promoting teamwork, communication skills, sportsmanship, and mental resilience. Such aspects are crucial for fostering well-rounded athletes who excel both on and off the court. • Adaptability and Inclusivity: Activities are adaptable to cater to diverse participant needs, including varying skill levels, physical abilities, and interests. Specialized training programs can be tailored for specific positions or player groups, ensuring inclusivity and maximizing individual potential.

	<ul style="list-style-type: none"> • Preparation for Competition: For advanced players, the activities include intensive preparation for competitive environments. This involves realistic match simulations, strategic planning, and mental conditioning sessions to equip players with the tools needed to excel in tournaments and high-pressure situations. • Promotion of Lifelong Participation: The activities are designed not only to enhance current skills but also to foster a lifelong love for handball. By instilling enjoyment and appreciation for the sport through engaging and challenging activities, participants are encouraged to continue their involvement in handball beyond the structured program
<p>Impact: Describe the specific impact expected by the activities</p>	<p>For New Basketball Players:</p> <ul style="list-style-type: none"> • Development of Technical Skills: Participants are expected to gain foundational basketball skills, including dribbling, passing, shooting, and defensive techniques. This will allow them to perform basic movements more effectively during games and practices. • Improvement in Physical Fitness: Enhanced general physical fitness, including improved endurance, strength, and agility specific to basketball, will help players maintain optimal performance throughout games and training sessions. • Promotion of Teamwork and Communication: Increased ability to collaborate and communicate with teammates will foster better team dynamics and coordination on the court. • Boost in Self-Esteem and Confidence: As players learn new skills and improve their game, they will experience greater self-confidence and self-esteem, leading to a more positive attitude towards the sport. • Encouragement of Sportsmanship and Fair Play: Players will develop a better understanding of sportsmanship values, including respect for opponents, adherence to rules, and fair play behaviours. <p>For Intermediate Basketball Enthusiasts:</p> <ul style="list-style-type: none"> • Refinement of Skills: Enhanced execution of fundamental skills like dribbling, passing, shooting, and rebounding will result in more precise and controlled play. • Increased Endurance and Fitness: Improved stamina and cardiovascular fitness will enable players to perform at a higher level during extended games and rigorous practices.

	<ul style="list-style-type: none"> • Understanding of Game Tactics: Players will develop a deeper understanding of defensive and offensive strategies, improving their ability to anticipate opponents' moves and make strategic decisions during games. • Exploration of Roles: Greater familiarity with different positions and roles on the court will allow players to adapt to various game situations and contribute more effectively to the team. <p>For Advanced Basketball Players:</p> <ul style="list-style-type: none"> • Mastery of Advanced Techniques: Players will achieve a high level of proficiency in advanced techniques, including shooting under pressure, effective defensive strategies, and specialized skills based on their position. • Enhanced Physical Preparation: Improved strength, speed, and agility will support peak performance during competitive games, reducing the risk of injury and enhancing overall athletic ability. • Competitive Readiness: Preparation through match simulations and tactical reviews will ensure players are well-equipped for local, regional, or national competitions, improving their performance under competitive pressure. • Strategic and Tactical Expertise: Advanced understanding and application of game strategies and tactics will contribute to better decision-making and execution in high-stress game situations. <p>Overall Impact:</p> <ul style="list-style-type: none"> • Long-Term Engagement in Basketball: By fostering a love for the sport through engaging activities and continuous skill development, participants are more likely to maintain their interest in basketball, whether at competitive or recreational levels. • Holistic Development: Emphasis on technical skills, physical fitness, teamwork, and sportsmanship will contribute to the overall development of well-rounded athletes who excel both on and off the court. <p>These outcomes will not only enhance individual performance but also contribute to a stronger, more cohesive team dynamic and a more inclusive and engaging basketball environment.</p>
Evaluation:	<ul style="list-style-type: none"> • Technical Skills Development: <ul style="list-style-type: none"> . Evaluation of Fundamental Skills: Assess improvement in basic basketball skills such as dribbling, passing, shooting, rebounding, defence, and blocking techniques. This assessment will involve skill-specific

	<p>drills, performance evaluations during practices, and feedback from coaches on technical proficiency.</p> <ul style="list-style-type: none"> . Technical Drills and Assessments: Implement specific drills and conduct regular evaluations to measure progress in technical execution. <ul style="list-style-type: none"> • Physical Fitness Enhancement: <ul style="list-style-type: none"> . Measurement of Fitness Changes: Measure changes in participants' endurance, strength, speed, and agility tailored to basketball demands. Conduct fitness tests, timed drills focusing on basketball-specific movements, and assess overall performance during longer practices or competitive games. . Fitness Tests and Agility Exercises: Include exercise circuits and speed tests to measure improvements in physical conditioning related to basketball. • Teamwork and Communication: <ul style="list-style-type: none"> . Assessment of Team Dynamics and Communication: Evaluate the effectiveness of teamwork dynamics and communication among players during practice sessions and simulated game scenarios. Utilize observational feedback from coaches, peer assessments, and structured evaluations of team cohesion and strategic execution. . Collaboration Exercises and Communication Evaluation: Conduct activities requiring collaboration and communication to assess team cohesion and effectiveness in game situations. • Self-Confidence and Self-Esteem: <ul style="list-style-type: none"> . Evaluation of Changes in Self-Confidence and Self-Esteem: Use surveys, interviews, or self-assessment tools to gauge changes in participants' self-confidence and self-esteem as they progress in basketball skills and team interactions. Evaluate their perceived competence in executing techniques and contributing to team success. . Self-Assessment Surveys and Interviews: Conduct regular surveys and interviews to gather information on players' perceptions of their progress and their role within the team.
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	<ul style="list-style-type: none"> • Sportsmanship and Values: <ul style="list-style-type: none"> . Assessment of Adherence to Sportsmanship Values: Evaluate adherence to sportsmanship values such as respect for opponents, adherence to rules, and display of fair play behaviours during matches and training sessions. Gather feedback from coaches, officials, and peers to assess sportsmanship development over time. . Behavioural Observations and Feedback: Conduct direct observations and gather feedback to assess how players demonstrate respect and fair play in competitive contexts. • Preparation for Competitions: <ul style="list-style-type: none"> . Assessment of Competition Readiness: Evaluate readiness for competitive play through participation in local tournaments, scrimmages, or competitive drills. Measure performance metrics including match outcomes, individual statistics, tactical understanding, and team cohesion under competitive pressure. . Match Simulations and Strategic Reviews: Include game simulations and tactical reviews to prepare players for high-pressure situations and assess their performance in competitive settings. • Long-Term Engagement: <ul style="list-style-type: none"> . Tracking Retention in Basketball Programs: Monitor participant retention rates in basketball programs over time to understand ongoing engagement. Conduct surveys or interviews to explore motivations for continued participation, perceived benefits of the program, and factors influencing long-term commitment to the sport. . Satisfaction and Motivation Surveys: Regularly conduct surveys to evaluate players' satisfaction and motivation to continue participating in basketball.
Bank of resources: <i>additional materials</i>	

Resources/references: <i>(if available)</i>	Video 1 Video 2
Photos: <i>(if available)</i>	

Healthy active lifestyle project, Annual plan

Title of the module:	HANDBALL
Objectives: <i>General and Specific Objectives</i>	<p>General Objectives</p> <ol style="list-style-type: none"> 5. Promote Regular Physical Activity: Encourage on going participation in physical activities through handball to enhance children's overall health and well-being. 6. Develop Volleyball Technical and Tactical Skills: Teach and refine the technical and tactical skills necessary to play volleyball effectively. 7. Strengthen Values and Social Skills: Utilize handball as a tool to promote values such as teamwork, cooperation, respect, and responsibility. 8. Create an Inclusive and Motivating Environment: Ensure that all children, regardless of their skill level, feel included and motivated to participate and improve. <p>Specific Objectives:</p> <ol style="list-style-type: none"> 6. Improve Physical Fitness. 7. Develop Volleyball Technical Skills. 8. Foster Social Skills and Values. 9. Engage the School Community. 10. Ensure Inclusion of All Children
Stakeholders of the project: <i>People and entities contributing or contributed to the implementation of the project/programme</i>	<ul style="list-style-type: none"> - Specialist handball coaches - Physical education teachers
Beneficiaries: <i>Which target group was involved</i>	<p>1.- New handball players: Individuals interested in learning and starting to play handball, but who may lack experience or basic skills in the sport.</p> <p>2.- Intermediate volleyball enthusiasts: Those who have already acquired basic volleyball skills and wish to improve their technique, increase their endurance, and explore new aspects of the sport.</p> <p>3.- Advanced players: Individuals with a high level of volleyball ability who seek to refine their technique, develop specific skills (such as</p>

	<p>attacking, blocking, or defence), or participate in high-level competitions and events.</p>
<p>Content: <i>Describe the contents of the modules</i></p>	<p>. New handball players:</p> <ul style="list-style-type: none"> • Introduction to the basic rules and fundamentals of handball. • Teaching basic techniques such as shooting, receiving, passing, and dribbling. • Development of specific motor skills for handball, such as hand-eye coordination and quick movements on the court. • Encouragement of teamwork and communication within the game. • Promotion of interest and motivation towards handball as a recreational sport. <p>Intermediate handball enthusiasts:</p> <ul style="list-style-type: none"> • Refinement of basic techniques and improvement of consistency in execution. • Training to enhance endurance and specific aerobic capacity for handball. • Introduction to more advanced game tactics, such as defensive and offensive strategies. • Exploration of specific positions on the court and roles within the team. • Practice of simulated game situations to improve decision-making and anticipation. <p>Advanced players:</p> <ul style="list-style-type: none"> • Intensive training to perfect advanced techniques in attacking, blocking, and defence. • Development of specialized skills according to individual positions on the court. • Participation in specific physical preparation training to improve strength, speed, and agility. • Detailed video analysis and feedback to adjust and enhance technical and tactical performance. • Preparation for local or regional competitions, including match simulations and game management strategies.

<p>Activities: <i>Describe the activities of the module</i></p>	<p>For new handball players:</p> <ol style="list-style-type: none"> 1. Introduction to rules and fundamentals: <ul style="list-style-type: none"> ○ Detailed explanation of basic handball rules. ○ Practical demonstrations of how handball is played and scored. ○ Simple exercises to familiarize with court movement and positioning. 2. Teaching basic techniques: <ul style="list-style-type: none"> ○ Practice basic serving from the backline. ○ Passing and setting drills among peers. ○ Spike exercises focusing on arm technique and jumping. 3. Development of motor skills: <ul style="list-style-type: none"> ○ Hand-eye coordination exercises using handballs. ○ Quick court movement drills to improve agility. ○ Simple games promoting teamwork and communication. 4. Promotion of interest and motivation: <ul style="list-style-type: none"> ○ Mini games tailored for active participation. ○ Discussions on the recreational benefits of handball. ○ Motivational talks emphasizing teamwork and perseverance. <p>For intermediate handball enthusiasts:</p> <ol style="list-style-type: none"> 1. Refinement of basic techniques: <ul style="list-style-type: none"> ○ Repetition exercises to perfect serving and receiving. ○ Advanced passing and setting practices. ○ Spike drills focusing on placement and variability in attacks. 2. Training for endurance and aerobic capacity: <ul style="list-style-type: none"> ○ Exercise circuits simulating specific handball movements. ○ Endurance drills such as short and long court sprints. ○ Handball games adapted to increase cardiovascular endurance. 3. Advanced game tactics: <ul style="list-style-type: none"> ○ Match simulations with emphasis on defensive and offensive strategies. ○ Fast transition drills from defence to attack. ○ Tactical discussions on the importance of communication and anticipation in play. 4. Exploration of positions and roles: <ul style="list-style-type: none"> ○ Position rotations to better understand player responsibilities. ○ Position-specific practices (e.g., separate training for liberos and attackers).
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	<ul style="list-style-type: none"> ○ Role-playing games simulating different game situations to improve decision-making. <p>For advanced handball players:</p> <ol style="list-style-type: none"> 1. Intensive training in advanced techniques: <ul style="list-style-type: none"> ○ Speed and accuracy-focused spike exercises. ○ Blocking and defence drills to enhance anticipation and technique. ○ Libero defence practices and specific receiving skills. 2. Development of specialized skills: <ul style="list-style-type: none"> ○ Individual position-based training (setter, attacker, libero, etc.). ○ Specific drills to improve serving technique according to game strategy. ○ Critical game situation simulations to practice specific skills under pressure. 3. Advanced physical preparation: <ul style="list-style-type: none"> ○ Strength training programs to enhance hitting and blocking power. ○ Speed and agility training to react quickly on the court. ○ Stretching and recovery exercises to maintain flexibility and prevent injuries. 4. Competition preparation: <ul style="list-style-type: none"> ○ Detailed video analysis of previous matches to identify areas for improvement. ○ Match simulations against local or regional teams to refine strategies and tactics. ○ Tactical and strategic review sessions before competitive events.
<p>Results: <i>Describe the expected results from the activities</i></p>	<p>For new handball players:</p> <ol style="list-style-type: none"> 1. Introduction to rules and fundamentals: <ul style="list-style-type: none"> ○ Understanding of basic handball rules and game structure. ○ Ability to participate in games with knowledge of scoring and regulations. 2. Teaching basic techniques: <ul style="list-style-type: none"> ○ Acquisition of fundamental skills such as throwing, passing, dribbling, and shooting. ○ Improvement in hand-eye coordination and basic movement on the court.

	<p>3. Development of motor skills:</p> <ul style="list-style-type: none"> ○ Enhanced coordination and agility through targeted exercises. ○ Improved ability to react quickly and move efficiently during gameplay. <p>4. Promotion of interest and motivation:</p> <ul style="list-style-type: none"> ○ Increased enthusiasm for handball as a recreational activity. ○ Development of teamwork skills and effective communication on the court. <p>For intermediate handball enthusiasts:</p> <p>1. Refinement of basic techniques:</p> <ul style="list-style-type: none"> ○ Consistent execution of throwing, passing, dribbling, and shooting techniques. ○ Enhanced accuracy and control in fundamental skills. <p>2. Training for endurance and aerobic capacity:</p> <ul style="list-style-type: none"> ○ Improved stamina and cardiovascular fitness specific to handball demands. ○ Increased ability to sustain performance throughout longer games or practices. <p>3. Advanced game tactics:</p> <ul style="list-style-type: none"> ○ Understanding and application of defensive and offensive strategies. ○ Better anticipation of opponents' movements and game situations. <p>4. Exploration of positions and roles:</p> <ul style="list-style-type: none"> ○ Familiarity with different positions on the court and their specific responsibilities. ○ Ability to adapt to various roles within team dynamics. <p>For advanced handball players:</p> <p>1. Intensive training in advanced techniques:</p> <ul style="list-style-type: none"> ○ Mastery of advanced skills such as powerful shooting, effective blocking, and precise defence. ○ Enhanced consistency and reliability in executing high-level techniques. <p>2. Development of specialized skills:</p> <ul style="list-style-type: none"> ○ Proficiency in position-specific skills tailored to playmaker, winger, goalkeeper, etc. ○ Ability to contribute strategically to the team's success in competitive settings. ○
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	<p>3. Advanced physical preparation:</p> <ul style="list-style-type: none"> ○ Increased strength, speed, and agility to perform at peak levels during intense gameplay. ○ Reduced risk of injury through improved flexibility and conditioning. <p>4. Competition preparation:</p> <ul style="list-style-type: none"> ○ Application of tactical knowledge and strategic planning in competitive matches. ○ Performance improvement in real-game scenarios, including pressure situations
<p>Innovation: <i>Describe the innovative aspects of the activities</i></p>	<p>Customized Skill Progression: Activities are structured to progress from foundational to advanced skills, ensuring that each participant builds a solid skill base before advancing. This sequential approach helps maintain motivation and confidence as players gradually tackle more complex techniques and strategies.</p> <ul style="list-style-type: none"> • Interactive Learning: Incorporation of interactive and practical learning methods, such as game simulations, role-playing scenarios, and tactical discussions, enhances understanding and retention of handball concepts. This hands-on approach encourages active participation and deeper engagement with the sport. • Technology Integration: Utilization of video analysis and feedback sessions allows for detailed performance evaluation. By leveraging technology, coaches can provide personalized feedback to players, identifying strengths and areas for improvement more effectively. This enhances the learning experience and accelerates skill development. • Holistic Development: Beyond technical skills, emphasis is placed on holistic player development. This includes promoting teamwork, communication skills, sportsmanship, and mental resilience. Such aspects are crucial for fostering well-rounded athletes who excel both on and off the court. • Adaptability and Inclusivity: Activities are adaptable to cater to diverse participant needs, including varying skill levels, physical abilities, and interests. Specialized training programs can be tailored for specific positions or player groups, ensuring inclusivity and maximizing individual potential. • Preparation for Competition: For advanced players, the activities include intensive preparation for competitive environments. This involves realistic match simulations, strategic planning, and mental conditioning sessions to equip players with the tools needed to excel in tournaments and high-pressure situations.

