



“Funded by the European Union. Views and opinions expressed are however those of the author(s) only and do not necessarily reflect those of the European Union or the European Education and Culture Executive Agency (EACEA) Neither the European Union nor the granting authority can be held responsible for them.”

We, the beneficiaries represent and warrant that any personal data is processed in compliance with the applicable legal framework (GDPR and/ other applicable national legislation) under their sole responsibility, including in view of the publication of the deliverable.



HEALTHY LIFESTYLE PROJECT

Promoting an Active Lifestyle

School Sports Project



Adapted Sport: Inclusion in Motion



Accessibility

Facilitating the participation of all.



Superation

Breaking down barriers and achieving goals.



Equipment

Technology to boost performance



Adding up kilometers of physical activity

Uniting the countries in our consortium through sport

1

Inscription with us

Participate and add kilometers

2

Choose the sport you like

Do it as a family, with friends or on your own

3

Impact

Transforming society into an active society

Gamification

Turning sport into a game

Challenges

Rewards

Competition

Fun



Plogging: Sport and Environmental Awareness

1

Run

Outdoor physical activity.

2

Collect

Eliminates waste from the environment

3

Transform

Contribute to a cleaner planet.





Healthy Nutrition: Fuel for your Performance



Foods

Prioritize natural and fresh options



Hydration

Stay hydrated throughout the day.



Balance

Combines nutrients for optimal well-being.

Annual Sports Plan for Active and Healthy Living (6 Terms)

| Term | Block | Sport/Activity |
|--------------|-----------------------------------|----------------------------|
| T1 (Jan-Feb) | 1-School Sports | Aerobics |
| T1 (Jan-Feb) | 6-Digital Tools in Sports | Digital Challenge |
| T1 (Jan-Feb) | 5-Sport as Play | Snow Sports |
| T1 (Jan-Feb) | 6-Digital Tools in Sports | Tracking Apps |
| T1 (Jan-Feb) | 5-Sport as Play | Alternative Sports |
| T2 (Mar-Apr) | 3-Outdoor Sports | Running |
| T2 (Mar-Apr) | 7-Nutrition and Sport | Nutrient Games |
| T2 (Mar-Apr) | 7-Nutrition and Sport | Label Reading |
| T2 (Mar-Apr) | 2-Inclusive/Adapted Sports | Inclusive Experiences |
| T2 (Mar-Apr) | 5-Sport as Play | Folkloric Dance |
| T2 (Mar-Apr) | 7-Nutrition and Sport | Healthy Breakfast Workshop |
| T2 (Mar-Apr) | 1-School Sports | Running |
| T2 (Mar-Apr) | 5-Sport as Play | Folkloric Dance |
| T2 (Mar-Apr) | 5-Sport as Play | Traditional Games |
| T3 (May-Jun) | 1-School Sports | Paddle Tennis |
| T3 (May-Jun) | 4-Nature and Environmental Sports | Hiking |
| T3 (May-Jun) | 3-Outdoor Sports | Golf |
| T3 (May-Jun) | 2-Inclusive/Adapted Sports | Adapted Cycling |
| T3 (May-Jun) | 3-Outdoor Sports | Skating |
| T3 (May-Jun) | 3-Outdoor Sports | Orienteering |
| T3 (May-Jun) | 3-Outdoor Sports | Cycling |
| T4 (Jul-Aug) | 5-Sport as Play | Skateboarding |
| T4 (Jul-Aug) | 5-Sport as Play | Dance |
| T4 (Jul-Aug) | 4-Nature and Environmental Sports | Paddle Surfing |
| T4 (Jul-Aug) | 4-Nature and Environmental Sports | Kayaking |
| T4 (Jul-Aug) | 3-Outdoor Sports | Beach Volleyball |
| T4 (Jul-Aug) | 4-Nature and Environmental Sports | Hiking/Camp Trip |
| T4 (Jul-Aug) | 5-Sport as Play | Skateboarding |
| T4 (Jul-Aug) | 3-Outdoor Sports | Beach Tennis |
| T5 (Sep-Oct) | 1-School Sports | Athletics |

Annual Sports Plan for Active and Healthy Living (6 Terms)

| | | |
|--------------|----------------------------|--------------------------|
| T5 (Sep-Oct) | 1-School Sports | Table Tennis |
| T5 (Sep-Oct) | 1-School Sports | Roller Hockey |
| T5 (Sep-Oct) | 1-School Sports | Handball |
| T5 (Sep-Oct) | 1-School Sports | Climbing |
| T5 (Sep-Oct) | 1-School Sports | Practicing a Martial Art |
| T6 (Nov-Dec) | 1-School Sports | Judo |
| T6 (Nov-Dec) | 2-Inclusive/Adapted Sports | Adapted Table Tennis |
| T6 (Nov-Dec) | 2-Inclusive/Adapted Sports | Adapted Volleyball |
| T6 (Nov-Dec) | 2-Inclusive/Adapted Sports | Adapted Basketball |
| T6 (Nov-Dec) | 1-School Sports | Artistic Gymnastics |
| T6 (Nov-Dec) | 6-Digital Tools in Sports | Video Challenge Creation |
| T6 (Nov-Dec) | 6-Digital Tools in Sports | Digital Tracking |
| nan | 5-Sport as Play | Areobic |



Co-funded by
the European Union



School Sports Project

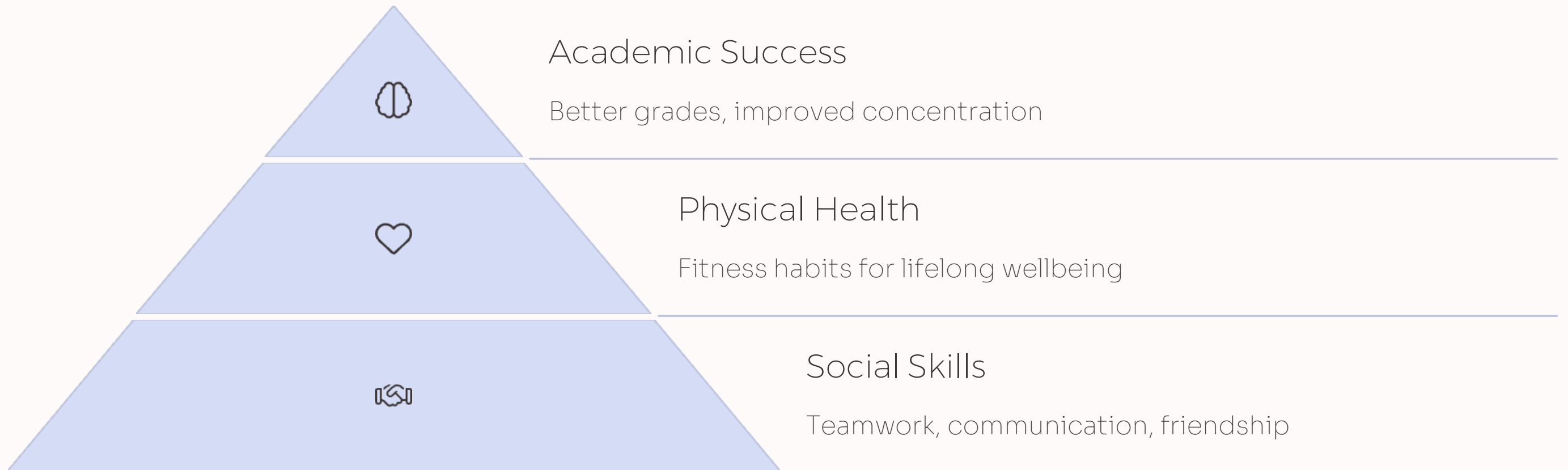
Transform your school through the power of sport. Inspiring active lifestyles. Creating community connections. Developing champions for life.

“Funded by the European Union. Views and opinions expressed are however those of the author(s) only and do not necessarily reflect those of the European Union or the European Education and Culture Executive Agency (EACEA) Neither the European Union nor the granting authority can be held responsible for them.”

We, the beneficiaries represent and warrant that any personal data is processed in compliance with the applicable legal framework (GDPR and/ other applicable national legislation) under their sole responsibility, including in view of the publication of the deliverable.