	<ul style="list-style-type: none"> • Promotion of Lifelong Participation: The activities are designed not only to enhance current skills but also to foster a lifelong love for handball. By instilling enjoyment and appreciation for the sport through engaging and challenging activities, participants are encouraged to continue their involvement in handball beyond the structured program.
<p>Impact: <i>Describe the specific impact expected by the activities</i></p>	<p>Development of Technical Skills: Participants are expected to improve their handball technical skills, including throwing, receiving, passing, dribbling, shooting, blocking, and defence. As they master these skills, they will be able to execute more precise and effective movements in the game.</p> <p>Improvement of Physical Fitness: The activities are designed to enhance overall physical fitness of the players, including endurance, strength, speed, and agility specific to the demands of handball. This will enable them to maintain optimal performance during extended games and practices.</p> <p>Promotion of Teamwork and Communication: The activities are expected to foster effective teamwork skills and clear communication among players. This is crucial for collective success in handball, where coordination and collaboration are key.</p> <p>Development of Self-Confidence and Self-Esteem: As players acquire new skills and improve in the sport, they are likely to experience an increase in self-confidence and self-esteem. This stems from recognition of their personal progress and ability to face athletic challenges.</p> <p>Promotion of Sportsmanship Values: The activities aim to promote values such as respect, work ethic, discipline, and sportsmanship within the context of handball. These values are crucial for maintaining fair play and positive attitudes both on and off the court.</p> <p>Preparation for Competitions and Events: For advanced players, the activities are designed to adequately prepare them for local, regional, or national handball competitions. This includes practicing game strategies, conducting video analysis, and participating in match simulations to enhance decision-making under pressure.</p> <p>Encouragement of Long-Term Engagement in Handball: By cultivating a love for handball through engaging and challenging activities, participants are expected to maintain their interest in the sport over the long term. This may lead them to continue playing at competitive or</p>

	recreational levels, contributing to their ongoing physical fitness and personal enjoyment of the game.
Evaluation:	<p>Technical Skills Development: Evaluate the improvement in fundamental handball skills such as throwing, receiving, passing, dribbling, shooting, blocking, and defensive techniques. This assessment will involve skill-specific drills, performance assessments during practices, and feedback from coaches on technical proficiency.</p> <p>Physical Fitness Enhancement: Measure changes in participants' endurance, strength, speed, and agility tailored to the demands of handball. Conduct fitness tests, timed drills focusing on handball-specific movements, and assess overall performance during longer practices or competitive games.</p> <p>Teamwork and Communication: Assess the effectiveness of teamwork dynamics and communication among players during practice sessions and simulated game scenarios. Utilize observational feedback from coaches, peer assessments, and structured evaluations of team cohesion and strategic execution.</p> <p>Self-Confidence and Self-Esteem: Use surveys, interviews, or self-assessment tools to gauge changes in participants' self-confidence and self-esteem as they progress in handball skills and team interactions. Evaluate their perceived competence in executing techniques and contributing to team success.</p> <p>Sportsmanship and Values: Evaluate adherence to sportsmanship values such as respect for opponents, adherence to rules, and display of fair play behaviours during matches and training sessions. Gather feedback from coaches, officials, and peers to assess sportsmanship development over time.</p> <p>Preparation for Competitions: Assess readiness for competitive handball play through participation in local tournaments, scrimmages, or competitive drills. Evaluate performance metrics including match outcomes, individual statistics, tactical understanding, and team cohesion under competitive pressure.</p> <p>Long-Term Engagement: Track participant retention rates in handball programs over time to understand ongoing engagement. Conduct surveys or interviews to explore motivations for continued participation, perceived benefits of the program, and factors influencing long-term commitment to the sport.</p>

	These evaluation strategies will provide comprehensive insights into the impact of handball activities on participants' technical skills, physical fitness, teamwork, sportsmanship, competitive readiness, and long-term engagement in the sport.
Bank of resources: <i>additional materials</i>	
Resources/references: <i>(if available)</i>	Handball 1 Handball 2 Handball 3 Handball 4
Photos: <i>(if available)</i>	

Healthy active lifestyle project, Annual plan

Title of the module:	JUDO
Objectives: <i>General and Specific Objectives</i>	<p>General Objectives</p> <ol style="list-style-type: none"> 1. Promote Regular Physical Activity: Encourage ongoing participation in physical activities through judo to improve children's overall health and well-being. 2. Develop Technical and Tactical Judo Skills: Teach and refine fundamental techniques and tactics necessary to practice judo effectively and safely. 3. Strengthen Values and Social Skills: Use judo as a tool to promote values such as respect, discipline, self-control, and cooperation. 4. Create an Inclusive and Motivating Environment: Ensure that all children, regardless of their skill level, feel included and motivated to participate, improve, and enjoy judo. <p>Specific Objectives:</p> <ol style="list-style-type: none"> 1. Improve Physical Fitness: Increase strength, flexibility, endurance, and coordination through the practice of judo. 2. Develop Technical Judo Skills: Teach and improve grappling, throwing techniques, falls, and other movements specific to judo. 3. Foster Social Skills and Values: Promote respect for peers and coaches, as well as discipline and patience through regular practice. 4. Engage the School Community: Integrate judo practice into the school community, encouraging students, teachers, and parents to participate and support the activity. 5. Ensure Inclusion of All Children: Guarantee that all children, regardless of ability or level, have the opportunity to learn, progress, and enjoy judo in a safe and welcoming environment.
Stakeholders of the project: <i>People and entities contributing or contributed to the implementation of the project/programme</i>	<ol style="list-style-type: none"> 1. Judo coaches and instructors. 2. Physical education teachers.

<p>Beneficiaries: <i>Which target group was involved</i></p>	<p>. Beginners: Individuals new to judo who need fundamental instruction in basic techniques and principles of the sport.</p> <p>. Intermediate Judokas: Those who have basic skills and are looking to improve their technique, strength, and tactical understanding in judo.</p> <p>. Advanced Judokas: Individuals with a high level of proficiency seeking to refine their skills, enhance their performance, and compete at higher levels.</p>
<p>Content: <i>Describe the contents of the modules</i></p>	<p>Beginners:</p> <ol style="list-style-type: none"> 1. Introduction to Judo Fundamentals: <ul style="list-style-type: none"> ○ Overview of basic judo techniques (falls, grips, and throws). ○ Introduction to safety protocols and warm-up exercises. 2. Teaching Fundamental Techniques: <ul style="list-style-type: none"> ○ Instruction on the correct way to fall (ukemi) and basic gripping techniques. ○ Development of coordination and flexibility. 3. Development of Physical Condition and Basic Skills: <ul style="list-style-type: none"> ○ Exercises to improve strength, endurance, and flexibility. ○ Fun activities to develop interest and confidence in judo. 4. Promotion of Interest and Motivation: <ul style="list-style-type: none"> ○ Organization of friendly games and competitions. ○ Educational sessions on the benefits of judo for health and well-being. <p>Intermediate Judokas:</p> <ol style="list-style-type: none"> 1. Refinement of Techniques: <ul style="list-style-type: none"> ○ Advanced exercises to improve the precision of throwing and gripping techniques. ○ Focus on improving agility, speed, and endurance. ○ Practice of advanced judo techniques. 2. Training for Endurance and Strength: <ul style="list-style-type: none"> ○ Structured routines to improve endurance and physical strength. ○ Injury prevention exercises.

	<p>3. Development of Competition-Specific Skills:</p> <ul style="list-style-type: none"> ○ Practice of strategic techniques for competitive scenarios. ○ Participation in simulated competitions. <p>Advanced Judokas:</p> <p>1. Intensive Training in Advanced Techniques:</p> <ul style="list-style-type: none"> ○ Advanced exercises to perfect specific judo techniques. ○ Specialized training to improve speed and precision in combat. <p>2. Development of Specialized Skills:</p> <ul style="list-style-type: none"> ○ Conditioning programs specific to the judoka's specialization. ○ Mental preparation for competition. <p>3. Advanced Physical Preparation:</p> <ul style="list-style-type: none"> ○ Intensive strength and conditioning programs. ○ Recovery strategies and injury prevention. <p>4. Competition Preparation:</p> <ul style="list-style-type: none"> ○ Detailed performance analysis and competition strategy planning. ○ Simulation of real competitive situations
<p>Activities: Describe the activities of the module</p>	<p>Beginners:</p> <p>1. Introduction to Judo Fundamentals:</p> <ul style="list-style-type: none"> ○ Demonstration of basic techniques and their correct execution. ○ Warm-up and safety exercises. <p>2. Teaching Fundamental Techniques:</p> <ul style="list-style-type: none"> ○ Practice of falls and basic gripping techniques. ○ Exercises to improve coordination and flexibility. <p>3. Development of Physical Condition and Basic Skills:</p> <ul style="list-style-type: none"> ○ Physical exercises to develop strength and endurance. ○ Games to foster interest in judo. <p>4. Promotion of Interest and Motivation:</p> <ul style="list-style-type: none"> ○ Organization of friendly competitions and recognition of achievements.

	<p>Intermediate Judokas:</p> <ol style="list-style-type: none"> Refinement of Techniques: <ul style="list-style-type: none"> Advanced exercises to perfect throwing and gripping techniques. Routines to improve agility and endurance. Training for Endurance and Strength: <ul style="list-style-type: none"> Specific training to improve endurance and strength on the mat. Injury prevention exercises. Development of Specific Skills: <ul style="list-style-type: none"> In-depth practice of advanced techniques. Combat simulation and performance analysis. <p>Advanced Judokas:</p> <ol style="list-style-type: none"> Intensive Training in Advanced Techniques: <ul style="list-style-type: none"> Perfection of advanced techniques and personalized training. Development of Specialized Skills: <ul style="list-style-type: none"> Training focused on judoka's specialization (e.g., throwing techniques, immobilization). Advanced Physical Preparation: <ul style="list-style-type: none"> Intensive strength exercises and strategic recovery. Competition Preparation: <ul style="list-style-type: none"> Simulations of real combats and planning of competitive strategies.
<p>Results: <i>Describe the expected results from the activities</i></p>	<p>Beginners:</p> <ul style="list-style-type: none"> Basic understanding of judo techniques and events. Increased confidence and skill in practicing judo. Improvement in physical condition and basic skills. <p>Intermediate Judokas:</p> <ul style="list-style-type: none"> Improved execution of advanced techniques. Greater endurance and specific strength for judo. Preparation for local competitions. <p>Advanced Judokas:</p> <ul style="list-style-type: none"> Perfection of advanced and specialized techniques. Improved performance in high-level competitions.

<p>Innovation: <i>Describe the innovative aspects of the activities</i></p>	<ul style="list-style-type: none"> • Progressive Skill Development: Structured activities that progressively build from foundational skills to advanced techniques, ensuring continuous improvement and motivation. • Interactive Learning: Incorporation of interactive methods such as practical drills, role-playing, and sparring simulations to enhance understanding and engagement. • Technology Integration: Use of video analysis and performance tracking to provide personalized feedback and assess progress. • Holistic Athlete Development: Emphasis on overall athlete development, including physical fitness, mental resilience, and sportsmanship. • Adaptability and Inclusivity: Adaptation of training programs to meet diverse skill levels and physical abilities, ensuring inclusivity and maximizing potential. • Competitive Preparation: Realistic simulations and strategic planning for competitive events to enhance readiness and performance. • Promotion of Lifelong Engagement: Activities designed to instil a lifelong passion for judo and promote ongoing participation.
<p>Impact: <i>Describe the specific impact expected by the activities</i></p>	<ul style="list-style-type: none"> • Development of Technical Skills: Improvement in judo techniques, leading to more effective and efficient performance in judo events. • Improvement of Physical Fitness: Enhanced endurance, strength, and agility specific to judo, supporting optimal performance during practices and competitions. • Promotion of Teamwork and Communication: Fostering of effective teamwork and communication among judokas, important for both individual and team dynamics.

	<ul style="list-style-type: none"> • Development of Self-Confidence and Self-Esteem: Increased self-confidence and self-esteem through skill development and recognition of progress. • Promotion of Sportsmanship Values: Strengthening of values such as respect, discipline, and fair play within the context of judo. • Preparation for Competitions and Events: Enhanced readiness for competitive events through training, simulations, and strategic preparation. • Encouragement of Long-Term Engagement: Cultivation of a love for judo, encouraging continued participation and physical activity beyond the structured program.
Evaluation:	<ul style="list-style-type: none"> • Technical Skills Development: <ul style="list-style-type: none"> ○ Evaluation of Techniques: Assess improvement in judo techniques through drills, performance evaluations, and coach feedback. ○ Skill-Specific Drills and Assessments: Regular evaluations to measure progress in technical skills. • Physical Fitness Enhancement: <ul style="list-style-type: none"> ○ Measurement of Fitness Changes: Measure changes in endurance, strength, and agility through fitness tests and performance assessments. ○ Fitness Tests and Agility Exercises: Include exercise circuits and timed drills to gauge physical conditioning. • Teamwork and Communication: <ul style="list-style-type: none"> ○ Assessment of Team Dynamics: Evaluate teamwork and communication effectiveness through practice sessions and team activities. ○ Collaboration Exercises: Conduct activities requiring collaboration to assess team cohesion and communication. • Self-Confidence and Self-Esteem: <ul style="list-style-type: none"> ○ Evaluation of Self-Confidence: Use surveys and self-assessment tools to gauge changes in self-confidence and self-esteem. ○ Self-Assessment Surveys and Interviews: Regularly gather feedback on perceptions of progress and role within the group.

	<ul style="list-style-type: none"> • Sportsmanship and Values: <ul style="list-style-type: none"> ○ Assessment of Sportsmanship Values: Evaluate adherence to values such as respect and fair play through observations and feedback. ○ Behavioural Observations: Conduct observations and gather feedback on sportsmanship behaviours. • Preparation for Competitions: <ul style="list-style-type: none"> ○ Assessment of Competition Readiness: Evaluate readiness for competitions through participation in events and simulations. ○ Match Simulations and Strategic Reviews: Include simulations and reviews to prepare for competitive settings. • Long-Term Engagement: <ul style="list-style-type: none"> ○ Tracking Retention: Monitor participant retention rates and long-term involvement in judo. <p>Satisfaction and Motivation Surveys: Conduct surveys to assess ongoing motivation and satisfaction with the program</p>
Bank of resources: <i>additional materials</i>	
Resources/references: <i>(if available)</i>	<p>Video 1</p> <p>Video 2</p> <p>Video 3</p>
Photos: <i>(if available)</i>	

Healthy active lifestyle project, Annual plan

Title of the module:	PADDLE
Objectives: <i>General and Specific Objectives</i>	General Objectives: <ol style="list-style-type: none"> Promote Regular Participation in Physical Activities: Encourage ongoing participation in paddle among students to enhance their overall health and well-being. Introduce Paddle as a School Sport: Teach the fundamentals of paddle to beginner students to develop basic skills in the sport. Strengthen Values and Social Skills: Use paddle as a tool to promote values such as teamwork, cooperation, respect, and responsibility within the school environment. Create an Inclusive and Motivating Environment: Ensure that all students, regardless of their skill level, feel included and motivated to participate and progress in paddle. Specific Objectives: <ol style="list-style-type: none"> Improve General Physical Fitness. Develop Basic Technical Skills in Paddle. Foster Social Skills and Values. Engage the School Community in Physical Activity. Ensure Inclusion of All Students.
Stakeholders of the project: <i>People and entities contributing or contributed to the implementation of the project/programme</i>	<ul style="list-style-type: none"> - Specialist basketball coaches - Physical education teachers
Beneficiaries: <i>Which target group was involved</i>	<ol style="list-style-type: none"> Beginner Paddle Students: Students interested in starting to play paddle with little to no prior experience or basic skills in the sport. Students with Limited Prior Knowledge: Students who have some experience with paddle but wish to improve their skills and understanding of the sport.

	<p>3. Students of All Levels: Inclusion of students with varying skill levels to promote a collaborative learning environment.</p>
<p>Content: <i>Describe the contents of the modules</i></p>	<p>For Beginner Paddle Students:</p> <ol style="list-style-type: none"> 1. Introduction to Rules and Fundamentals of Paddle <ul style="list-style-type: none"> ○ Detailed explanation of basic paddle rules. ○ Demonstration of game fundamentals, including how the game is played and scored. ○ Activities to familiarize with court movement and basic positions. 2. Teaching Basic Techniques <ul style="list-style-type: none"> ○ Practice of fundamental techniques such as basic strokes, serving, receiving, and court movement. ○ Simple exercises to improve hand-eye coordination and movement on the court. 3. Development of Motor Skills <ul style="list-style-type: none"> ○ Exercises designed to enhance agility and coordination, such as dribbling and moving quickly on the court. ○ Games that promote teamwork and communication among students. 4. Promotion of Interest and Motivation <ul style="list-style-type: none"> ○ Fun games and activities to keep students engaged and motivated. ○ Talks and discussions on the benefits of paddle as a recreational and sports activity. <p>For Students with Limited Prior Knowledge:</p> <ol style="list-style-type: none"> 1. Refinement of Basic Techniques <ul style="list-style-type: none"> ○ Advanced exercises for improving serve, strokes, and receiving with a focus on precision and control. ○ Practice in simulated game situations to apply learned techniques. 2. Training for Endurance and Aerobic Capacity <ul style="list-style-type: none"> ○ Exercise circuits that mimic paddle movements to improve stamina and cardiovascular fitness. ○ Modified games to increase duration and intensity of physical activity. 3. Basic Game Tactics <ul style="list-style-type: none"> ○ Introduction to simple tactics to improve positioning and strategy on the court. ○ Practice of game situations to apply learned tactics. 4. Exploration of Positions and Roles <ul style="list-style-type: none"> ○ Activities to understand different positions and roles in the game.

	<ul style="list-style-type: none"> ○ Role-playing exercises to improve adaptability to various game situations.
<p>Activities: <i>Describe the activities of the module</i></p>	<p>For Beginner Paddle Students:</p> <ol style="list-style-type: none"> 1. Introduction to Rules and Fundamentals <ul style="list-style-type: none"> ○ Explanation and practical demonstration of rules and fundamentals of paddle. ○ Exercises to become familiar with the court and equipment. 2. Teaching Basic Techniques <ul style="list-style-type: none"> ○ Drills for practicing strokes, serving, and receiving. ○ Coordination and movement exercises on the court. 3. Development of Motor Skills <ul style="list-style-type: none"> ○ Hand-eye coordination and agility exercises. ○ Collaborative games to foster teamwork. 4. Promotion of Interest and Motivation <ul style="list-style-type: none"> ○ Mini-tournaments and recreational games. ○ Discussions about the benefits of paddle and the importance of physical activity. <p>For Students with Limited Prior Knowledge:</p> <ol style="list-style-type: none"> 1. Refinement of Basic Techniques <ul style="list-style-type: none"> ○ Advanced drills for serve, strokes, and receiving. ○ Practice in simulated game scenarios. 2. Training for Endurance and Aerobic Capacity <ul style="list-style-type: none"> ○ Exercise circuits specific to paddle. ○ High-intensity games and drills. 3. Basic Game Tactics <ul style="list-style-type: none"> ○ Game simulations with a focus on tactics. ○ Exercises to improve decision-making during play. 4. Exploration of Positions and Roles <ul style="list-style-type: none"> ○ Practice of different roles on the court. ○ Role-playing activities to enhance understanding of team dynamics.
<p>Results: <i>Describe the expected results from the activities</i></p>	<p>For Beginner Paddle Students:</p> <ul style="list-style-type: none"> ● Understanding of Rules and Fundamentals: Basic knowledge of the rules and game structure. ● Acquisition of Fundamental Skills: Improvement in basic techniques such as strokes, serving, and receiving. ● Development of Motor Skills: Enhanced coordination and agility on the court.

	<ul style="list-style-type: none"> • Increased Interest and Motivation: Greater enthusiasm and commitment to paddle as a recreational activity. <p>For Students with Limited Prior Knowledge:</p> <ul style="list-style-type: none"> • Refinement of Basic Techniques: More precise and controlled execution of fundamental techniques. • Improved Endurance and Aerobic Capacity: Better physical conditioning specific to paddle. • Understanding of Basic Tactics: Effective application of strategies in game situations. • Familiarity with Positions and Roles: Knowledge of various roles on the court and adaptability to them.
<p>Innovation: <i>Describe the innovative aspects of the activities</i></p>	<ul style="list-style-type: none"> • Progressive Approach: Activities structured to progress from basic to advanced skills, ensuring that each participant builds a solid foundation before advancing. • Active and Participatory Learning: Interactive and practical teaching methods, such as games and simulations, for enhanced engagement and understanding. • Technology Integration: Use of video analysis and feedback for personalized improvement. • Holistic Development: Emphasis on social skills and values in addition to technical and physical development. • Inclusivity and Adaptability: Activities designed to be inclusive and adaptable to various skill levels and needs. • Preparation for Ongoing Participation: Activities that encourage a lasting love for paddle and the importance of physical activity in daily life.
<p>Impact: <i>Describe the specific impact expected by the activities</i></p>	<ul style="list-style-type: none"> • Development of Technical Skills: Improvement in fundamental paddle skills. • Improvement in Physical Fitness: Enhanced endurance, strength, and agility specific to paddle. • Promotion of Teamwork and Communication: Better collaboration and communication among students. • Increase in Self-Esteem and Confidence: Boost in confidence and self-esteem as skills improve. • Promotion of Sports Values: Reinforcement of values such as respect and teamwork. • Preparation for Continued Participation: Motivation to continue playing paddle and engaging in physical activity.

Evaluation:	<ul style="list-style-type: none"> • Technical Skills Development: Evaluate improvement in basic paddle skills through practical exercises and coach feedback. • Physical Fitness Enhancement: Measure changes in endurance, strength, and agility with fitness tests and specific drills. • Teamwork and Communication: Assess effectiveness of teamwork and communication through observation and feedback. • Self-Confidence and Self-Esteem: Use surveys and interviews to gauge changes in self-confidence and esteem. • Sportsmanship and Values: Evaluate adherence to sportsmanship through observations and feedback. • Preparation for Competitions: Assess readiness through participation in practice matches and review of performance metrics. • Long-Term Engagement: Track retention and motivation through surveys and interviews.
Bank of resources: <i>additional materials</i>	
Resources/references: <i>(if available)</i>	Paddle 1 Paddle 2
Photos: <i>(if available)</i>	

Healthy active lifestyle project, Annual plan

Title of the module:	SWIMMING
Objectives: <i>General and Specific Objectives</i>	General Objectives: <ul style="list-style-type: none"> • Promote Regular Physical Activity: Encourage ongoing participation in physical activities through swimming to enhance overall health and well-being. • Develop Swimming Technical and Tactical Skills: Teach and refine the technical and tactical skills necessary to swim effectively and safely. • Strengthen Values and Social Skills: Utilize swimming as a tool to promote values such as teamwork, cooperation, respect, and responsibility. • Create an Inclusive and Motivating Environment: Ensure that all children, regardless of their skill level, feel included and motivated to participate and improve. Specific Objectives: <ul style="list-style-type: none"> • Improve Physical Fitness. • Develop Swimming Technical Skills. • Foster Social Skills and Values. • Engage the School Community. • Ensure Inclusion of All Children.
Stakeholders of the project: <i>People and entities contributing or contributed to the implementation of the project/programme</i>	<ul style="list-style-type: none"> • Specialist swimming coaches • Physical education teachers
Beneficiaries: <i>Which target group was involved</i>	<ul style="list-style-type: none"> • New Swimmers: Individuals interested in learning to swim and starting from the basics, but who may lack experience or basic skills in swimming. • Intermediate Swimmers: Those who have acquired basic swimming skills and wish to improve their technique, endurance, and learn more about different strokes. • Advanced Swimmers: Individuals with a high level of swimming ability who seek to refine their technique, develop specific skills (such as speed, endurance, or competitive strategies), or participate in advanced competitions and events.

<p>Content: <i>Describe the contents of the modules</i></p>	<p>New Swimmers:</p> <ul style="list-style-type: none"> Introduction to Swimming Basics: <p>Overview of basic swimming strokes and techniques (freestyle, backstroke, breaststroke, butterfly). Safety protocols and water safety rules. Introduction to swimming equipment and its use.</p> Teaching Basic Techniques: <p>Instruction on basic strokes and breathing techniques. Development of floatation skills and basic body positioning. Encouragement of comfort and confidence in the water.</p> Development of Water Skills: <p>Exercises to improve buoyancy and basic swimming movements. Coordination drills to enhance arm and leg movements. Games and activities to promote enjoyment and confidence in the water.</p> Promotion of Interest and Motivation: <p>Fun swimming games and challenges to keep children engaged. Discussions on the benefits of swimming for health and recreation. Positive reinforcement and celebration of progress.</p> <p>Intermediate Swimmers:</p> <ul style="list-style-type: none"> Refinement of Basic Techniques: <p>Advanced drills to improve stroke efficiency and technique. Focused practice on starts, turns, and finishes. Introduction to more complex strokes and breathing patterns.</p> Training for Endurance and Strength:

	<p>Endurance swims and interval training to build stamina. Strength training exercises specific to swimming. Techniques to improve overall swimming efficiency and speed.</p> <ul style="list-style-type: none"> • Advanced Strokes and Skills: <p>Detailed instruction on advanced techniques for each stroke. Practice of open water swimming techniques and turns. Introduction to competitive swimming strategies and race tactics.</p> • Exploration of Competitive Swimming: <p>Participation in mock swim meets and time trials. Understanding of competitive swim rules and regulations. Review of race strategies and goal setting.</p> <p>Advanced Swimmers:</p> <ul style="list-style-type: none"> • Intensive Training in Advanced Techniques: <p>Advanced stroke technique drills focusing on efficiency and speed. Training for starts, turns, and finishes with a focus on competitive edge. Individualized coaching to address specific strengths and areas for improvement.</p> • Development of Specialized Skills: <p>Targeted training based on swimmer's specialization (e.g., sprinter, distance swimmer). Advanced workouts to enhance speed, endurance, and race tactics. Psychological preparation for competition and performance enhancement.</p> • Advanced Physical Preparation: <p>Comprehensive strength and conditioning programs. Advanced flexibility and injury prevention techniques. Recovery strategies and mental conditioning exercises.</p> • Competition Preparation:
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	<p>Detailed video analysis of race performance and technique.</p> <p>Simulation of competitive scenarios and race planning.</p> <p>Strategy sessions focusing on mental preparation and competitive mindset.</p>
<p>Activities:</p> <p><i>Describe the activities of the module</i></p>	<p>For New Swimmers:</p> <ul style="list-style-type: none"> <p>Introduction to Swimming Basics:</p> <p>Detailed Instruction on Swimming Strokes: Teach basic strokes with demonstrations and practice.</p> <p>Safety and Comfort in Water: Conduct activities to make swimmers feel secure and comfortable.</p> <p>Basic Skills Practice: Perform exercises like floating, kicking, and basic stroke movements.</p> <p>Teaching Basic Techniques:</p> <p>Stroke Drills: Practice fundamental strokes through structured drills.</p> <p>Breathing Techniques: Teach proper breathing patterns and coordination with strokes.</p> <p>Water Safety Drills: Practice safety skills and how to handle different water situations.</p> <p>Development of Water Skills:</p> <p>Buoyancy and Movement Drills: Exercises to improve buoyancy and basic swimming movements.</p> <p>Coordination Games: Fun games to develop coordination and comfort in the water.</p> <p>Simple Races and Challenges: Engage in friendly races and challenges to build confidence.</p> <p>Promotion of Interest and Motivation:</p> <p>Fun Swimming Activities: Organize enjoyable swimming games and activities.</p> <p>Educational Talks: Discuss the benefits of swimming and encourage continuous practice.</p> <p>Positive Reinforcement: Celebrate progress and achievements to keep swimmers motivated.</p>