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

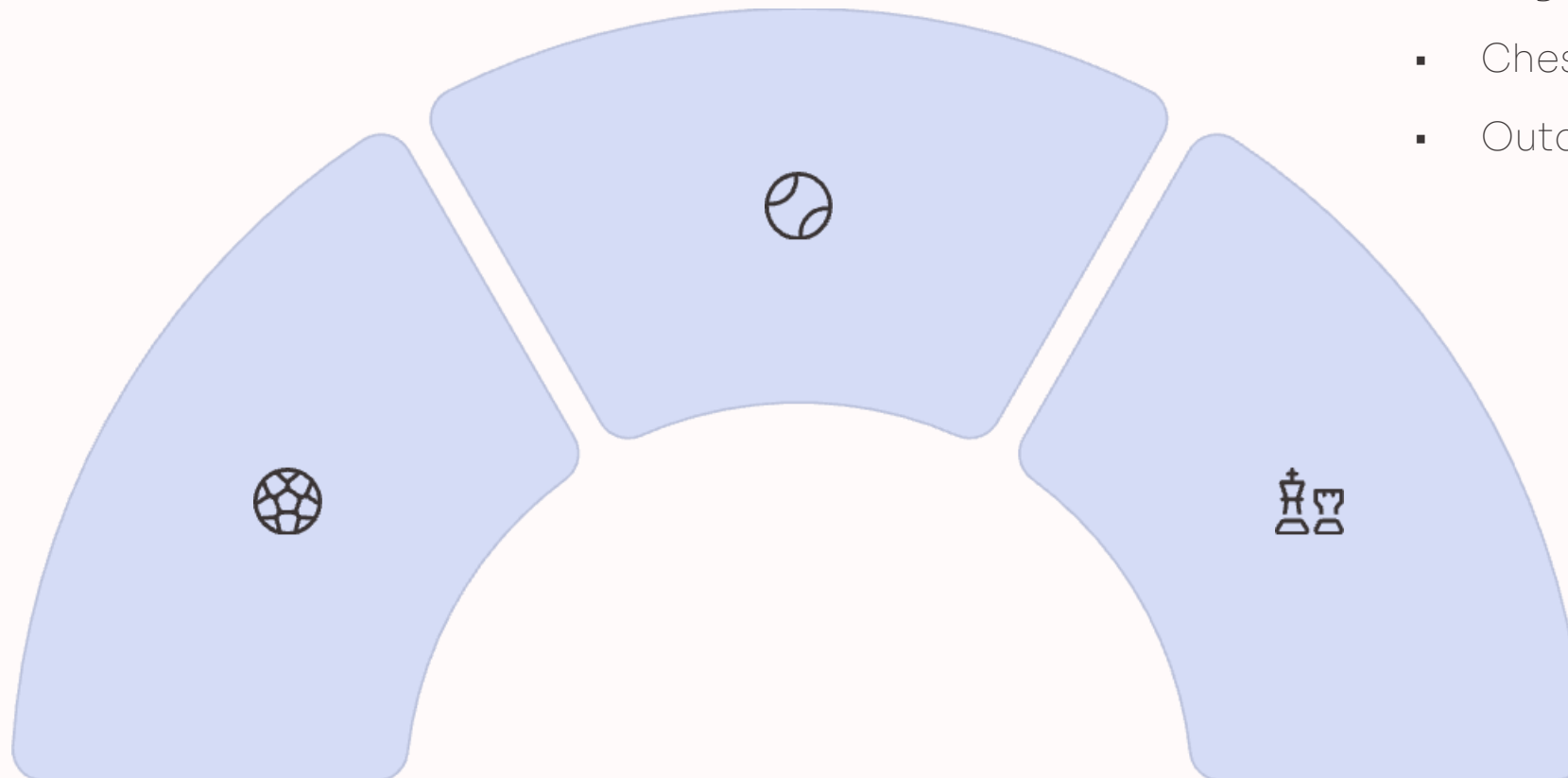
- Football
- Netball
- Cricket
- Rugby

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





Co-funded by the
European Union



STRATEGIC SCHOOL SPORTS PLAN

"Funded by the European Union. Views and opinions expressed are however those of the author(s) only and do not necessarily reflect those of the European Union or the European Education and Culture Executive Agency (EACEA) Neither the European Union nor the granting authority can be held responsible for them".

We, the beneficiaries represent and warrant that any personal data is processed in compliance with the applicable legal framework (GDPR and/or other applicable national legislation) under their sole responsibility, including in view of the publication of the deliverable.

Index

| | |
|--|----|
| 1.Introduction to Liceo La Paz | 3 |
| 2.Objectives of the Sports Program | 4 |
| 3.Sports Activities Program | 5 |
| ○ Aquatic Activities | 5 |
| ○ | |
| ○ Sports Association Activities | 6 |
| 4.Infrastructure and Resources | 12 |
| 5.Schedule and Calendar | 14 |
| 6.Participation and Access | 17 |
| 7.Coaches and Staff | 17 |
| 8.Skill Development | 18 |
| 9.Sports Ethics and Values | 18 |
| 10.Competition Participation | 19 |
| 11.Safety and Well-being | 20 |
| 12.Evaluation and Monitoring | 21 |
| 13. Example of Activities in the Annual Plan | |
| Artistic Roller Skating | 23 |
| Athletics | 33 |
| Basketball | 43 |
| Handball | 55 |
| Judo | 64 |
| Paddle | 71 |
| Swimming | 76 |
| Volleyball | 88 |

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. |
|--|--|

| | |
|--|--|
| | <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. |
|--|--|

| | |
|---|--|
| | <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. |
|--|--|

| | |
|---|--|
| <p>Activities:</p> <p><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. |
|---|--|

| | |
|--|--|
| | <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. |
|--|--|

| | |
|---|---|
| | <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. |
|--|---|

| | |
|--|--|
| 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. |
|--|---|

| | |
|--|--|
| | <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. |
|--|--|

| | |
|--|--|
| | <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> |
|--|--|

| | |
|--|--|
| <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. |
|--|--|

| | |
|--|---|
| | <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: <i>Describe the specific impact expected by the activities</i></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> |
| <p>Evaluation:</p> | <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"> • <i>Physical Fitness Enhancement:</i> <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. • <i>Teamwork and Communication:</i> <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. • <i>Self-Confidence and Self-Esteem:</i> <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. |
|--|--|

| | |
|--|--|
| | <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. |
| <p>Bank of resources: <i>additional materials</i></p> | |

| | |
|---|--|
| 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). |
|--|--|

| | |
|--|--|
| | <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. ○ |
|--|---|

| | |
|--|---|
| | <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"> 1. Promote Regular Participation in Physical Activities: Encourage ongoing participation in paddle among students to enhance their overall health and well-being. 2. Introduce Paddle as a School Sport: Teach the fundamentals of paddle to beginner students to develop basic skills in the sport. 3. Strengthen Values and Social Skills: Use paddle as a tool to promote values such as teamwork, cooperation, respect, and responsibility within the school environment. 4. 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"> 1. Improve General Physical Fitness. 2. Develop Basic Technical Skills in Paddle. 3. Foster Social Skills and Values. 4. Engage the School Community in Physical Activity. 5. 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"> 1. Beginner Paddle Students: Students interested in starting to play paddle with little to no prior experience or basic skills in the sport. 2. 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: |
|--|---|

| | |
|---|--|
| | <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> |
|--|---|

| | |
|--|--|
| | <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> |
|--|---|

| | |
|--|--|
| | <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. |
|--|---|

| | |
|--|--|
| | <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>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>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>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. |
|--|--|

| | |
|--|--|
| | <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. |
|--|---|

| | |
|--|--|
| | <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> | |



www.osnvelimirovic.edu.rs



Erasmus+

ActivYou

Primary school

“Nikolaj Velimirovic” Sabac

Recommendations of sports
activities for quality leisure time

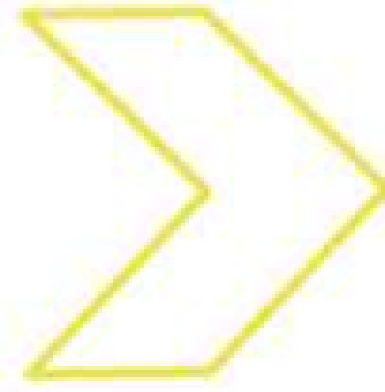
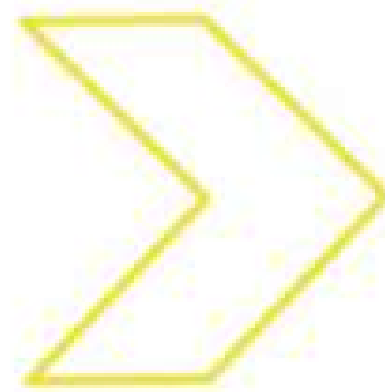


Co-funded by
the European Union



Erasmus+

ACTIVYOU



Co-funded by
the European Union



School sports project

“Founded by the European Union. Views and opinions expressed are however those of author(s) only and do not necessarily reflect those of the European Union or the European Education and Culture Executive Agency (EACEA) Neither the European Union nor the granting authority can be held responsible for them.”

We, the beneficiaries represent and warrant that any personal data is processed in compliance with the applicable legal framework (GDPR and/or other applicable national legislation) under their sole responsibility, including in view of the publication of the deliverable.



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 data-bbox="539 1382 957 1675" data-label="Image"> </div> <div data-bbox="1061 1382 1476 1675" data-label="Image"> </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> | <p>1. Since I have been practising sitting table tennis 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 sitting table tennis 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 sitting table tennis 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 sitting table tennis 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 sitting table tennis 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 |
| 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> |  |



Co-funded by the
European Union

Inclusion and Disability through Sports at the CPR Liceo La Paz

"Funded by the European Union. Views and opinions expressed are however those of the author(s) only and do not necessarily reflect those of the European Union or the European Education and Culture Executive Agency (EACEA) Neither the European Union nor the granting authority can be held responsible for them".

We, the beneficiaries represent and warrant that any personal data is processed in compliance with the applicable legal framework (GDPR and/or other applicable national legislation) under their sole responsibility, including in view of the publication of the deliverable.

Inclusion and Disability through Sports at the CPR Liceo La Paz

At CPR Liceo La Paz we firmly believe in the importance of inclusion. We are committed to forming conscious, empathetic and committed citizens.

Disability awareness is one of our educational pillars.



Sport as a Tool for Inclusion



Physical activity

Main tool for educating in inclusive values.



Core Values

We work on empathy, cooperation, self-improvement and equality.



Social transformation

Sport goes beyond competition.





Awareness Days

Organization

We create specific days dedicated to disability awareness.

Collaboration

We invite specialized associations to share experiences.

Learning

Students learn about different realities through direct testimonies.

Featured Collaborations

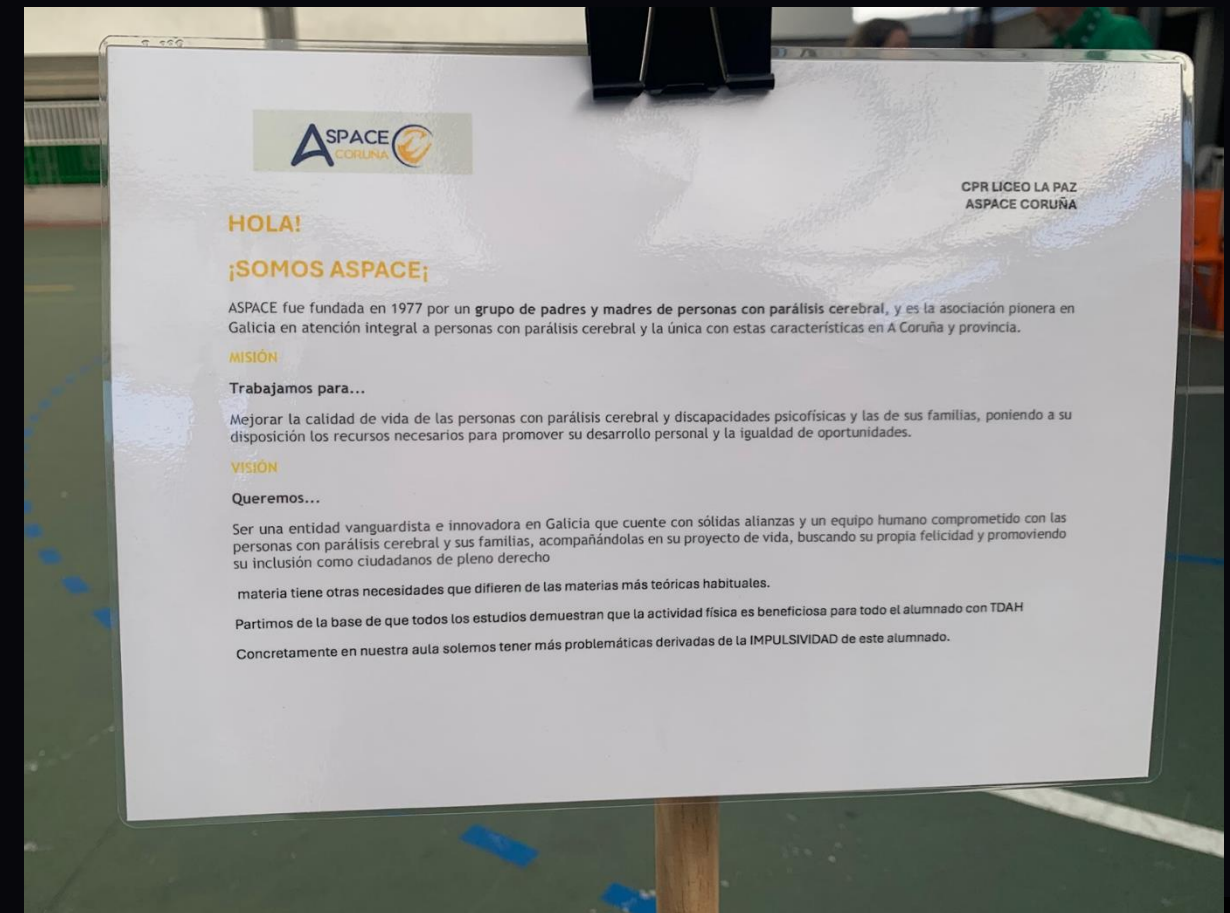
ENKI

A key partnership in our awareness-raising activities. Their experience enriches the learning of our students.



ASPACE

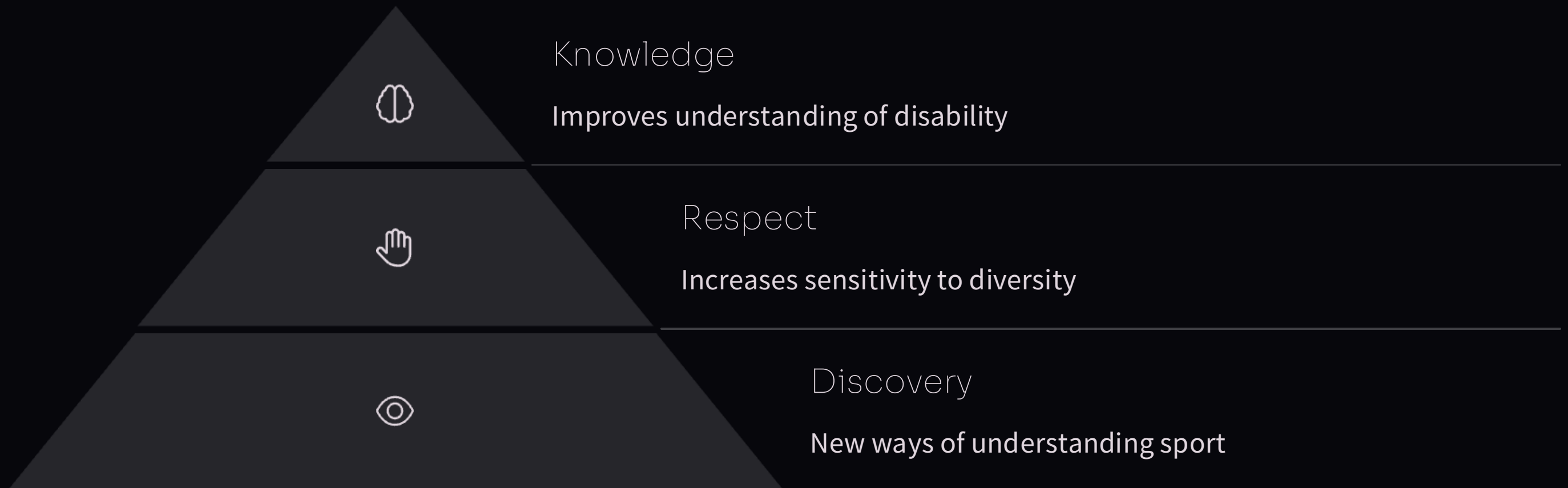
A fundamental collaborator in bringing students closer to the day-to-day life of people with disabilities.