	<p>For Intermediate Swimmers:</p> <ul style="list-style-type: none">• Refinement of Basic Techniques:<p>Advanced Stroke Drills: Focus on refining strokes and improving technique.</p><p>Start and Turn Practice: Practice starts, turns, and finishes for efficiency.</p><p>Complex Strokes: Introduction to and practice of advanced strokes.</p>• Training for Endurance and Strength:<p>Endurance Training: Perform long swims and interval workouts to build stamina.</p><p>Strength Exercises: Include dry-land strength training specific to swimming.</p><p>Efficiency Drills: Practice techniques to enhance overall swimming efficiency.</p>• Advanced Strokes and Skills:<p>Advanced Technique Instruction: Detailed practice of advanced stroke techniques.</p><p>Open Water Training: Introduction to techniques and strategies for open water swimming.</p><p>Race Tactics: Learn and practice competitive swimming strategies.</p>• Exploration of Competitive Swimming:<p>Mock Meets: Participate in practice swim meets to simulate competitive conditions.</p><p>Understanding Swim Rules: Learn about competitive swim rules and regulations.</p><p>Race Strategy Discussions: Plan and discuss strategies for improving race performance.</p> <p>For Advanced Swimmers:</p> <ul style="list-style-type: none">• Intensive Training in Advanced Techniques:<p>High-Level Stroke Drills: Advanced drills focusing on technique and speed.</p><p>Starts, Turns, and Finishes: Intensive practice on race starts, turns, and finishes.</p><p>Individual Coaching: Personalized coaching to refine performance.</p>
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	<ul style="list-style-type: none"> • Development of Specialized Skills: <p>Position-Specific Training: Focus on skills related to swimmer's specialized events.</p> <p>Advanced Workouts: Intense training sessions to enhance speed and endurance.</p> <p>Mental Preparation: Psychological training to handle competitive stress.</p> • Advanced Physical Preparation: <p>Strength Training: Comprehensive strength workouts for swimming performance.</p> <p>Speed and Agility Drills: Enhance quickness and agility specific to swimming.</p> <p>Recovery Techniques: Implement recovery and injury prevention strategies.</p> • Competition Preparation: <p>Video Analysis: Analyse race footage to identify areas for improvement.</p> <p>Race Simulations: Simulate competitive races to practice strategies and techniques.</p> <p>Tactical Reviews: Review and refine race strategies and game plans.</p>
<p>Results: <i>Describe the expected results from the activities</i></p>	<p>For New Swimmers:</p> <ul style="list-style-type: none"> • Introduction to Swimming Basics: <p>Understanding of basic swimming strokes and safety protocols.</p> <p>Ability to participate in swimming activities with foundational knowledge.</p> • Teaching Basic Techniques: <p>Acquisition of fundamental swimming skills such as basic strokes and breathing techniques.</p> <p>Increased comfort and confidence in the water.</p> • Development of Water Skills: <p>Enhanced buoyancy and movement skills through targeted exercises.</p> <p>Improved coordination and water handling abilities.</p>

	<ul style="list-style-type: none"> • Promotion of Interest and Motivation: <p>Increased enthusiasm for swimming as a recreational activity.</p> <p>Development of positive attitudes and enjoyment in swimming.</p> <p>For Intermediate Swimmers:</p> <ul style="list-style-type: none"> • Refinement of Basic Techniques: <p>Consistent execution of advanced strokes and techniques.</p> <p>Enhanced efficiency and precision in swimming movements.</p> • Training for Endurance and Strength: <p>Improved endurance and cardiovascular fitness specific to swimming.</p> <p>Increased ability to sustain performance through longer swims and practices.</p> • Advanced Strokes and Skills: <p>Mastery of advanced swimming strokes and techniques.</p> <p>Enhanced understanding of competitive swimming strategies.</p> • Exploration of Competitive Swimming: <p>Familiarity with competitive swimming scenarios and rules.</p> <p>Ability to perform effectively in mock meets and time trials.</p> <p>For Advanced Swimmers:</p> <ul style="list-style-type: none"> • Intensive Training in Advanced Techniques: <p>Mastery of high-level swimming techniques and improved performance.</p> <p>Increased consistency and reliability in competitive scenarios.</p>
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	<ul style="list-style-type: none"> • Development of Specialized Skills: Proficiency in specialized skills for specific events or roles. Strategic contribution to team and individual success in competitions. • Advanced Physical Preparation Enhanced strength, speed, and agility for peak performance. Reduced injury risk through comprehensive conditioning and recovery. • Competition Preparation: Effective application of tactics and strategies in competitive settings. Improved performance and decision-making in high-pressure situations
<p>Innovation: <i>Describe the innovative aspects of the activities</i></p>	<ul style="list-style-type: none"> • Customized Skill Progression: Activities are structured to progress from foundational to advanced skills, ensuring that each participant builds a solid skill base before tackling more complex techniques and strategies. This helps maintain motivation and confidence as swimmers advance. • Interactive Learning: Incorporation of interactive and practical learning methods, such as swim simulations, role-playing scenarios, and tactical discussions, enhances understanding and retention of swimming concepts. This hands-on approach promotes active engagement and deeper learning. • Technology Integration: Utilization of video analysis and feedback sessions allows for detailed performance evaluation. By leveraging technology, coaches can provide personalized feedback to swimmers, identifying strengths and areas for improvement more effectively. • Holistic Development: Beyond technical skills, emphasis is placed on holistic swimmer development. This includes promoting teamwork, communication skills, sportsmanship, and mental resilience, which are crucial for fostering well-rounded athletes.

	<ul style="list-style-type: none"> • Adaptability and Inclusivity: Activities are adaptable to cater to diverse participant needs, including varying skill levels and physical abilities. Specialized training programs can be tailored for specific strokes or swimmer groups, ensuring inclusivity and maximizing individual potential. • Preparation for Competition: For advanced swimmers, activities include intensive preparation for competitive environments, including realistic race simulations, strategic planning, and mental conditioning to equip swimmers for success in tournaments and high-pressure situations. • Promotion of Lifelong Participation: The activities are designed not only to enhance current skills but also to foster a lifelong love for swimming. By instilling enjoyment and appreciation for the sport through engaging and challenging activities, participants are encouraged to continue their involvement in swimming beyond the structured program.
<p>Impact: <i>Describe the specific impact expected by the activities</i></p>	<ul style="list-style-type: none"> • Development of Technical Skills: Participants are expected to improve their swimming technical skills, including strokes, breathing techniques, and turns. Mastery of these skills will enable more precise and effective swimming. • Improvement of Physical Fitness: The activities are designed to enhance overall physical fitness, including endurance, strength, and agility specific to swimming. This will support optimal performance during extended swims and practices. • Promotion of Teamwork and Communication: The activities are expected to foster effective teamwork and communication among swimmers. Coordination and collaboration are crucial for success in both individual and team swimming events. • Development of Self-Confidence and Self-Esteem: As swimmers acquire new skills and improve their performance, they are likely to experience increased self-confidence and self-esteem. This stems from recognition of their progress and ability to meet athletic challenges. • Promotion of Sportsmanship Values: The activities aim to promote values such as respect, discipline, and sportsmanship within the context of swimming. These

	<p>values are essential for maintaining fair play and positive attitudes both in and out of the pool.</p> <ul style="list-style-type: none"> • Preparation for Competitions and Events: For advanced swimmers, the activities are designed to prepare them for local, regional, or national swimming competitions. This includes practicing race strategies, conducting video analysis, and participating in mock races to enhance competitive performance. • Encouragement of Long-Term Engagement in Swimming: By cultivating a love for swimming through engaging and challenging activities, participants are expected to maintain their interest in the sport over the long term. This may lead to continued participation at competitive or recreational levels, contributing to ongoing physical fitness and enjoyment of swimming.
Evaluation:	<ul style="list-style-type: none"> • Technical Skills Development: <ul style="list-style-type: none"> ◦ Evaluation of Fundamental Skills: Assess improvement in basic swimming skills such as strokes, breathing techniques, and turns through skill-specific drills, performance evaluations during practices, and coach feedback. ◦ Technical Drills and Assessments: Implement specific drills and conduct regular evaluations to measure progress in technical execution. • Physical Fitness Enhancement: <ul style="list-style-type: none"> ◦ Measurement of Fitness Changes: Measure changes in participants' endurance, strength, and agility tailored to swimming demands through fitness tests, timed swims, and performance assessments. ◦ Fitness Tests and Agility Exercises: Include exercise circuits and speed tests to measure improvements in physical conditioning related to swimming. • Teamwork and Communication: <ul style="list-style-type: none"> ◦ Assessment of Team Dynamics and Communication: Evaluate teamwork and communication effectiveness during practice sessions and simulated race scenarios through observational feedback, peer assessments, and structured evaluations.

	<ul style="list-style-type: none"> ◦ Collaboration Exercises and Communication Evaluation: Conduct activities requiring collaboration and communication to assess team cohesion and effectiveness. • Self-Confidence and Self-Esteem: <ul style="list-style-type: none"> ◦ Evaluation of Changes in Self-Confidence and Self-Esteem: Use surveys, interviews, or self-assessment tools to gauge changes in participants' self-confidence and self-esteem as they progress in swimming skills and team interactions. ◦ Self-Assessment Surveys and Interviews: Conduct regular surveys and interviews to gather information on swimmers' perceptions of their progress and role within the team. • Sportsmanship and Values: <ul style="list-style-type: none"> ◦ Assessment of Adherence to Sportsmanship Values: Evaluate adherence to sportsmanship values such as respect for competitors, adherence to rules, and display of fair play behaviours during practices and competitions. ◦ Behavioural Observations and Feedback: Conduct direct observations and gather feedback to assess how swimmers demonstrate respect and fair play in competitive contexts. • Preparation for Competitions: <ul style="list-style-type: none"> ◦ Assessment of Competition Readiness: Evaluate readiness for competitive swimming through participation in swim meets, mock races, or competitive drills. Measure performance metrics including race outcomes, individual statistics, tactical understanding, and team cohesion under competitive pressure. • Race Simulations and Strategic Reviews: Include race simulations and tactical reviews to prepare swimmers for high-pressure situations and assess their performance in competitive settings. • Long-Term Engagement: <ul style="list-style-type: none"> ◦ Tracking Retention in Swimming Programs: Monitor participant retention rates in swimming programs over time to understand ongoing engagement.
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	<p>Conduct surveys or interviews to explore motivations for continued participation, perceived benefits of the program, and factors influencing long-term commitment.</p> <ul style="list-style-type: none"> ◦ Satisfaction and Motivation Surveys: Regularly conduct surveys to evaluate swimmers' satisfaction and motivation to continue participating in swimming.
Bank of resources: <i>additional materials</i>	
Resources/references: <i>(if available)</i>	<p>Video 1</p> <p>Video 2</p> <p>Video 3</p>
Photos: <i>(if available)</i>	

Healthy active lifestyle project, Annual plan

Title of the module:	VOLLEYBAL
<p style="text-align: center;">Objectives: <i>General and Specific Objectives</i></p>	<p>General Objectives</p> <ol style="list-style-type: none"> 9. Promote Regular Physical Activity: Encourage on going participation in physical activities through volleyball to enhance children's overall health and well-being. 10. Develop Volleyball Technical and Tactical Skills: Teach and refine the technical and tactical skills necessary to play volleyball effectively. 11. Strengthen Values and Social Skills: Utilize volleyball as a tool to promote values such as teamwork, cooperation, respect, and responsibility. 12. Create an Inclusive and Motivating Environment: Ensure that all children, regardless of their skill level, feel included and motivated to participate and improve. <p>Specific Objectives:</p> <ol style="list-style-type: none"> 11. Improve Physical Fitness. 12. Develop Volleyball Technical Skills. 13. Foster Social Skills and Values. 14. Engage the School Community. 15. Ensure Inclusion of All Children
<p style="text-align: center;">Stakeholders of the project: <i>People and entities contributing or contributed to the implementation of the project/programme</i></p>	<ul style="list-style-type: none"> - Specialist volleyball coaches - Physical education teachers
<p style="text-align: center;">Beneficiaries: <i>Which target group was involved</i></p>	<ol style="list-style-type: none"> 1.- New volleyball players: Individuals interested in learning and starting to play volleyball, but who may lack experience or basic skills in the sport. 2.- Intermediate volleyball enthusiasts: Those who have already acquired basic volleyball skills and wish to improve their technique, increase their endurance, and explore new aspects of the sport.

	<p>3.- Advanced players: Individuals with a high level of volleyball ability who seek to refine their technique, develop specific skills (such as attacking, blocking, or defence), or participate in high-level competitions and events.</p>
<p>Content: <i>Describe the contents of the modules</i></p>	<p>.New volleyball players:</p> <ul style="list-style-type: none"> • Introduction to the basic rules and fundamentals of volleyball. • Teaching basic techniques such as serving, receiving, passing, and spiking. • Development of specific motor skills for volleyball, such as hand-eye coordination and quick movement on the court. • Encouragement of teamwork and communication within the game. • Promotion of interest and motivation towards volleyball as a recreational sport. <p>Intermediate volleyball enthusiasts:</p> <ul style="list-style-type: none"> • Refinement of basic techniques and improvement of consistency in execution. • Training to enhance endurance and specific aerobic capacity for volleyball. • Introduction to more advanced game tactics, such as defensive and offensive strategies. • Exploration of specific positions on the court and roles within the team. • Practice of simulated game situations to improve decision-making and anticipation. <p>Advanced players:</p> <ul style="list-style-type: none"> • Intensive training to perfect advanced techniques in attacking, blocking, and defence. • Development of specialized skills according to individual positions on the court. • Participation in specific physical preparation training to improve strength, speed, and agility.

	<ul style="list-style-type: none"> • Detailed video analysis and feedback to adjust and enhance technical and tactical performance. • Preparation for local or regional competitions, including match simulations and game management strategies.
<p>Activities: <i>Describe the activities of the module</i></p>	<p>New volleyball players:</p> <ol style="list-style-type: none"> 1. Introduction to rules and fundamentals: <ul style="list-style-type: none"> ○ Detailed explanation of basic volleyball rules. ○ Practical demonstrations of how volleyball is played and scored. ○ Simple exercises to familiarize with court movement and positioning. 2. Teaching basic techniques: <ul style="list-style-type: none"> ○ Practice basic serving from the backline. ○ Passing and setting drills among peers. ○ Spike exercises focusing on arm technique and jumping. 3. Development of motor skills: <ul style="list-style-type: none"> ○ Hand-eye coordination exercises using volleyball balls. ○ Quick court movement drills to improve agility. ○ Simple games promoting teamwork and communication. 4. Promotion of interest and motivation: <ul style="list-style-type: none"> ○ Mini games tailored for active participation. ○ Discussions on the recreational benefits of volleyball. ○ Motivational talks emphasizing teamwork and perseverance. <p>For intermediate volleyball enthusiasts:</p> <ol style="list-style-type: none"> 1. Refinement of basic techniques: <ul style="list-style-type: none"> ○ Repetition exercises to perfect serving and receiving.

	<ul style="list-style-type: none"> ○ Advanced passing and setting practices. ○ Spike drills focusing on placement and variability in attacks. <p>2. Training for endurance and aerobic capacity:</p> <ul style="list-style-type: none"> ○ Exercise circuits simulating specific volleyball movements. ○ Endurance drills such as short and long court sprints. ○ Volleyball games adapted to increase cardiovascular endurance. <p>3. Advanced game tactics:</p> <ul style="list-style-type: none"> ○ Match simulations with emphasis on defensive and offensive strategies. ○ Fast transition drills from defense to attack. ○ Tactical discussions on the importance of communication and anticipation in play. <p>4. Exploration of positions and roles:</p> <ul style="list-style-type: none"> ○ Position rotations to better understand player responsibilities. ○ Position-specific practices (e.g., separate training for liberos and attackers). ○ Role-playing games simulating different game situations to improve decision-making. <p>For advanced volleyball players:</p> <p>1. Intensive training in advanced techniques:</p> <ul style="list-style-type: none"> ○ Speed and accuracy-focused spike exercises. ○ Blocking and defence drills to enhance anticipation and technique. ○ Libero defence practices and specific receiving skills. <p>2. Development of specialized skills:</p> <ul style="list-style-type: none"> ○ Individual position-based training (setter, attacker, libero, etc.). ○ Specific drills to improve serving technique according to game strategy.
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	<ul style="list-style-type: none"> ○ Critical game situation simulations to practice specific skills under pressure. <p>3. Advanced physical preparation:</p> <ul style="list-style-type: none"> ○ Strength training programs to enhance hitting and blocking power. ○ Speed and agility training to react quickly on the court. ○ Stretching and recovery exercises to maintain flexibility and prevent injuries. <p>4. Competition preparation:</p> <ul style="list-style-type: none"> ○ Detailed video analysis of previous matches to identify areas for improvement. ○ Match simulations against local or regional teams to refine strategies and tactics. ○ Tactical and strategic review sessions before competitive events.
<p>Results: <i>Describe the expected results from the activities</i></p>	<p>New volleyball players:</p> <p>1. Introduction to rules and fundamentals:</p> <ul style="list-style-type: none"> ○ Understanding of basic volleyball rules and game structure. ○ Ability to participate in games with knowledge of scoring and regulations. <p>2. Teaching basic techniques:</p> <ul style="list-style-type: none"> ○ Acquisition of fundamental skills such as serving, passing, setting, and spiking. ○ Improvement in hand-eye coordination and basic movement on the court. <p>3. Development of motor skills:</p> <ul style="list-style-type: none"> ○ Enhanced coordination and agility through targeted exercises. ○ Improved ability to react quickly and move efficiently during gameplay. <p>4. Promotion of interest and motivation:</p> <ul style="list-style-type: none"> ○ Increased enthusiasm for volleyball as a recreational activity.