Current Course Activities



Impact on Students





Benefits of Inclusive Sports

Physicists

It improves the physical condition of all participants. Develops new motor skills and coordination.

Social

It fosters relationships based on respect. It eliminates barriers and prejudices between students.

Emotional

Increases self-esteem and confidence. Develops resilience and the ability to overcome.

Conclusion



Inclusive school

We continue to be committed to an active and committed centre.



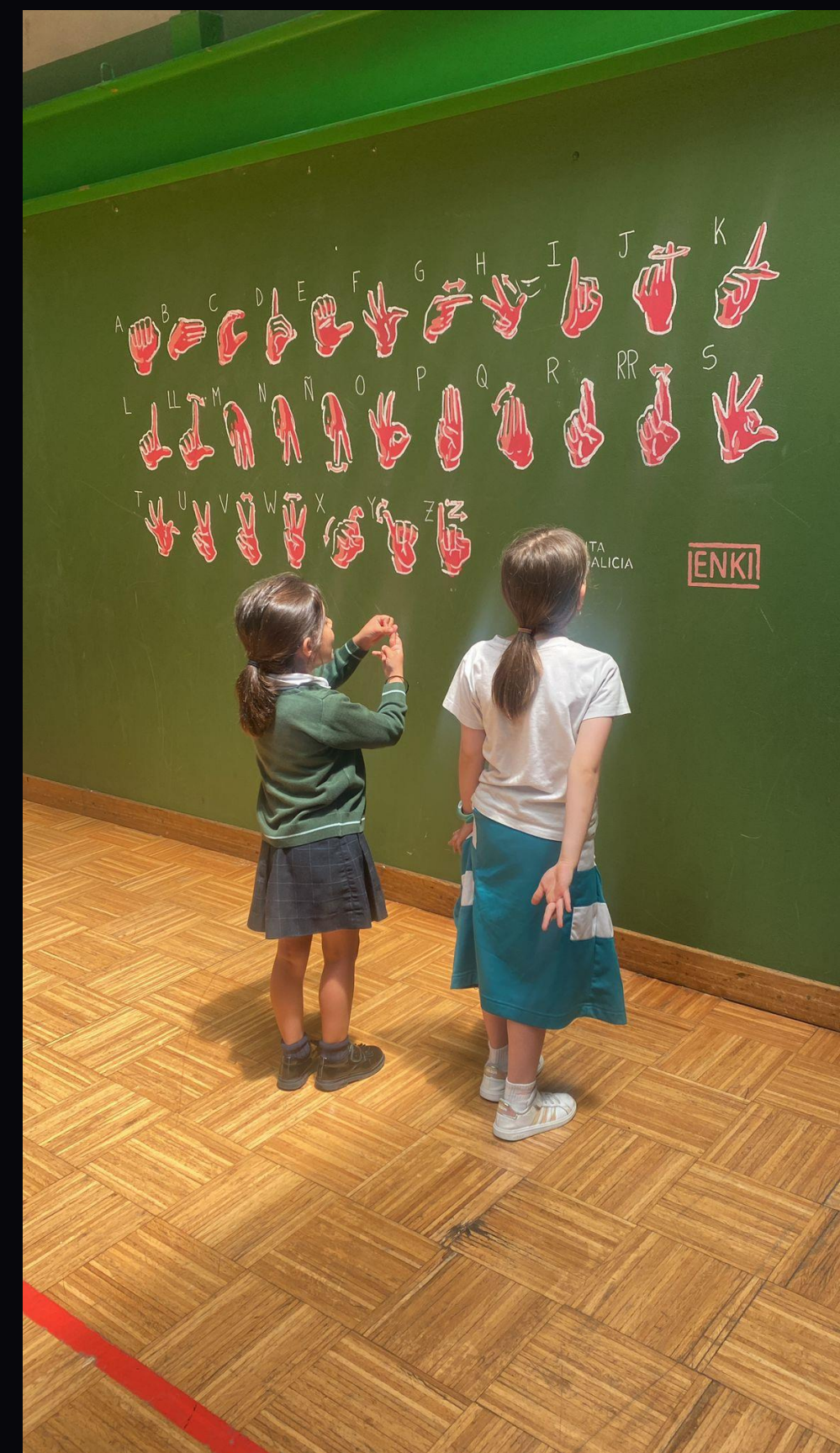
More than competition

Sport is a tool for social transformation.



Thanks

Thank you to all the collaborating entities on this path.



AWARENESS DAYS WITH INCLUSION

We present a detailed compendium of adapted devices designed to facilitate mobility and allow people with functional diversity to practice sports. These specialized teams promote autonomy, inclusion, and physical well-being.

Each device has been carefully designed to meet specific needs, from recreational leisure to high-performance sports competition, ensuring that everyone can enjoy the benefits of physical activity.



ENKI Adapted Devices and Sports Wheelchair

We present a detailed compendium of adapted devices designed to facilitate mobility and allow people with functional diversity to practice sports. These specialized teams promote autonomy, inclusion, and physical well-being.

Each device has been carefully designed to meet specific needs, from recreational leisure to high-performance sports competition, ensuring that everyone can enjoy the benefits of physical activity.



ENKI Adapted Tricycle

ENKI Adapted Tricycle Specifications

- Reinforced steel or aluminum frame
- Three wheels for stability
- Adapted pedals at the front
- Ergonomic seat with backrest (optional)

Recommended Use

- Rehabilitation
- Adapted physical education
- Inclusive leisure
- Grassroots sport

Advantages

- Handbrake system
- Customizable in height and size
- Promotes autonomy
- Facilitates social inclusion

The ENKI Adapted Tricycle is a three-wheeled vehicle specially designed for people with reduced mobility or motor difficulties. Its configuration allows the practice of physical activity autonomously or supervised, adapting to the specific needs of each user.





Adapted Tandem Bike with ENKI Front Seat



Structure

Robust with stabilizing base and front seat with restraint systems



System

Double brakes, pedals and handlebars at the rear for the passenger



Proceeds

Allows for inclusive outdoor activities and assisted sports

This bike has an innovative design of double in-line position: a seat adapted in the front for the person with functional diversity and a rear position for the passenger who pedals and steers. Its wide wheels provide better traction, while the anchor points ensure additional support for added safety.

It is ideal for outdoor activities, assisted sports and inclusion in recreational or school circuits, encouraging joint participation and shared experience.

ENKI Adapted Handbike

The ENKI Adapted Handbike is a bicycle specially designed to be propelled with the arms by front cranks. This device is designed for people with disabilities in the lower limbs, allowing them to enjoy active mobility and adapted sport.



Propulsion System

Manual transmission with front cranks that allow the bike to be propelled using arm power



Specifications

Disc brakes or caliper, lightweight and sturdy chassis, reclined seat with back support



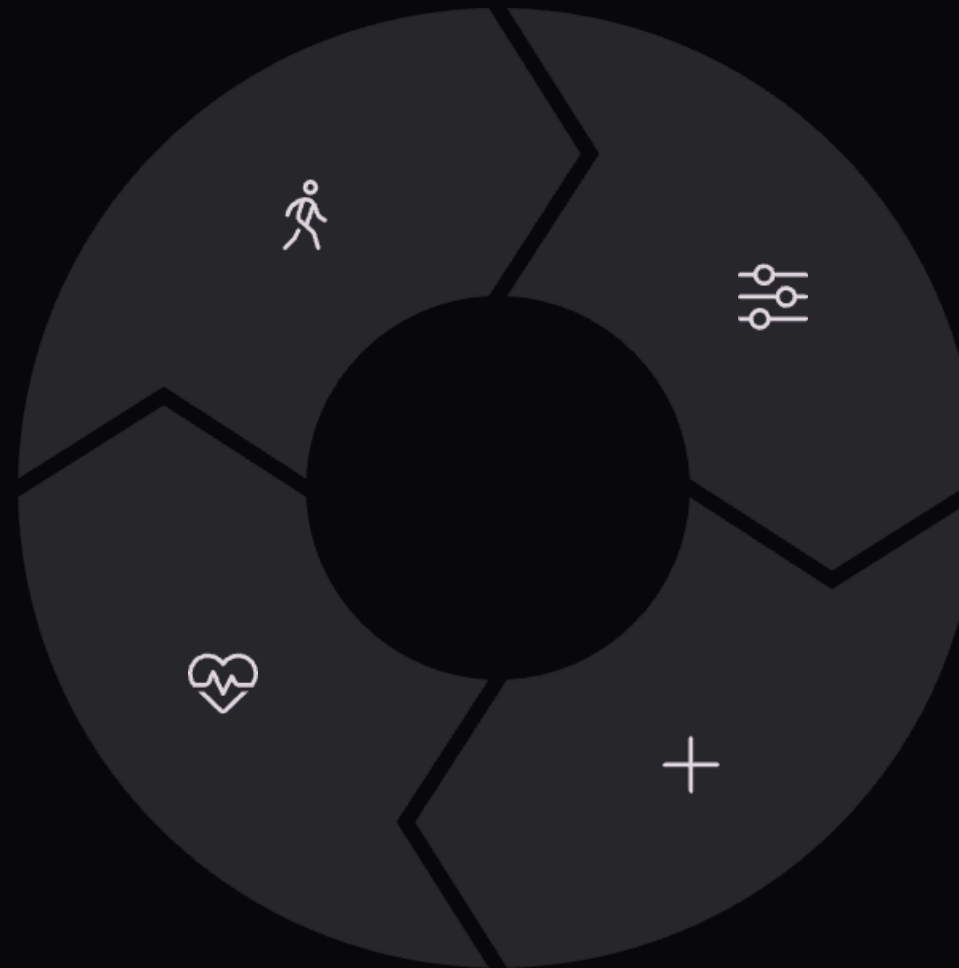
Adaptability

Configurable in size for children or adults, ideal for people with disabilities in lower limbs

Adapted Walkers

Structure
Folding aluminium or steel chassis
with front wheels and rear bumpers

Applications
Assisted walking support, daily
mobility and therapeutic
programmes



Settings
Adjustable height and ergonomic grip
to adapt to each user

Options
Possibility of brake and seat on
advanced models

Adapted walkers are walking aids, with a metal structure and wheels, designed for people with reduced mobility. Its design facilitates safe and controlled movement, providing stability and confidence to the user during their daily activities.

Joëlette chair



Off-Road Design

A single central wheel that allows it to adapt to uneven terrain, ideal for hiking and outdoor activities in natural environments.

Safety and Comfort

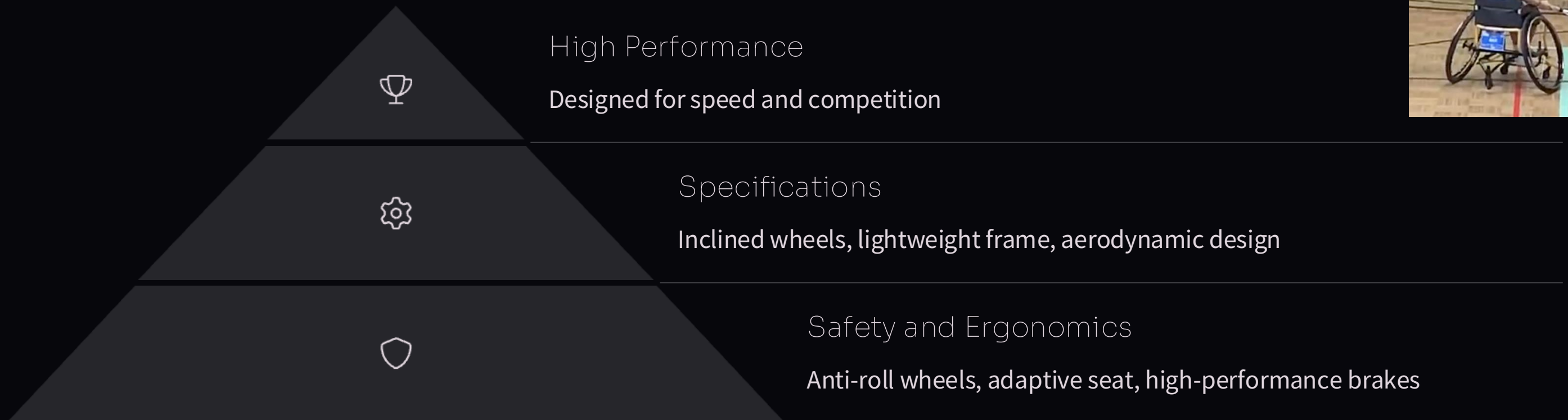
High-back seat, seat belt, footrest and in some models headrest and 4 or 5-point harness.

Inclusive Participation

It allows children and adults to participate in group activities without physical limitations, promoting inclusion and teamwork.

The Joëlette is an all-terrain chair with a single central wheel, designed for the transport of people with reduced mobility in sports, educational or recreational activities. Its lightweight and resistant metal chassis has front and rear handles so that two people can direct and stabilize the chair.

Sports Wheelchair



The sports wheelchair is a specialized piece of equipment, designed for the practice of adapted sports. Its tilted rear wheels (camber) provide greater stability and better maneuverability for quick turns, minimizing the risk of rollover during dynamic movements.

Made with high-strength materials such as aluminum or titanium, this chair guarantees durability without compromising speed. Its compact and streamlined design facilitates responsiveness, while the ergonomic seat allows the user to generate power and perform sport-specific movements.



Adapted Sports Session with ENKI

Discovering sport from an inclusive perspective

What is adapted sport?