	<ul style="list-style-type: none"> ○ Development of teamwork skills and effective communication on the court. <p>Intermediate volleyball enthusiasts:</p> <ol style="list-style-type: none"> 1. Refinement of basic techniques: <ul style="list-style-type: none"> ○ Consistent execution of serving, passing, setting, and spiking techniques. ○ Enhanced accuracy and control in fundamental skills. 2. Training for endurance and aerobic capacity: <ul style="list-style-type: none"> ○ Improved stamina and cardiovascular fitness specific to volleyball demands. ○ Increased ability to sustain performance throughout longer games or practices. 3. Advanced game tactics: <ul style="list-style-type: none"> ○ Understanding and application of defensive and offensive strategies. ○ Better anticipation of opponents' movements and game situations. 4. Exploration of positions and roles: <ul style="list-style-type: none"> ○ Familiarity with different positions on the court and their specific responsibilities. ○ Ability to adapt to various roles within team dynamics. <p>Advanced volleyball players:</p> <ol style="list-style-type: none"> 1. Intensive training in advanced techniques: <ul style="list-style-type: none"> ○ Mastery of advanced skills such as powerful spiking, effective blocking, and precise defence. ○ Enhanced consistency and reliability in executing high-level techniques. 2. Development of specialized skills: <ul style="list-style-type: none"> ○ Proficiency in position-specific skills tailored to setter, attacker, libero, etc. ○ Ability to contribute strategically to the team's success in competitive settings.
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	<p>3. Advanced physical preparation:</p> <ul style="list-style-type: none"> ○ Increased strength, speed, and agility to perform at peak levels during intense gameplay. ○ Reduced risk of injury through improved flexibility and conditioning. <p>4. Competition preparation:</p> <ul style="list-style-type: none"> ○ Application of tactical knowledge and strategic planning in competitive matches. ○ Performance improvement in real-game scenarios, including pressure situations.
<p>Innovation: <i>Describe the innovative aspects of the activities</i></p>	<p>2 Customized Skill Progression: Activities are structured to progress from foundational to advanced skills, ensuring that each participant builds a solid skill base before advancing. This sequential approach helps maintain motivation and confidence as players gradually tackle more complex techniques and strategies.</p> <p>2 Interactive Learning: Incorporation of interactive and practical learning methods, such as game simulations, role-playing scenarios, and tactical discussions, enhances understanding and retention of volleyball concepts. This hands-on approach encourages active participation and deeper engagement with the sport.</p> <p>2 Technology Integration: Utilization of video analysis and feedback sessions allows for detailed performance evaluation. By leveraging technology, coaches can provide personalized feedback to players, identifying strengths and areas for improvement more effectively. This enhances the learning experience and accelerates skill development.</p> <p>2 Holistic Development: Beyond technical skills, emphasis is placed on holistic player development. This includes promoting teamwork, communication skills, sportsmanship, and mental resilience. Such aspects are crucial for fostering well-rounded athletes who excel both on and off the court.</p>

	<p>❓ Adaptability and Inclusivity: Activities are adaptable to cater to diverse participant needs, including varying skill levels, physical abilities, and interests. Specialized training programs can be tailored for specific positions or player groups, ensuring inclusivity and maximizing individual potential.</p> <p>❓ Preparation for Competition: For advanced players, the activities include intensive preparation for competitive environments. This involves realistic match simulations, strategic planning, and mental conditioning sessions to equip players with the tools needed to excel in tournaments and high-pressure situations.</p> <p>❓ Promotion of Lifelong Participation: The activities are designed not only to enhance current skills but also to foster a lifelong love for volleyball. By instilling enjoyment and appreciation for the sport through engaging and challenging activities, participants are encouraged to continue their involvement in volleyball beyond the structured program.</p>
<p>Impact: <i>Describe the specific impact expected by the activities</i></p>	<p>❓ Development of Technical Skills: Participants are expected to improve their volleyball technical skills, including serving, receiving, passing, spiking, blocking, and defence. As they master these skills, they will be able to execute more precise and effective movements in the game.</p> <p>❓ Improvement of Physical Fitness: The activities are designed to enhance overall physical fitness of the players, including endurance, strength, speed, and agility. This will enable them to maintain optimal performance during extended games and practices.</p> <p>❓ Promotion of Teamwork and Communication: The activities are expected to foster effective teamwork skills and clear communication among players. This is crucial for collective success in volleyball, where coordination and collaboration are key.</p>

	<p>❑ Development of Self-Confidence and Self-Esteem: As players acquire new skills and improve in the sport, they are likely to experience an increase in self-confidence and self-esteem. This stems from recognition of their personal progress and ability to face athletic challenges.</p> <p>❑ Promotion of Sportsmanship Values: The activities aim to promote values such as respect, work ethic, discipline, and sportsmanship. These values are important not only within the context of volleyball but also in other areas of participants' lives.</p> <p>❑ Preparation for Competitions and Events: For advanced players, the activities are designed to adequately prepare them for local, regional, or even national competitions. This includes practicing game strategies, video analysis, and match simulations to enhance decision-making under pressure.</p> <p>❑ Encouragement of Long-Term Engagement in Volleyball: By cultivating a love for volleyball through engaging and challenging activities, participants are expected to maintain their interest in the sport over the long term. This may lead them to continue playing at competitive or recreational levels even after completing the extracurricular program.</p>
<p>Evaluation:</p>	<p>❑ Technical Skills Development: Evaluate the improvement in fundamental skills such as serving, passing, setting, spiking, and defensive techniques through skill-specific drills and performance assessments.</p> <p>❑ Physical Fitness Enhancement: Measure changes in participants' endurance, strength, speed, and agility through fitness tests, timed drills, and overall performance in longer practices or games.</p> <p>❑ Teamwork and Communication: Assess the effectiveness of teamwork and communication among players during practice sessions and</p>

	<p>simulated game scenarios, using observational feedback and player self-assessments.</p> <p>❓ Self-Confidence and Self-Esteem: Utilize surveys, interviews, or self-assessment tools to gauge changes in participants' confidence levels and self-esteem as they progress in their volleyball skills and team interactions.</p> <p>❓ Sportsmanship and Values: Evaluate adherence to sportsmanship values such as respect for opponents, adherence to rules, and display of fair play behaviours through observation during matches and feedback from coaches and peers.</p> <p>❓ Preparation for Competitions: Assess readiness for competitive play through participation in local tournaments or scrimmages, evaluating performance metrics like win-loss records, individual statistics, and team cohesion.</p> <p>❓ Long-Term Engagement: Track participant retention rates in volleyball programs over time, conducting surveys or interviews to understand motivations for continued participation and perceived benefits of the program.</p>
Bank of resources: <i>additional materials</i>	
Resources/references: <i>(if available)</i>	<p>Volleyball 1</p> <p>Volleyball 2</p> <p>Volleyball 3</p> <p>Volleyball 4</p>
Photos: <i>(if available)</i>	



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ActivYou

Primary school

“Nikolaj Velimirovic” Sabac

Recommendations of sports
activities for quality leisure time

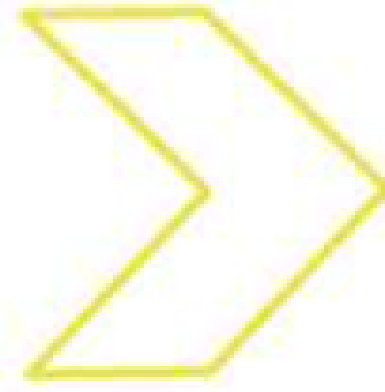
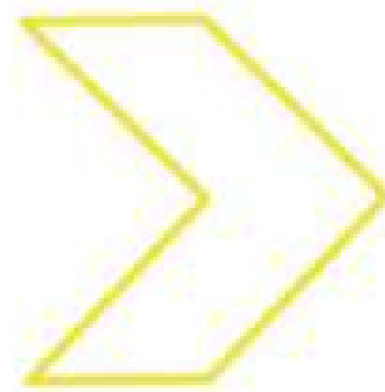


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School sports project

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School sports project

Healthy active lifestyle

Let`s transform fitness into fun!

~

Join us on an inspiring journey!

~

Use our recommendations to improve
your health and physical condition.



Our mission: Offering suitable ideas for playing sports in your free time at schools or at home with your families

Suggested activities are divided into different levels according to your abilities and necessities.

We have also taken into consideration adaptive sports to include the disabled too.

WE HAVE DIVIDED SPORTS BY DIFFERENT LEVELS

For
beginners
we
recommend:

Beginner basic
RUNNING
HIKING
CYCLING



Intermediate techniques

**Sports that
require some
foreknowledge**



**CORNHOLE
ORIENTEERING
DEXTERITY
POLYGON**



**Sports that demand
more training and
engaging the larger
number of athletes**



**Advanced
training
methods**

**VOLLEYBALL
FUTSAL
BASKET 3X3**



Specialised skills **SKIING**

**Professionalised sports
which demand
specialised equipment
and conditions**



Adapted sports

**We recommend sports
which are adapted for
everyone, even for
people with
disabilities or some
developmental
disorder - adapted
sports**

**BASKIN
SITTING VOLLEYBALL
ADAPTED
TABLE TENNIS**



Traditional folk dance is highly recommended, as well as other types of dance, as an excellent physical activity

Traditional folk dance

FOLKLORE

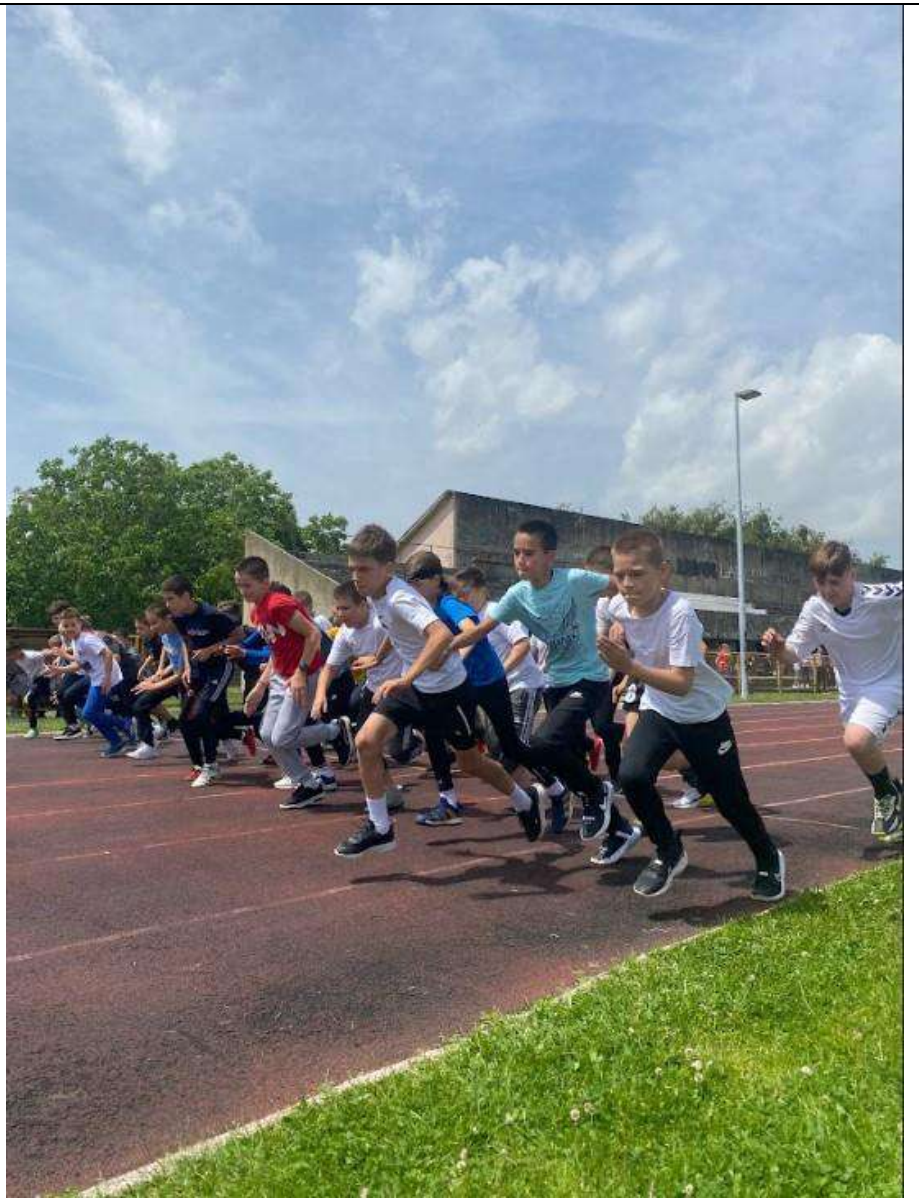


BEGINNER BASIC MODULE

Healthy active lifestyle project, Annual plan

Title of the module:	Centre sports project – Cross country running
Objectives: <i>General and Specific Objectives</i>	<p>The general objective is to improve physical and mental health, as well as the adoption and promotion of healthy lifestyles.</p> <p>Specific objectives: motor skills development, strengthening of body musculature, improvement of posture, improvement of coordination, development of flexibility, socialization, teamwork, strengthening of team spirit, reduction of stress and development of self-confidence.</p>
Stakeholders of the project: <i>People and entities contributing or contributed to the implementation of the project/programme</i>	Parents, students, athletic clubs, local government.
Beneficiaries: <i>Which target group was involved</i>	Target group: the sixth graders, i.e. 12 years old students
Content: <i>Describe the contents of the modules</i>	This module contains activities that are attractive and popular among children of this age.
Activities: <i>Describe the activities of the module</i>	Cross or cross-running (cross country running) is one of the running disciplines in athletics. It is running over uneven terrain, which is not specially prepared for running. It is run in forests, meadows, mountains, not on the streets like in a marathon. That is why, in terms of motor skills and coordination, it is more difficult and requires, in addition to high fitness, a good ability to balance and react.
Results: <i>Describe the expected results from the activities</i>	The expected results are an increase in student interest in this activity, which is reflected in an increase in the number of interested students and in the effort put in to achieve the expected results of each activity (victory, number of kilometres travelled, etc.), which all leads to strengthening of the body's musculature, increasing body flexibility and support in posture, improving coordination and orientation, improving concentration, strengthening friendships in the group, creating new friendships, giving children the opportunity to get to know some sports activities and try them out.
Innovation: <i>Describe the innovative aspects of the activities</i>	The expected results are the increase in student interest in this activity, which is reflected in an increase in the number of interested students and in the effort put in to achieve the expected results of each activity (victory, number of kilometres travelled, etc.), which all leads to strengthening of the body's musculature, increasing body flexibility and support in posture, improving coordination and orientation, improving concentration, strengthening friendships in the group, creating new friendships, giving

	children the opportunity to get to know some sports activities and try them out.
Impact: <i>Describe the specific impact expected by the activities</i>	Children are expected to incorporate this activity into their daily lifestyle through athletic training or recreational pursuits.
Evaluation: <i>Please provide 5 multiple choice questions (highlight the right one)</i>	<p>1. Since I have been practising this sport as part of a school project:</p> <p>a. I feel better b. I feel the same way c. I feel worse</p> <p>2. Since I have been practising this as part of a school project, my physical health has:</p> <p>a. Got worsened b. Been better c. Remained unchanged</p> <p>3. I would like that cross country running that I tried at school:</p> <p>a. Remains the part of my lifestyle even after school b. I won't try it again c. Remains the part of the school environment only</p> <p>4. Cross country running at school:</p> <p>a. Destroys school friendships b. It does not affect school friendships c. Makes school friendships stronger</p> <p>5. After I went cross country running as part of a school project:</p> <p>a. I will not recommend it to anyone b. I will recommend it to my friends c. I won't think about it when the school is over</p>
Bank of resources: <i>additional materials</i>	
Resources/references: <i>(if available)</i>	
Photos: <i>(if available)</i>	