Modified physical
activity

For people with disabilities



Seek inclusion

Participation and autonomy



Comprehensive development

Personal, social and sporting



Getting to know ENKI



Galician Association

Promotes inclusion through sport



Miscellaneous activities

Workshops, circuits and talks



Collaborations

Educational centers and entities



Adapted volleyball



Sitting game
Great coordination and agility

Lower network
Arm movement

Continuous participation
Constant contact with the game



Adapted tennis

In a wheelchair

Specialized mobility

Up to two pots

Before the stroke

High demand

Technique and physics

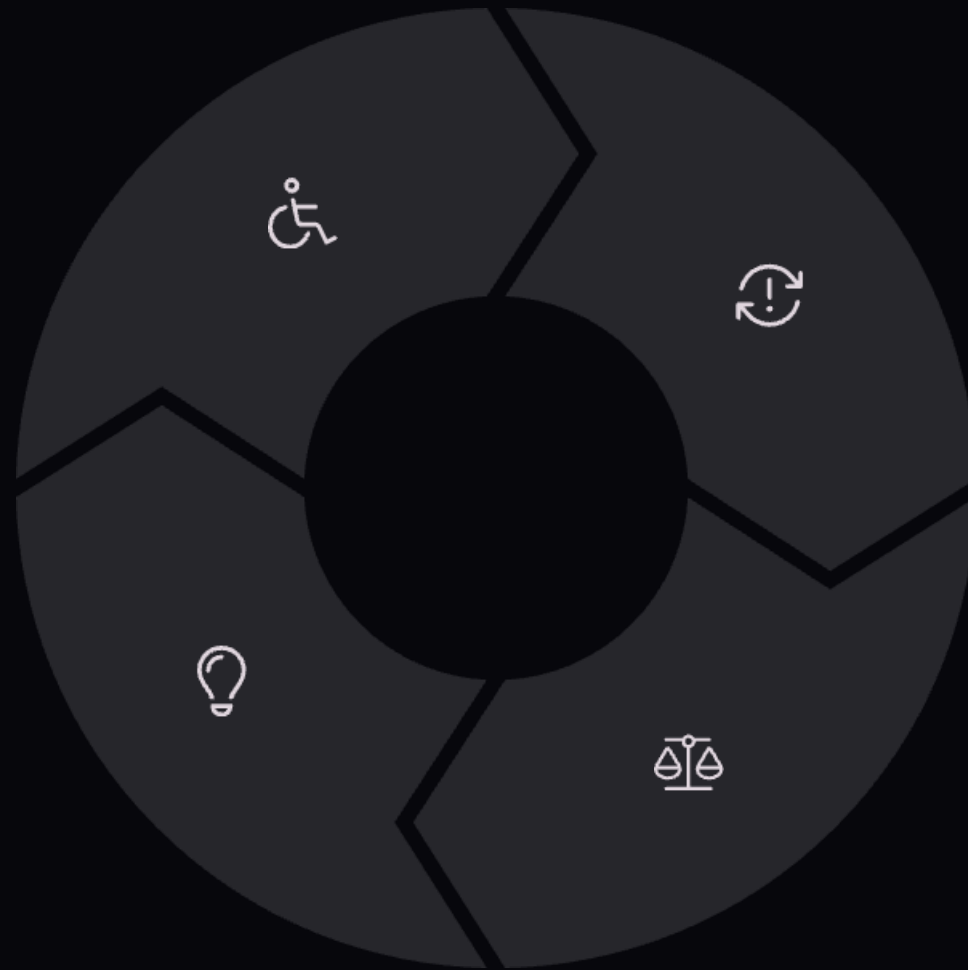
Use of an adapted sports chair

specifics chairs

Basketball or tennis

Comprehension

Difficulties and skills



Special technique

Turning and displacement

Stability

Balance control





Simulation of visual impairment



Blindfolded Eyes

Sensory circuit



Empathy

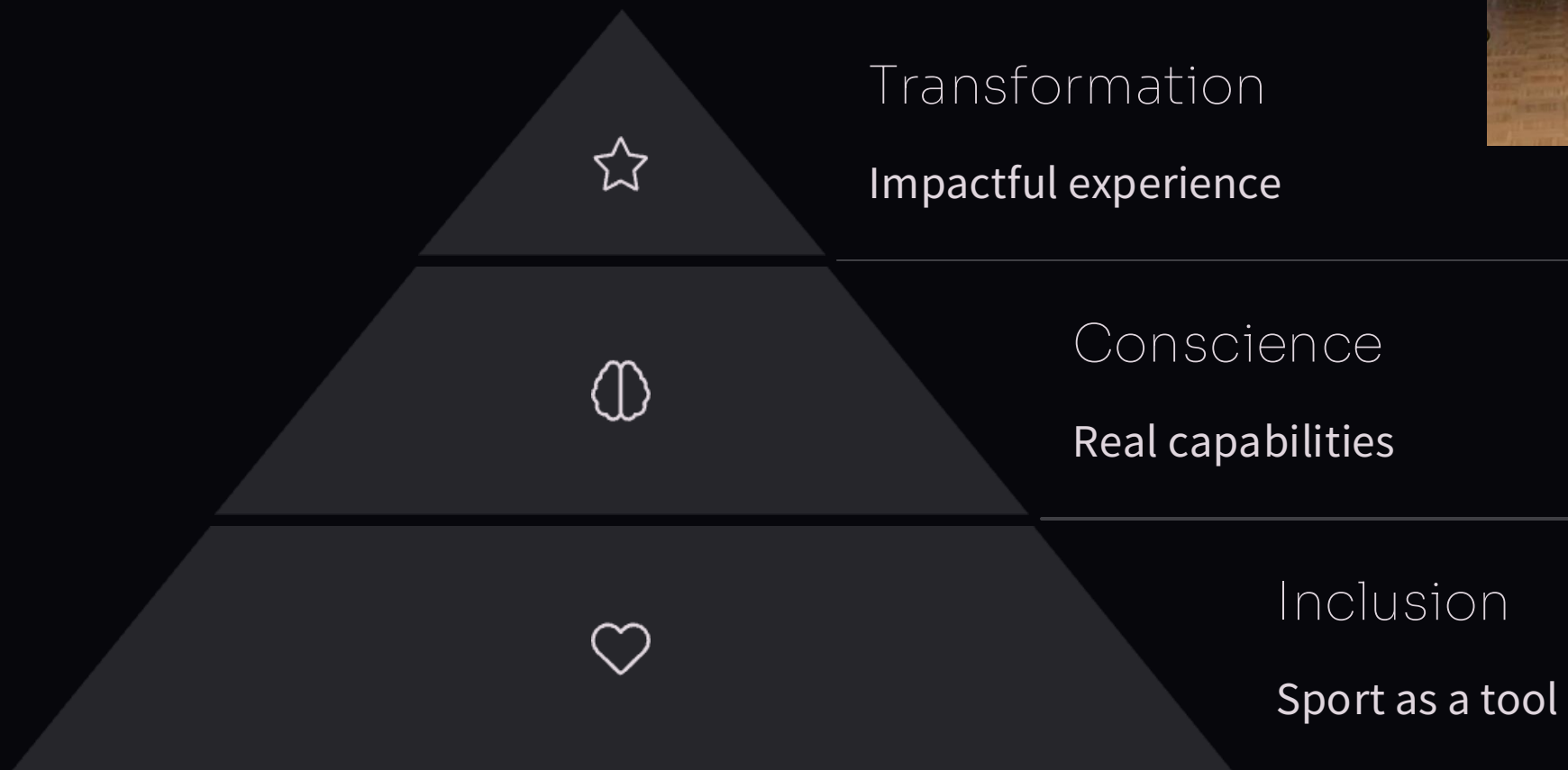
Trust in the environment



Beeps

Human guides

Final Thoughts





Boccia: Paralympic Sport of Precision and Strategy

An inclusive sport for people with severe physical disabilities

What is Boccia?

Precision adapted sport

Designed for people with severe physical disabilities

Similar to pétanque

With adapted rules and materials

In a wheelchair

All participants compete from wheelchairs





Functional categories

BC1

Cerebral palsy, they throw with hands or feet. Attendee allowed.

BC2

Cerebral palsy, greater control. No assistant.

BC3

Use of ramp. Technical assistant.

BC4

Other serious physical disabilities.



Objective of the game



Bringing balls closer to the jack

The cue ball is the target



6 balls per player

Soft leather balls



Various modalities

Individual, Pairs & Teams

Basic rules



Court
12.5 x 6
meters



Alternate
shifts

Throw who is
furthest from
the jack



Scoring

According to
proximity to
the jack



Duration
4 to 6 entries





Boccia at the Paralympic Games

1

Since 1984

Official Paralympic Sport

2

Unique

No Olympic equivalent

3

Demanding

High tactical and emotional demand

Values it transmits



Where to practice Boccia?



FEDPC

Spanish Federation of Sports for People with Cerebral Palsy



FEDDF

Spanish Federation of Sports for People with Physical Disabilities



Clubes adaptados

Sports centers throughout the country



Primary school
“Nikolaj Velimirović” Šabac

Inclusion and Disability through Sports

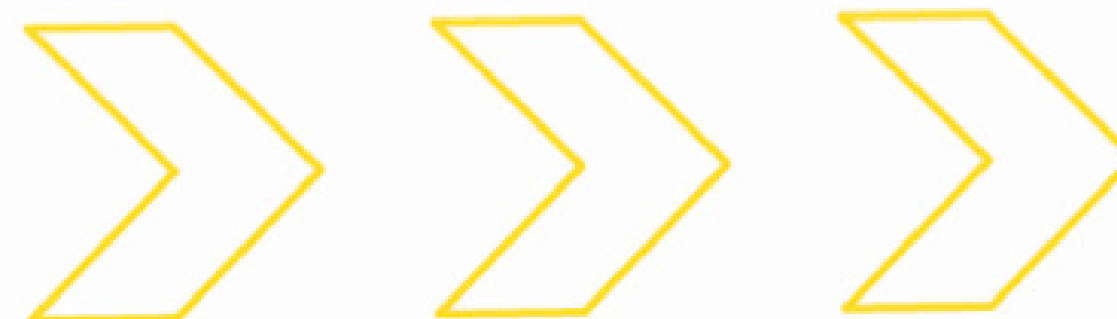


Disclaimer

"Co-funded by the European Union. Views and opinions expressed are however those of the author(s) only and do not necessarily reflect those of the European Union or the European Education and Culture Executive Agency (EACEA) Neither the European Union nor the granting authority can be held responsible for them". TR We, the beneficiaries represent and warrant that any personal data is processed in compliance with the applicable legal framework (GDPR and/other applicable national legislation) under their sole responsibility, including in view of the publication of the deliverable.



ACTIVYOU



Co-funded by
the European Union



Adapted sports events



- Sitting volleyball
- Adapted table tennis
- Baskin

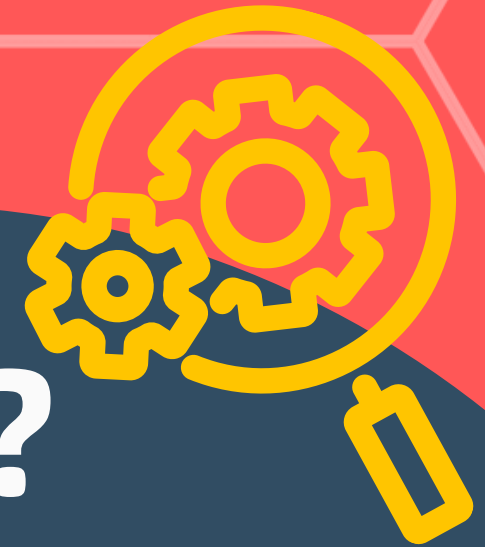
- Why?
- Where?
- How?

**“Sport is not always a competition.
Playing sports is about helping and
inspiring others so they can reach their
potential!”**

WHY?

Sport as a Tool for Inclusion

**Sports are the best tools for
overcoming barriers, including
everyone and teaching students the
value of equality.**





WHERE?

Adapted sports can be played at:

- School
- Home
- Sports clubs
- Adapted sports associations





HOW?

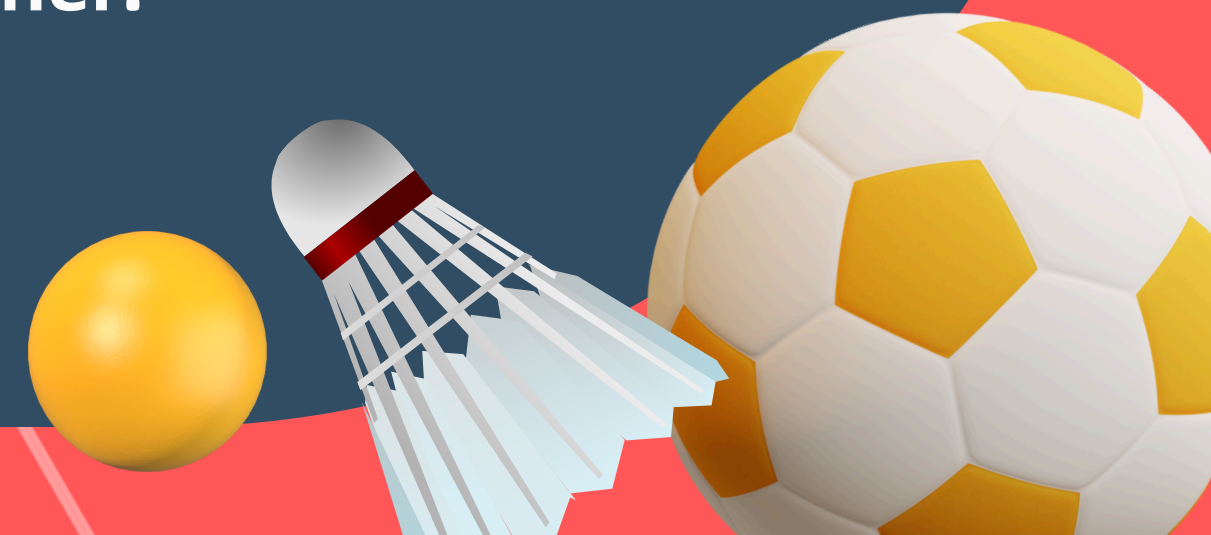


When there is a
will there's a
way

The point is to include everyone in sports, no matter how, where or when.

The inclusion itself improves socialisation of the disabled.

Any kind of group activity helps both sides understand each other.





Sitting volleyball



Table tennis -
adapted



Baskin

OFFERING VARIOUS CHOICES ↔

Our team presented different activities connected to adapted sports.



VIDEO

Sitting volleyball

Sitting volleyball is one of the best adapted sports where all students can understand the needs of students with limited mobility.

It is not demanding and it is easily played in regular classes. It develops sportsmanship, cooperation, team thinking and empathy towards people with disabilities.



VIDEO

Table tennis- adapted

Adapted table tennis is suitable for people in wheelchairs. It is on the list of Paralympic sports.

Participation in this sport does not require the involvement of the lower extremities.

The emphasis is on improving the mobility and strengthening the upper limbs. It is excellent for hanging out and socializing.



VIDEO

Baskin

it's an adapted sport that allows athletes with the most difficult forms of disabilities to participate in sports and compete. The key to this sport is cooperation between competitors. Depending on the degree of disability, there are adjustments in the performing of the shot. Baskin develops mobility, coordination. It affects psychomotor development and promotes socialization.

Benefits of Inclusive Sports



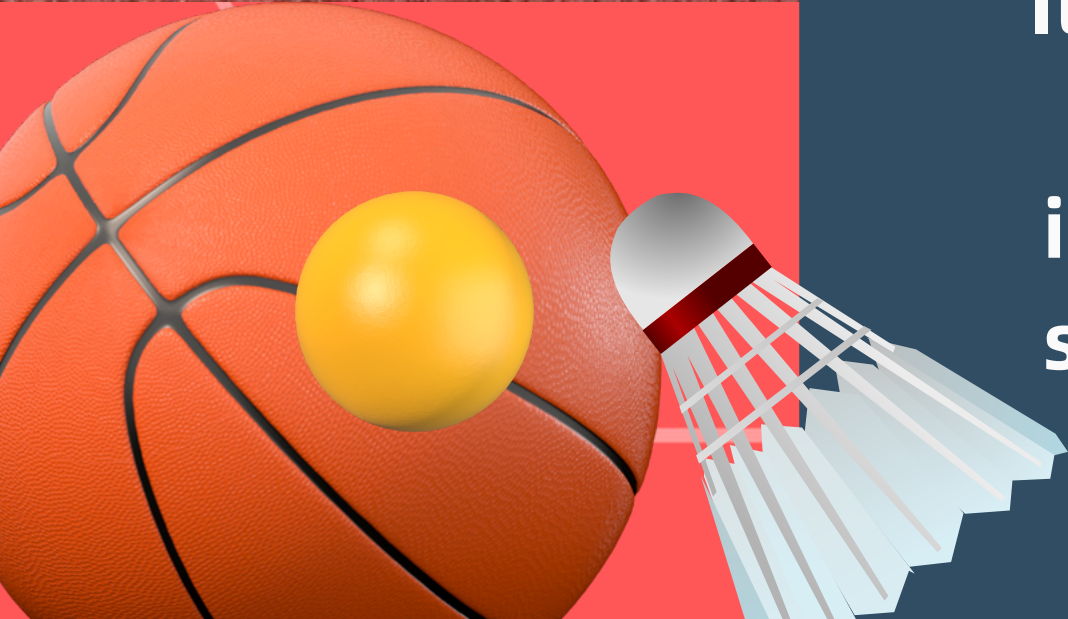
- Physical
- Social
- Emotional





Conclusion

It is absolutely necessary for all the schools to be aware of the fact that it is utterly important to offer various sports for all the students, especially to pay attention to the disabled and their necessities.





The Kilometer Challenge: A Family Fitness Adventure

“Funded by the European Union. Views and opinions expressed are however those of the author(s) only and do not necessarily reflect those of the European Union or the European Education and Culture Executive Agency (EACEA) Neither the European Union nor the granting authority can be held responsible for them.”

We, the beneficiaries represent and warrant that any personal data is processed in compliance with the applicable legal framework (GDPR and/ other applicable national legislation) under their sole responsibility, including in view of the publication of the deliverable.





The Kilometer Challenge: A Family Fitness Adventure

Join us on an inspiring journey! We transformed fitness into a fun, collaborative challenge.

Families and teenagers united to conquer 10,000 kilometers of physical activity. Using the Strava app, we turned exercise into an exciting international adventure.

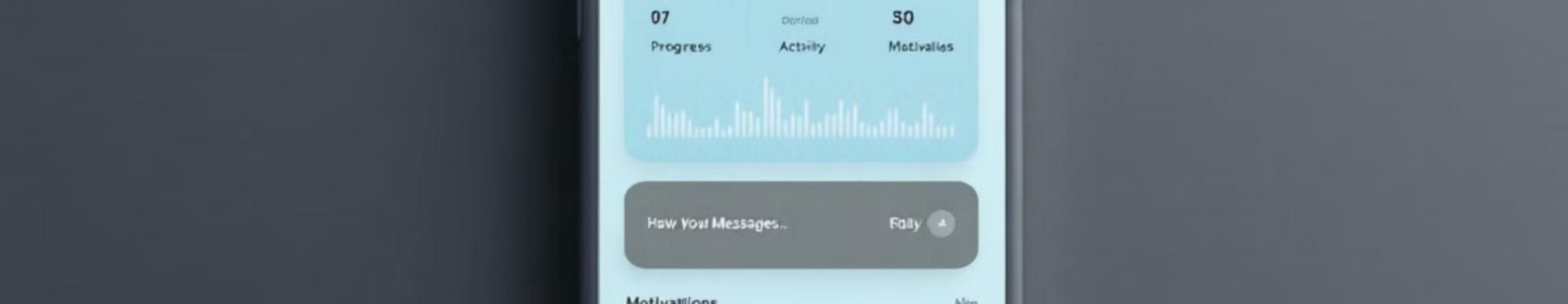
Our Mission: Coruña to Prerov!