Healthy active lifestyle project, Annual plan

Title of the module:	Centre sports project Cycling polygon
Objectives: <i>General and Specific Objectives</i>	<p>The general objective is to improve physical and mental health, as well as to adopt and promote healthy lifestyles.</p> <p>Specific objectives: development of motor skills, strengthening of body musculature, improvement of posture, improvement of coordination, development of flexibility, socialization, teamwork, strengthening of team spirit, reduction of stress and development of self-confidence, spending time in nature.</p>
Stakeholders of the project: <i>People and entities contributing or contributed to the implementation of the project/programme</i>	Parents, students, cycling schools, cycling equipment shops, local community
Beneficiaries: <i>Which target group was involved</i>	Target group – the sixth graders, 12 years old students
Content: <i>Describe the contents of the modules</i>	This module contains activities that are attractive and popular in the country, but also among children of this age. Children have the opportunity to practice these activities, but also to follow them through the media. Also, some of the activities from the module are team-based, and some require individual participation.
Activities: <i>Describe the activities of the module</i>	The cycling polygon is an activity where students cross different types of obstacles on the range, moving with the help of bicycles. The goal is to successfully overcome the training ground in the shortest possible time.
Results: <i>Describe the expected results from the activities</i>	The expected results are an increase in student interest in these activities, which is reflected in an increase in the number of students interested in this sport, in the regularity of coming to training sessions and in the effort put in to achieve the expected results of the activity (number of successfully mastered training grounds, time spent crossing the training grounds), and all of which leads to the strengthening of body musculature, increasing body flexibility and posture support, improving coordination and orientation, improving concentration, strengthening friendships in the group, creating new friendships, providing children with the opportunity to get to know some sports activities, to participate in them, and try them on.
Innovation: <i>Describe the innovative aspects of the activities</i>	This activity helps children practice their balance with the bike and thus improve their cycling skills which will help them navigate traffic better.
Impact: <i>Describe the specific impact expected by the activities</i>	In addition to the stated goals, children are expected to include activities in which they have recognized themselves as successful, or in which they enjoy, into their lifestyle in the form of training and activities or engaging in them in their free time.
Evaluation: <i>Please provide 5 multiple choice</i>	1. Since I have been dealing with crossing the cycling polygon as part

<p>questions (highlight the right one)</p>	<p>of a school project:</p> <ul style="list-style-type: none"> a. I feel better b. I feel the same way c. I feel worse <p>2. Since I have been crossing the cycling polygon as part of a school project, my physical health has:</p> <ul style="list-style-type: none"> a. Got worsened b. Been better c. Remained unchanged <p>3. I would like that crossing the cycling polygon that I tried at school:</p> <ul style="list-style-type: none"> a. Remains the part of my lifestyle even after school b. I won't try it again c. Remains the part of the school environment only <p>4. Dealing with crossing the bicycle polygon at school:</p> <ul style="list-style-type: none"> a. Destroys school friendships b. It does not affect school friendships c. Makes school friendships stronger <p>5. After I tried crossing the cycling polygon as part of a school project:</p> <ul style="list-style-type: none"> a. I will not recommend it to anyone b. I will recommend it to my friends c. I won't think about it when the school is over
<p>Bank of resources: <i>additional materials</i></p>	<p>Additional resources: people - engaged teachers of physical education, bicycles, cones for the range, rental and field marking</p>
<p>Resources/references: <i>(if available)</i></p>	
<p>Photos: <i>(if available)</i></p>	<div style="display: flex; justify-content: space-around;">   </div>

Healthy active lifestyle project, Annual plan

Title of the module:	Centre sports project Hiking
Objectives: <i>General and Specific Objectives</i>	<p>The general objective is to improve physical and mental health, as well as the adoption and promotion of healthy lifestyles.</p> <p>Specific objectives: development of motor skills, strengthening of body musculature, improvement of posture, improvement of coordination, development of flexibility, socialization, teamwork, strengthening of team spirit, reduction of stress and development of self-confidence, spending time in nature.</p>
Stakeholders of the project: <i>People and entities contributing or contributed to the implementation of the project/programme</i>	Parents, students, scout associations, mountaineering associations
Beneficiaries: <i>Which target group was involved</i>	Target groups: the sixth graders, i.e. 12 years old students
Content: <i>Describe the contents of the modules</i>	This module contains activities that are attractive and popular in the country, but also among children of this age. Children have the opportunity to practice these activities in the city environment, but also to follow them through the media. In addition to popular activities, this module also contains some new activities that are just being developed in our country and which aim to familiarize children better with the content and meaning of those activities. Also, some of the activities from the module are team-based, and some require individual participation.
Activities: <i>Describe the activities of the module</i>	Hiking is a sport, recreational, non-competitive discipline that involves walking on safe paths and roads in nature and picnic areas. This activity lasts longer than two hours and requires planning, as well as the use of sports clothing and footwear adapted to the weather conditions. There should be no more difficult obstacles on the footpaths.
Results: <i>Describe the expected results from the activities</i>	The expected results are the increase in the interest of students in these activities, which is reflected in the increase in the number of interested students, in the regularity of coming to training sessions and in the effort put in to achieve the expected results of each activity (number of kilometers covered and variety of trails covered, etc.), and what all aimed at strengthening body musculature, increasing body flexibility and posture support, improving coordination and orientation, improving concentration, strengthening friendships in the group, making new friends, giving children the opportunity to get to know some sports activities and try them out .

Innovation: <i>Describe the innovative aspects of the activities</i>	This is one of the direct activities that is carried out in nature and is intended for realization exclusively in nature and picnic areas. This gives the participants the opportunity to spend time in nature and try out this activity.
Impact: <i>Describe the specific impact expected by the activities</i>	In addition to the stated goals, children are expected to include activities in which they have been recognized as successful, or in which they enjoy, into their lifestyle in the form of training and activities or engaging in them in their free time.
Evaluation: <i>Please provide 5 multiple choice questions (highlight the right one)</i>	1. Since I have gone hiking as part of a school project: a. I feel better b. I feel the same way c. I feel worse 2. Since I have been going hiking as part of a school project, my physical health has: a. Got worsened b. Been better c. Remained unchanged 3. I would like that hiking that I tried at school: a. Remains the part of my lifestyle even after school b. I won't try it again c. Remains the part of the school environment only 4. Hiking: a. Destroys school friendships b. It does not affect school friendships c. Makes school friendships stronger 5. After I went hiking as part of a school project: a. I will not recommend it to anyone b. I will recommend it to my friends c. I won't think about it when the school is over
Bank of resources: <i>additional materials</i>	Additional resources: people - physical education teachers, engaged animators for recreational classes, selection of hiking trails, obtaining props (stopwatches, whistles, jerseys, caps...)
Resources/references: <i>(if available)</i>	Youtube link: https://youtu.be/GTuWXt5xeGo
Photos: <i>(if available)</i>	



INTERMEDIATE TECHNIQUES MODULE

Healthy active lifestyle project, Annual plan

Title of the module:	Centre sports project Cornhole
Objectives: <i>General and Specific Objectives</i>	<p>The general objective is to improve physical and mental health, as well as the adoption and promotion of healthy lifestyles.</p> <p>Specific objectives: development of motor skills, strengthening of body musculature, posture and coordination improvement, development of flexibility, socialization, teamwork, strengthening of team spirit, reduction of stress and development of self-confidence, spending time in nature.</p>
Stakeholders of the project: <i>People and entities contributing or contributed to the implementation of the project/programme</i>	Parents, students, sports clubs, local government sports association
Beneficiaries: <i>Which target group was involved</i>	The target group - the sixth graders, i.e. students who are 12 years old.
Content: <i>Describe the contents of the modules</i>	This module contains activities that are attractive and popular in the country, but also among children of this age. Children have the opportunity to practice these activities in the city environment, but also to follow them through the media. Also, some of the activities from the module are team-based, and some require individual participation.
Activities: <i>Describe the activities of the module</i>	Cornhole is a sport that has recently become popular in our country. It is played by two or more players and can be played outdoors or indoors. The game requires two Cornhole boards facing each other at a distance of 8.23 meters. The boards are slightly inclined and have a hole at the top. The players have four cornhole bags, which are like smaller pillows filled with granulate. Within one round, the player has the right to four throws with the goal of putting the bag in the hole and thus winning 3 points. If the bag remains on the board, then 1 point is won. Whoever reaches 21 points first becomes the winner. By the way, the name of this sport comes from two words, corn and hole. In the past, the bags were filled with corn, but today they are filled with sand.
Results: <i>Describe the expected results from the activities</i>	The expected results are an increase in student interest in these activities, which is reflected in an increase in the number of students interested in this sport, in the regularity of coming to training sessions and in the effort put in to achieve the expected results of the activity (number of victories, etc.), which all lead to in strengthening body musculature, increasing body flexibility and support in body posture, improving coordination and orientation, improving concentration, strengthening friendly bonds in the

	group, creating new friendships, providing children with the opportunity to get to know some sports activities and try them out.
Innovation: <i>Describe the innovative aspects of the activities</i>	Cornhole is played in many countries in the world both recreationally and professionally. In America, there is a cornhole league, which plans to include this sport in the Olympic Games in 2028. When performing this activity, students can practice focus, concentration and precision much more than in any of the other activities.
Impact: <i>Describe the specific impact expected by the activities</i>	In addition to the stated goals, children are expected to include activities in which they have recognized themselves as successful, or in which they enjoy, into their lifestyle in the form of training and activities or engaging in them in their free time.
Evaluation: <i>Please provide 5 multiple choice questions (highlight the right one)</i>	<p>1. Since I have been practising cornhole as part of a school project:</p> <p>a. I feel better b. I feel the same way c. I feel worse</p> <p>2. Since I have been practising cornhole as part of a school project, my physical health has:</p> <p>a. Got worsened b. Been better c. Remained unchanged</p> <p>3. I would like that cornhole that I tried at school:</p> <p>a. Remains the part of my lifestyle even after school b. I won't try it again c. Remains the part of the school environment only</p> <p>4. Playing cornhole at school:</p> <p>a. Destroys school friendships b. It does not affect school friendships c. Makes school friendships stronger</p> <p>5. After I practised cornhole as part of a school project:</p> <p>a. I will not recommend it to anyone b. I will recommend it to my friends c. I won't think about it when the school is over</p>
Bank of resources: <i>additional materials</i>	Additional resources: people - physical education teachers, renting a sports hall/field, obtaining props (stopwatches, whistles, boards and bags for cornball, jerseys, caps...)
Resources/references: <i>(if available)</i>	Youtube link: 神秘的極限狀態: The Zone
Photos: <i>(if available)</i>	





Healthy active lifestyle project, Annual plan


Title of the module:	Centre sports project - Orienteering
Objectives: <i>General and Specific Objectives</i>	<p>The general objective is to improve physical and mental health, as well as the adoption and promotion of healthy lifestyles.</p> <p>Specific objectives: development of motor skills, improvement of posture, improvement of coordination, development of flexibility, socialization, teamwork, strengthening of team spirit, reduction of stress and development of self-confidence.</p>
Stakeholders of the project: <i>People and entities contributing or contributed to the implementation of the project/programme</i>	Parents, students, local government.
Beneficiaries: <i>Which target group was involved</i>	Target group: the sixth graders, i.e. 12 years old students.
Content: <i>Describe the contents of the modules</i>	This module contains an activity that is not very attractive in our country, nor among children of this age. Children have the opportunity to follow this activity through the media.
Activities: <i>Describe the activities of the module</i>	<p>Orienteering is a sport where the competitor must, with the help of a map and a compass, find a certain number of control points (controls) on the field in the shortest possible time, in the order shown on the map.</p> <p>Competitors, with the help of a map and a compass, move through an unknown terrain, and their given path and control points that they need to find on the terrain are drawn on the map. At all times, competitors must know where they are, and of course, based on their knowledge and experience in reading the map, they must make a decision about which direction they will move in order to go around the entire track as quickly as possible and find all control points.</p>
Results: <i>Describe the expected results from the activities</i>	The expected results are an increase in students' interest in this type of activity, which is reflected in an increase in the number of interested students, which all leads to improvement in coordination and orientation, improvement in concentration, creation of new friendships, providing opportunities for children to become familiar with some sports activities and to they try them on.
Innovation: <i>Describe the innovative aspects of the activities</i>	Students will have the opportunity to try something new, which does not mean just running to the finish line.
Impact:	Students are expected to include this activity in their lifestyle, as a

<i>Describe the specific impact expected by the activities</i>	competitive or just a recreational activity.
Evaluation: <i>Please provide 5 multiple choice questions (highlight the right one)</i>	<p>1. Since orienteering has been a part of a school project:</p> <p>a. I feel better b. I feel the same way c. I feel worse</p> <p>2. My physical health has:</p> <p>a. Got worsened b. Been better c. Remained unchanged</p> <p>3. I would like that orienteering:</p> <p>a. Remains the part of my lifestyle even after school b. I won't try it again c. Remains the part of the school environment only</p> <p>4. Orienteering at school:</p> <p>a. Destroys school friendships b. It does not affect school friendships c. Makes school friendships stronger</p> <p>5. After I tried orienteering as part of a school project:</p> <p>a. I will not recommend it to anyone b. I will recommend it to my friends c. I won't think about it when the school is over</p>
Bank of resources: <i>additional materials</i>	Additional resources: people - physical education teachers, field organization, obtaining props (stopwatches, whistles, compasses, equipment for running in nature...)
Resources/references: <i>(if available)</i>	
Photos: <i>(if available)</i>	



Healthy active lifestyle project, Annual plan

Title of the module:	Centre sports project – Dexterity polygon
Objectives: <i>General and Specific Objectives</i>	<p>The general objective is to improve physical and mental health, as well as the adoption and promotion of healthy lifestyles.</p> <p>Specific objectives: development of motor skills, strengthening of body musculature, improvement of posture, improvement of coordination, development of flexibility, socialization, teamwork, strengthening of team spirit, reduction of stress and development of self-confidence</p>
Stakeholders of the project: <i>People and entities contributing or contributed to the implementation of the project/programme</i>	Parents, children, local government
Beneficiaries: <i>Which target group was involved</i>	Target group: the sixth graders
Content: <i>Describe the contents of the modules</i>	This module contains an activity that is attractive and popular in the country, but also among children of this age.
Activities: <i>Describe the activities of the module</i>	Polygon is one of children's favorite exercises (games). A child needs to crawl, jump, jump, climb, go around obstacles... This exercise for children is a challenge. Polygon affects the development of coordination, sense of balance, attention, memory, imagination... It can be performed both outdoors and indoors.
Results: <i>Describe the expected results from the activities</i>	The expected results are an increase in students' interest in this activity, which is reflected in an increase in the number of interested students, in the effort put in to achieve the expected results of each activity (victory, number of points achieved...), which all leads to the strengthening of body musculature, increasing body flexibility and posture support, improving coordination and orientation, improving concentration, strengthening friendships in the group, creating new friendships, providing children with the opportunity to get to know some sports activities and try them out.
Innovation: <i>Describe the innovative aspects of the activities</i>	
Impact: <i>Describe the specific impact expected by the activities</i>	It is expected that children will develop interest in this type of activity.
Evaluation: <i>Please provide 5 multiple choice questions (highlight the right</i>	<p>1. Since I have been practising this sport as part of a school project:</p> <p>a. I feel better b. I feel the same way</p>


<p><i>one)</i></p>	<p>c. I feel worse</p> <p>2. Since I have been practising this sport as part of a school project, my physical health has:</p> <p>a. Got worsened b. Been better c. Remained unchanged</p> <p>3. I would like that dexterity polygon that I tried at school:</p> <p>a. Remains the part of my lifestyle even after school b. I won't try it again c. Remains the part of the school environment only</p> <p>4. Dexterity polygon at school:</p> <p>a. Destroys school friendships b. It does not affect school friendships c. Makes school friendships stronger</p> <p>5. After I tried dexterity polygon as part of a school project:</p> <p>a. I will not recommend it to anyone b. I will recommend it to my friends c. I won't think about it when the school is over</p>
<p>Bank of resources: <i>additional materials</i></p>	<p>Additional resources: people - physical education teachers, obtaining props (balls, stopwatches, whistles, jerseys, caps...)</p>
<p>Resources/references: <i>(if available)</i></p>	
<p>Photos: <i>(if available)</i></p>	



ADVANCED TRAINING MODULE

Healthy active lifestyle project, Annual plan

Title of the module:	Centre sports project - Volleyball
Objectives: <i>General and Specific Objectives</i>	<p>The general objective is to improve physical and mental health, as well as the adoption and promotion of healthy lifestyles.</p> <p>Specific objectives: development of motor skills, improvement of posture, improvement of coordination, development of flexibility, socialization, teamwork, strengthening of team spirit, reduction of stress and development of self-confidence.</p>
Stakeholders of the project: <i>People and entities contributing or contributed to the implementation of the project/programme</i>	Parents, volleyball clubs from Sabac, local government.
Beneficiaries: <i>Which target group was involved</i>	Target group: the sixth graders, i.e. 12 years old students.
Content: <i>Describe the contents of the modules</i>	This module contains the team activity that is attractive and popular in the country, but also among children of this age. Children have the opportunity to practice this activity in the city environment, but also to follow it through the media.
Activities: <i>Describe the activities of the module</i>	Volleyball is a type of team and Olympic sport where the ball is hit by hand over the net to the opponent's side. The team consists of six players, each of whom has his own function. The team consists of a technician, a setter, two receivers, a middle blocker and a libero. The technician is the brain of the team and he is always standing near the net. Blockers also stand at the net and their role is to block the opponent's puck. The point guard serves, and the receivers and libero receive the service. Modern volleyball is played on three won sets, up to 25 points. When both teams have won two sets each, the fifth set is played, the so-called. TIE-BREAK up to 15 points.
Results: <i>Describe the expected results from the activities</i>	The expected results are the increase in student interest in this activity, which is reflected in the increase in the number of interested students, in the regularity of coming to training sessions and in the effort put in to achieve the expected results, which all lead to strengthening of the body's musculature, increase in body flexibility and support in posture, improving concentration, strengthening friendships in the group, making new friends.
Innovation: <i>Describe the innovative aspects of the activities</i>	Students of this age have the opportunity to familiarize themselves with the rules that apply in the game.

<p>Impact: <i>Describe the specific impact expected by the activities</i></p>	<p>Children are expected to include this activity in their lifestyle through regular training in one of the clubs or just recreationally engaging in the activity.</p>
<p>Evaluation: <i>Please provide 5 multiple choice questions (highlight the right one)</i></p>	<p>1. Since I have been practising volleyball as part of a school project:</p> <ul style="list-style-type: none"> a. I feel better b. I feel the same way c. I feel worse <p>2. Since I have been practising volleyball as part of a school project, my physical health has:</p> <ul style="list-style-type: none"> a. Got worsened b. Been better c. Remained unchanged <p>3. I would like that volleyball that I tried at school:</p> <ul style="list-style-type: none"> a. Remains the part of my lifestyle even after school b. I won't try it again c. Remains the part of the school environment only <p>4. Playing volleyball at school:</p> <ul style="list-style-type: none"> a. Destroys school friendships b. It does not affect school friendships c. Makes school friendships stronger <p>5. After I practised volleyball as part of a school project:</p> <ul style="list-style-type: none"> a. I will not recommend it to anyone b. I will recommend it to my friends c. I won't think about it when the school is over
<p>Bank of resources: <i>additional materials</i></p>	<p>Additional resources: people - engaged physical education teachers, renting a sports hall, obtaining props (balls, scoreboards, whistles, jerseys...)</p>
<p>Resources/references: <i>(if available)</i></p>	<p>Youtube link: https://youtu.be/-KTfWY1BNuA</p>
<p>Photos: <i>(if available)</i></p>	



Healthy active lifestyle project, Annual plan


Title of the module:	Centre sports project Football, Futsal
Objectives: <i>General and Specific Objectives</i>	<p>The general objective is to improve physical and mental health, as well as the adoption and promotion of healthy lifestyles.</p> <p>Specific objectives: development of motor skills, strengthening of body musculature, posture and coordination improvement, development of flexibility, socialization, teamwork, strengthening of team spirit, reduction of stress and development of self-confidence, spending time in nature.</p>
Stakeholders of the project: <i>People and entities contributing or contributed to the implementation of the project/programme</i>	Parents, students, sports football clubs, local government sports association, sports schools in the city
Beneficiaries: <i>Which target group was involved</i>	Target group – the sixth graders, 12 years old students
Content: <i>Describe the contents of the modules</i>	This module contains activities that are attractive and popular in the country, but also among children of this age. Children have the opportunity to practice these activities, but also to follow them through the media. Also, some of the activities from the module are team-based, and some require individual participation.
Activities: <i>Describe the activities of the module</i>	<p>Soccer (or football) is one of the most popular team sports in the world. It is a game between two teams that have 11 players each. It is played with a soccer ball, on a rectangular field with natural or artificial grass. Soccer is played in over 200 countries of the world, both professionally and recreationally. It is played by people of different ages, and it is played by both men and women. It is often said about this sport that it is "the most important of all unimportant things in the world".</p> <p>Futsal is played between two teams of five players each, one of whom is the goalkeeper. Unlimited substitutions are permitted. Unlike some other forms of indoor football, it is played on a hard court surface marked by lines; walls or boards are not used. It is played with a smaller, harder, lower-bounce ball than association football. The surface, ball and rules favour ball control and passing in small spaces. The game also emphasizes improvisation, creativity and technique.</p>
Results: <i>Describe the expected results from the activities</i>	The expected results are the increase in student interest in these activities, which is reflected in the increase in the number of students interested in this sport, in the regularity of coming to training sessions and in the effort put in to achieve the expected results of the activity (number of victories, etc.), which all lead to in strengthening body musculature, increasing body flexibility and support in body posture, improving coordination and

	orientation, improving concentration, strengthening friendly bonds in the group, making new friends, providing children with the opportunity to get to know some sports activities and try them out.
Innovation: <i>Describe the innovative aspects of the activities</i>	This activity helps children learn the rules and at the same time operate with information that helps them adapt the game to the rules. Children are taught how to play without being offside, how to form a wall and how to block an opposing player without committing a foul.
Impact: <i>Describe the specific impact expected by the activities</i>	In addition to the stated objectives, children are expected to include activities in which they have been recognized as successful, or in which they enjoy, into their lifestyle in the form of training and activities or engaging in them in their free time.
Evaluation: <i>Please provide 5 multiple choice questions (highlight the right one)</i>	<p>1. Since I have been practising football as part of a school project:</p> <p>a. I feel better b. I feel the same way c. I feel worse</p> <p>2. Since I have been practising football as part of a school project, my physical health has:</p> <p>a. Got worsened b. Been better c. Remained unchanged</p> <p>3. I would like that football that I tried at school:</p> <p>a. Remains the part of my lifestyle even after school b. I won't try it again c. Remains the part of the school environment only</p> <p>4. Playing football at school:</p> <p>a. Destroys school friendships b. It does not affect school friendships c. Makes school friendships stronger</p> <p>5. After I practised football as part of a school project:</p> <p>a. I will not recommend it to anyone b. I will recommend it to my friends c. I won't think about it when the school is over</p>
Bank of resources: <i>additional materials</i>	Additional resources: people - physical education teachers, renting a sports hall/field, obtaining props (balls, stopwatches, whistles, goals, jerseys...)
Resources/references: <i>(if available)</i>	Youtube link: https://youtu.be/ur7UajpsMPU
Photos: <i>(if available)</i>	



Healthy active lifestyle project, Annual plan

Title of the module:	Centre sports project – Basket 3x3
Objectives: <i>General and Specific Objectives</i>	General objectives are improving physical and mental health, as well as the adopting and promoting healthy lifestyle. Specific objectives: development of motor skills, body musculature strengthening, posture and coordination improvement, development of flexibility, socialization, teamwork, strengthening of team spirit, reduction of stress and development of self-confidence.
Stakeholders of the project: <i>People and entities contributing or contributed to the implementation of the project/programme</i>	Parents, students, basketball clubs, local government
Beneficiaries: <i>Which target group was involved</i>	The target group is sixth graders, i.e. students who are 12 years old
Content: <i>Describe the contents of the modules</i>	This module contains a team activity that is attractive and popular in our country, but also among children of this age. Children have the opportunity to practice this activity in the city environment, but also to follow it through the media.
Activities: <i>Describe the activities of the module</i>	3x3 (3 on 3, basketball 3 on 3, basketball 3x3, colloquially basketball) is a version of the basketball game, which is played on one basket, with teams of three members. This variation of basketball is a codification of the popular one-basket game that is often played as an informal variation of basketball.
Results: <i>Describe the expected results from the activities</i>	The expected results are the increase in student interest in this activity, which is reflected in the increase in the number of interested students, in the regularity of coming to training sessions and in the effort put in to achieve the expected results of each activity (victory, number of points scored, etc.), and what leads to strengthening of body musculature, increase of body flexibility and support in body posture, improvement of coordination and orientation, improvement of concentration, strengthening of friendly bonds in the group, making friends.
Innovation: <i>Describe the innovative aspects of the activities</i>	In addition to basketball rules, children of this age have the opportunity to learn the rules of the 3x3 basketball game.
Impact: <i>Describe the specific impact expected by the activities</i>	Students who are interested in this activity are expected to include it in their daily lifestyle, through training or recreation.
Evaluation:	1. Since I have been playing basket 3x3 as part of a school project:


<p><i>Please provide 5 multiple choice questions (highlight the right one)</i></p>	<p>a.I feel better b.I feel the same way c.I feel worse</p> <p>2. Since I have been playing basket 3x3 as part of a school project, my physical health: a. Has been worsened b. Has fixed c. Has been unchanged</p> <p>3. I would like to play basketball 3x3: a.It will be part of my lifestyle even after school b.I won't try it again c.It remains a part of the school activites only</p> <p>4. Engaging in sports activities at school: a. Destroys school friendships b. It does not affect school friendships c. Makes school friendships stronger</p> <p>5. After I have tried basketball 3x3 activities as part of a school project: a. I will not recommend them to anyone b. I will recommend them to my friends c. I won't think about it when school is over</p>
<p>Bank of resources: <i>additional materials</i></p>	<p>Additional resources: people - engaged physical education teachers, renting a sports hall, obtaining props (balls, stopwatches, whistles, jerseys...)</p>
<p>Resources/references: <i>(if available)</i></p>	<p>Youtube link: https://youtu.be/1l6LkKNFBMo</p>
<p>Photos: <i>(if available)</i></p>	



SPECIALISED SKILLS MODULE

Healthy active lifestyle project, Annual plan

Title of the module:	Centre sports project Skiing
Objectives: <i>General and Specific Objectives</i>	<p>General objective is to improve physical and physical health, as well as to adopt and promote healthy lifestyles.</p> <p>Specific objectives: development of motor skills, strengthening of body musculature, improvement of posture, improvement of coordination, development of flexibility, socialization, teamwork, strengthening of team spirit, reduction of stress and development of self-confidence, spending time in nature.</p>
Stakeholders of the project: <i>People and entities contributing or contributed to the implementation of the project/programme</i>	Parents, students, ski equipment stores, ski schools, winter sports centers in the country
Beneficiaries: <i>Which target group was involved</i>	The sixth graders, i.e. 12 years old students
Content: <i>Describe the contents of the modules</i>	This module contains activities that are attractive and popular in the country, but also among children of this age. Children have the opportunity to practice these activities, but also to follow them through the media. Also, some of the activities from the module are team-based, and some require individual participation.
Activities: <i>Describe the activities of the module</i>	Skiing is a way of moving on snowy surfaces using skis, which are attached to the skier's legs. This sport was first created as a way of movement and transport on snow, and then in the course of the 20th century it developed into a sport that people engage in both recreationally and professionally. Skiing is such a popular way of winter vacation that many tourist agencies include it in their tourist offer for winter holidays.
Results: <i>Describe the expected results from the activities</i>	The expected results are an increase in students' interest in these activities, which is reflected in an increase in the number of students interested in this sport, in the regularity of coming to training sessions and in the effort put in to achieve the expected results of the activity (number of trails covered, difficulty of the trail, time to reach the goal), and all of which leads to strengthening body musculature, increasing body flexibility and support in body posture, improving coordination and orientation, improving concentration, strengthening friendships in the group, creating new friendships, providing children with the opportunity to get acquainted with some sports activities and to are tested in them.

<p>Innovation: <i>Describe the innovative aspects of the activities</i></p>	<p>This activity helps children learn to move on other surfaces, such as snow. The activity is carried out in nature and mostly in the mountainous area.</p>
<p>Impact: <i>Describe the specific impact expected by the activities</i></p>	<p>In addition to the stated goals, children are expected to include activities in which they have recognized themselves as successful, or in which they enjoy, into their lifestyle in the form of training and activities or engaging in them in their free time.</p>
<p>Evaluation: <i>Please provide 5 multiple choice questions (highlight the right one)</i></p>	<ol style="list-style-type: none"> 1. Since I have been skiing as part of a school project: <ol style="list-style-type: none"> a. I feel better b. I feel the same way c. I feel worse 2. Since I have been skiing as part of a school project, my physical health has: <ol style="list-style-type: none"> a. It got worse b. Improved c. It remained unchanged 3. I would like to try skiing at school: <ol style="list-style-type: none"> a. It will be part of my lifestyle even after school b. I never try again c. It remains to be part of the school environment only 4. Skiing at school: <ol style="list-style-type: none"> a. Destroys school friendships b. It does not affect school friendships c. Makes school friendships stronger 5. After I tried skiing as part of a school project: <ol style="list-style-type: none"> a. I will not recommend them to anyone b. I will recommend them to my friends c. I won't think about it when school is over
<p>Bank of resources: <i>additional materials</i></p>	<p>Additional resources: people - physical education teachers, ski instructors, rental of ski equipment, access to the ski slope</p>
<p>Resources/references: <i>(if available)</i></p>	<p>Youtube link: https://youtu.be/G-zfG1MZsBI?si=4KV-EJGKv3-JpWsJ</p>
<p>Photos: <i>(if available)</i></p>	



ADAPTED SPORTS MODULE

Healthy active lifestyle project, Annual plan

Title of the module:	School exhibitions of adapted sport BASKIN
Objectives: <i>General and Specific Objectives</i>	<p>The general goal is the inclusion of students who have difficulties in development or some disability, and are prevented from regularly participating in central sports activities, the main goal is to improve physical and mental health, increase the feeling of integration into society, as well as the adoption and promotion of healthy lifestyles.</p> <p>Specific goals: development of motor skills, strengthening of body musculature, improvement of posture, improvement of coordination, development of flexibility, socialization, teamwork, strengthening of team spirit, reduction of stress and development of self-confidence.</p>
Stakeholders of the project: <i>People and entities contributing or contributed to the implementation of the project/programme</i>	Students, parents, associations of persons with disabilities, association of persons with developmental disabilities, sports association, Caritas, center for social work, local government
Beneficiaries: <i>Which target group was involved</i>	The target group is sixth graders, who are 12 years old, and who have a developmental disability that prevents them from participating equally with their peers in the implementation of sports activities.
Content: <i>Describe the contents of the modules</i>	This module contains three activities adapted to children who have a disability, chronic illness or other disability that prevents them from participating equally with their peers in sports activities. These are adapted activities of popular sports that have been popularized through the media and present within the school curriculum for teaching physical education.
Activities: <i>Describe the activities of the module</i>	<p>The following activities are planned: baskin, adapted table tennis and sitting volleyball.</p> <p>Baskin is a sport that, as its name suggests, represents a combination of basketball and inclusion. Šabac is developing this sport, which can be played by people with disabilities. Baskin is inspired by basketball and designed to value the participation of all persons in the team, without discrimination. It has been represented for years in Italy. For baskin, the basketball court was changed, side baskets were placed at a height of 2 and 20 and 1 and 10 m, depending on the position one plays. The rules are adjusted and the idea is that everyone contributes to the team. A characteristic of this sport is that in addition to people with physical disabilities, people with mental disabilities can also participate in it.</p>
Results: <i>Describe the expected results from the activities</i>	The expected results are an increase in student interest in these activities, which is reflected in an increase in the number of interested students, in the regularity of coming to training sessions and in the effort put in to achieve

	the expected results of each activity (victory, number of points scored), which all lead to strengthening body musculature, increasing body flexibility and posture support, improving coordination and orientation, improving concentration, strengthening friendships in the group, making friends, offering children the opportunity to get to know some sports activities and try them out.
Innovation: <i>Describe the innovative aspects of the activities</i>	Students will be able to try and participate in some of the activities for the first time. Also, they have the opportunity to familiarize themselves with different activities, to compete in them and to recognize what they are good at and what they enjoy, all in accordance with their capabilities.
Impact: <i>Describe the specific impact expected by the activities</i>	Students will be able to try and participate in some of the activities for the first time. Also, they will have the opportunity to get familiar with different activities, to compete in them and to recognize what they are good at and what they enjoy, all according to their capabilities.
Evaluation: <i>Please provide 5 multiple choice questions (highlight the right one)</i>	<p>1. Since I have been playing baskin as part of a school project:</p> <p>a.I feel better b.I feel the same way c.I feel worse</p> <p>2. Since I have been playing baskin as part of a school project, my physical health:</p> <p>a. Has been worsened b. Has fixed c. Has been unchanged</p> <p>3. I would like to play baskin:</p> <p>a.It will be part of my lifestyle even after school b.I won't try it again c.It remains a part of the school activites only</p> <p>4. Engaging in baskin at school:</p> <p>a. Destroys school friendships b. It does not affect school friendships c. Makes school friendships stronger</p> <p>5. After I have tried baskin as part of a school project:</p> <p>a. I will not recommend them to anyone b. I will recommend them to my friends c. I won't think about it when school is over</p>
Bank of resources: <i>additional materials</i>	Additional resources: people - hired physical education teachers, renting a sports hall, adapting the access to the hall, obtaining props (balls, stopwatches, whistles, jerseys, caps...)
Resources/references: <i>(if available)</i>	Youtube link: https://youtu.be/8DH5rm8dv6o

Photos:
(if available)



Healthy active lifestyle project, Annual plan

Title of the module:	School exhibitions of adapted sport, Sitting table tennis for disabled
Objectives: <i>General and Specific Objectives</i>	<p>General objective is the inclusion of students who have difficulties in development or some disability, and are prevented from regularly participating in central sports activities, the main goal of which is to improve physical and mental health, increase the feeling of integration into society, as well as the adoption and promotion of healthy lifestyles.</p> <p>Specific objectives: development of motor skills, strengthening of body musculature, improvement of posture, improvement of coordination, development of flexibility, socialization, teamwork, strengthening of team spirit, reduction of stress and development of self-confidence.</p>
Stakeholders of the project: <i>People and entities contributing or contributed to the implementation of the project/programme</i>	Students, parents, associations of people with disabilities, association of people with developmental disabilities, association of paraplegics, sports association, Caritas, Center for Social Work, local government, Table Tennis Association of People with Disabilities, Table Tennis Club "Mačva", Šabac
Beneficiaries: <i>Which target group was involved</i>	The target group is the sixth graders, that is, students who are 12 years old, and who have a developmental disability that prevents them from participating equally with their peers in the implementation of sports activities.
Content: <i>Describe the contents of the modules</i>	This module contains three activities adapted to children who have a disability, chronic illness or other disability that prevents them from participating equally with their peers in sports activities. These are adapted activities of popular sports that have been popularized through the media and present within the school curriculum for teaching physical education.
Activities: <i>Describe the activities of the module</i>	<p>The following activities are planned: baskin, adapted table tennis and sitting volleyball.</p> <p>Table tennis for people with disabilities is an adapted version of table tennis, adapted so that it can be played by people with disabilities. It is one of the most popular sports in the Paralympic family of sports. Competitions take place in wheelchairs and in a standing position, and women and men compete separately in 11 classes: from 1st to 5th are competitors in a wheelchair, and from 6th to 10th are competitors who compete in a standing position, and class 11 are persons with mental disorders. Competitions are in singles, doubles and team competition. The rules have been modified, and the main differences are in the way of serving, touching the solo with the hand that is not in the racket, the size of the ring and the use of the cart.</p>


Results: <i>Describe the expected results from the activities</i>	<p>The expected results are an increase in student interest in these activities, which is reflected in an increase in the number of interested students, in the regularity of coming to training sessions and in the effort put in to achieve the expected results of each activity (victory, number of points scored), which all lead to strengthening body musculature, increasing body flexibility and posture support, improving coordination and orientation, improving concentration, strengthening friendships in the group, making new friends, offering children the opportunity to get to know some sports activities and try them out.</p>
Innovation: <i>Describe the innovative aspects of the activities</i>	<p>Students will be able to try and participate in some of the activities for the first time. Also, they will have the opportunity to familiarize themselves with different activities, to compete in them and to recognize what they are good at and what they enjoy, all in accordance with their capabilities.</p>
Impact: <i>Describe the specific impact expected by the activities</i>	<p>In addition to the stated goals, children are expected to include activities in which they have recognized themselves as successful, or in which they enjoy, into their lifestyle in the form of training and activities or engaging in them in their free time.</p>
Evaluation: <i>Please provide 5 multiple choice questions (highlight the right one)</i>	<ol style="list-style-type: none"> Since I have been practising sitting table tennis as part of a school project: <ul style="list-style-type: none"> a. I feel better b. I feel the same way c. I feel worse Since I have been practising sitting table tennis as part of a school project, my physical health has: <ul style="list-style-type: none"> a. Got worsened b. Been better c. Remained unchanged I would like that sitting table tennis that I tried at school: <ul style="list-style-type: none"> a. Remains the part of my lifestyle even after school b. I won't try it again c. Remains the part of the school environment only Playing sitting table tennis at school: <ul style="list-style-type: none"> a. Destroys school friendships b. It does not affect school friendships c. Makes school friendships stronger After I practised sitting table tennis as part of a school project: <ul style="list-style-type: none"> a. I will not recommend it to anyone b. I will recommend it to my friends c. I won't think about it when the school is over
Bank of resources: <i>additional materials</i>	<p>Additional resources: people - physical education teachers, renting a sports hall, adapting the approach to the field/hall, procurement of props (balls, whistles, stopwatches, jerseys)</p>
Resources/references: <i>(if available)</i>	<p>Youtube link: https://youtu.be/30CUcnWkJrw</p>
Photos:	

(if available)



Healthy active lifestyle project, Annual plan

Title of the module:	School exhibitions of adapted sport – Sitting volleyball
Objectives: <i>General and Specific Objectives</i>	<p>General objective is the inclusion of students who have developmental difficulties or some disability, and are prevented from regularly participating in central sports activities, which has as its main goal the improvement of physical and mental health, as well as the adoption and promotion of healthy lifestyles.</p> <p>Specific objectives: development of motor skills, strengthening of body musculature, improvement of posture, improvement of coordination, development of flexibility, socialization, teamwork, strengthening of team spirit, reduction of stress and development of self-confidence.</p>
Stakeholders of the project: <i>People and entities contributing or contributed to the implementation of the project/programme</i>	Parents, students, volleyball clubs, associations of paraplegics, association of people with disabilities
Beneficiaries: <i>Which target group was involved</i>	The target group is the sixth graders, who are 12 years old, and who have a disability, chronic illness or other disability that prevents them from participating equally with their peers in the implementation of sports activities.
Content: <i>Describe the contents of the modules</i>	This module contains an activity that is adapted to children who have a disability, brain damage or other disability that prevents them from participating equally with their peers in the realization of sports activities. It is an adapted activity of a popular sport that was popularized through the media and those present as part of the school plan and program for teaching physical education.
Activities: <i>Describe the activities of the module</i>	Sitting volleyball is a Paralympic sport suitable for people with lower limb disabilities. In sitting volleyball, the net is placed at a height of about one meter, and the court is 10 x 6 meters with an attack line placed 2 meters from the net. Players are allowed to block serves, provided they are in contact with the court whenever they are in contact with the ball.
Results: <i>Describe the expected results from the activities</i>	<p>The expected results are an increase in students' interest in this type of activity, which is reflected in an increase in the number of interested students, and therefore in the interest of volleyball clubs in trying to work with children in this way. Expected results are strengthening of body musculature, increase of body flexibility and posture support, improvement of concentration, strengthening of friendships in the group, creation of new friendships, providing children with the opportunity to get acquainted with a new sports activity and to try it out.</p> <p>Students will be able to try and participate in this activity for the first time.</p>

Innovation: <i>Describe the innovative aspects of the activities</i>	
Impact: <i>Describe the specific impact expected by the activities</i>	
Evaluation: <i>Please provide 5 multiple choice questions (highlight the right one)</i>	<p>1. Since I have been playing sports as part of a school project:</p> <p>a.I feel better b.I feel the same way c.I feel worse</p> <p>2. Since I have been playing sports as part of a school project, my physical health:</p> <p>a. Has been worsened b. Has fixed c. Has been unchanged</p> <p>3. Sitting volleyball:</p> <p>a.It will be part of my lifestyle even after school b.I won't try it again c.It remains a part of the school activities only</p> <p>4. Engaging in sports activities at school:</p> <p>a. Destroys school friendships b. It does not affect school friendships c. Makes school friendships stronger</p> <p>5. After I have tried sitting volleyball as part of a school project:</p> <p>a. I will not recommend it to anyone b. I will recommend it to my friends c. I won't think about it when school is over</p>
Bank of resources: <i>additional materials</i>	Additional resources: people - physical education teachers, renting a sports hall, obtaining props (balls, stopwatches, whistles, scoreboards, wheelchairs...)
Resources/references: <i>(if available)</i>	Youtube link: https://youtu.be/51kklaGJEgo
Photos: <i>(if available)</i>	

TRADITIONAL DANCE MODULE

Healthy active lifestyle project, Annual plan

Title of the module:	Centre sports project – Folklore
Objectives: <i>General and Specific Objectives</i>	<p>The general goal is to improve physical and mental health, as well as the adoption and promotion of healthy lifestyles.</p> <p>Specific goals: preserving tradition and culture, developing motor skills, strengthening body musculature, improving posture, improving coordination, developing flexibility, socialization, teamwork, strengthening team spirit, reducing stress and developing self-confidence.</p>
Stakeholders of the project: <i>People and entities contributing or contributed to the implementation of the project/programme</i>	Parents, students, cultural artistic societies, local government
Beneficiaries: <i>Which target group was involved</i>	The target group is sixth graders, who are 12 years old
Content: <i>Describe the contents of the modules</i>	This module contains an activity that is attractive and popular in the country, but also among children of this age.
Activities: <i>Describe the activities of the module</i>	Folklore is a general name for culture that, in established traditional forms, lives among the people. This cultural form passes from older to younger. Folklore is not just a sport, folklore is an art, in addition to physical activity, a child also develops his imagination, a child also realizes himself artistically. Dance, song, acting are integral parts of folklore, correct posture, smile are parts of folklore.
Results: <i>Describe the expected results from the activities</i>	The expected results are an increase in student interest in this activity, which is reflected in an increase in the number of interested students, in the regularity of coming to rehearsals and in the effort put in to achieve the expected results, all of which leads to strengthening of the body's musculature, an increase in body flexibility and support in posture, improving coordination and orientation, improving concentration, strengthening friendships in the group, making new friends.
Innovation: <i>Describe the innovative aspects of the activities</i>	Children of this age will be able to learn the steps of folk dances.
Impact: <i>Describe the specific impact expected by the activities</i>	Children who are interested in this activity are expected to include it in their daily lifestyle.
Evaluation:	1. Since I have been practicing this activity as a part of a school project: a.I feel better

<p><i>Please provide 5 multiple choice questions (highlight the right one)</i></p>	<p>b.I feel the same way c.I feel worse</p> <p>2. My physical health: a. Has been worsened b. Has fixed c. Has been unchanged</p> <p>3. In the future: a.It will be part of my lifestyle even after school b.I won't try it again c.It remains a part of the school activites only</p> <p>4. Folklore at school: a. Destroys school friendships b. It does not affect school friendships c. Makes school friendships stronger</p> <p>5. After I have tried this activity as part of a school project: a. I will not recommend them to anyone b. I will recommend them to my friends c. I won't think about it when school is over</p>
<p>Bank of resources: <i>additional materials</i></p>	<p>Additional resources: people - physical education teachers, music</p>
<p>Resources/references: <i>(if available)</i></p>	<p>Youtube link: https://youtu.be/BVhhe2cdePU</p>
<p>Photos: <i>(if available)</i></p>	