Connecting Cities

Our goal mirrored the distance between Coruña, Spain, and Prerov, Czech Republic.

European Unity

This symbolic journey strengthened ties within our consortium.



How We Achieved the Impossible

1 Strava Power

We harnessed the Strava app to track our collective progress.

2 Family Fun

Families from three countries joined forces, adding kilometers together.

3 Community Spirit

We fostered a supportive community, encouraging everyone to participate.





Sports for Everyone



Running was a popular choice.



Cycling helped rack up kilometers.



Swimming provided a refreshing workout.

Empowering Active Lifestyles

1

Module 1-5

Beginner basics.

2

Module 6-10

Intermediate Techniques.

3

Module 11-15

Advanced Training Methods.

4

Module 16-20

Specialised Skills.



Photos from the Journey



20 Sports Modules Created!

Comprehensive Content

Our modules cover a wide range of sports activities.

Healthy Living

These resources promote an active and healthy lifestyle.

Expert Guidance

Specialists can use these modules to teach and practice sports.





Key Takeaways & Next Steps

We achieved our 10,000 km goal!

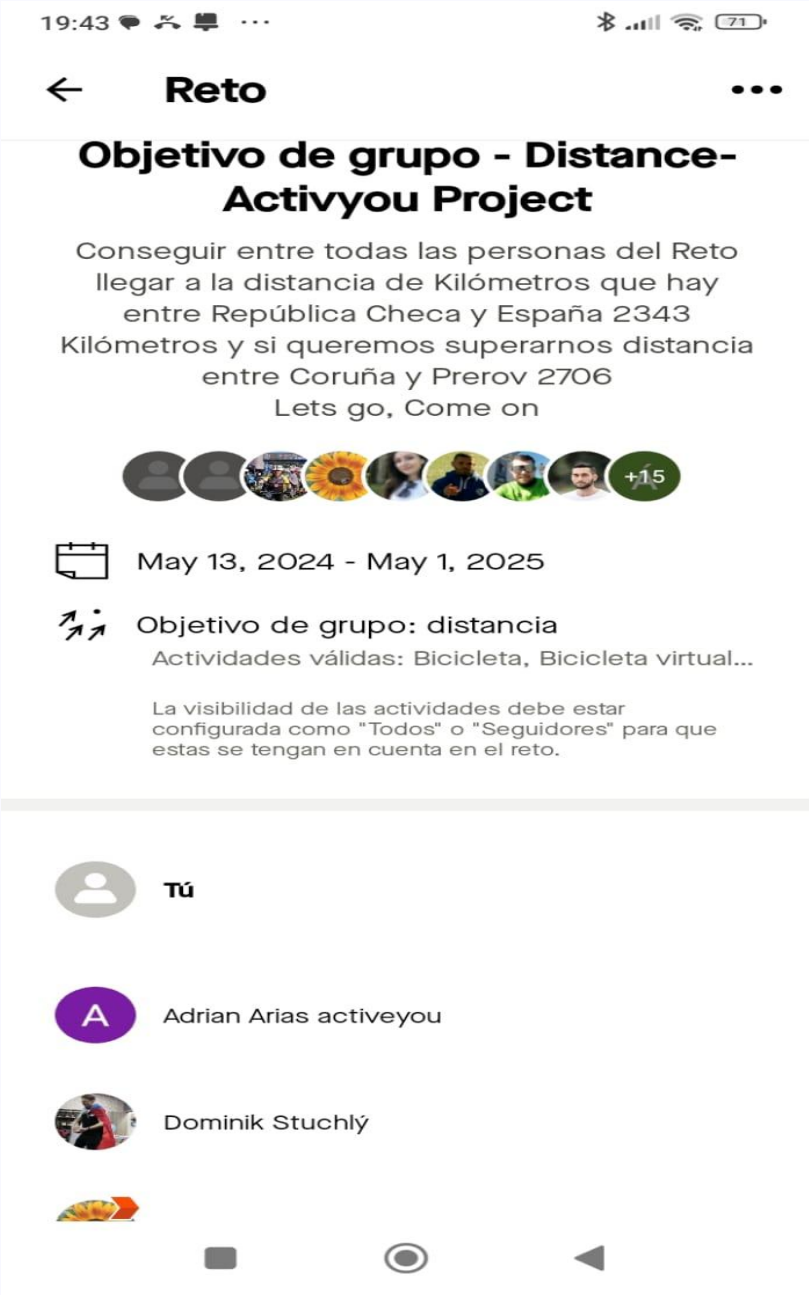
We've created 20 sports modules for active living.

Now, let's share these resources with the world.

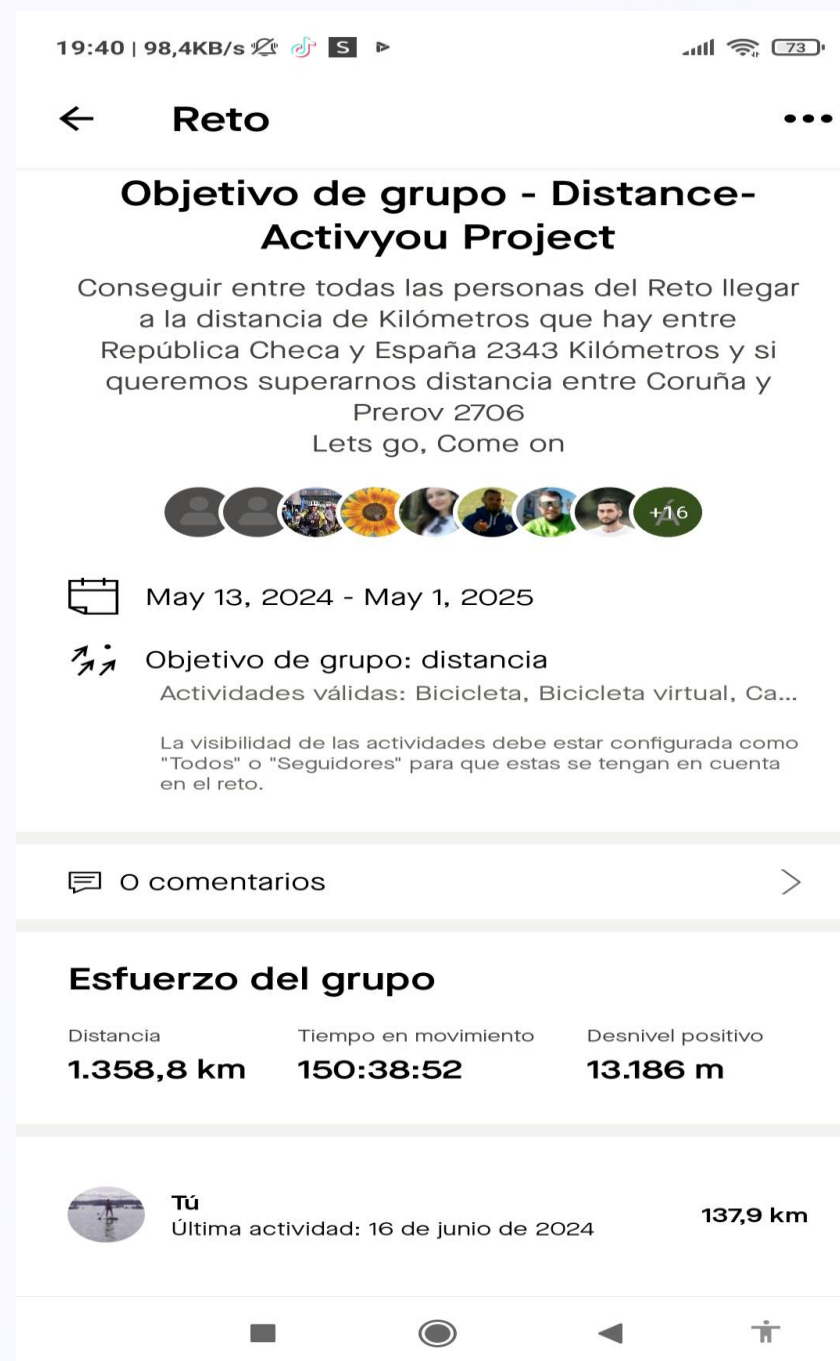
Screenshots on Strava of how we were progressing in kilometers in the group of families created for the challenge



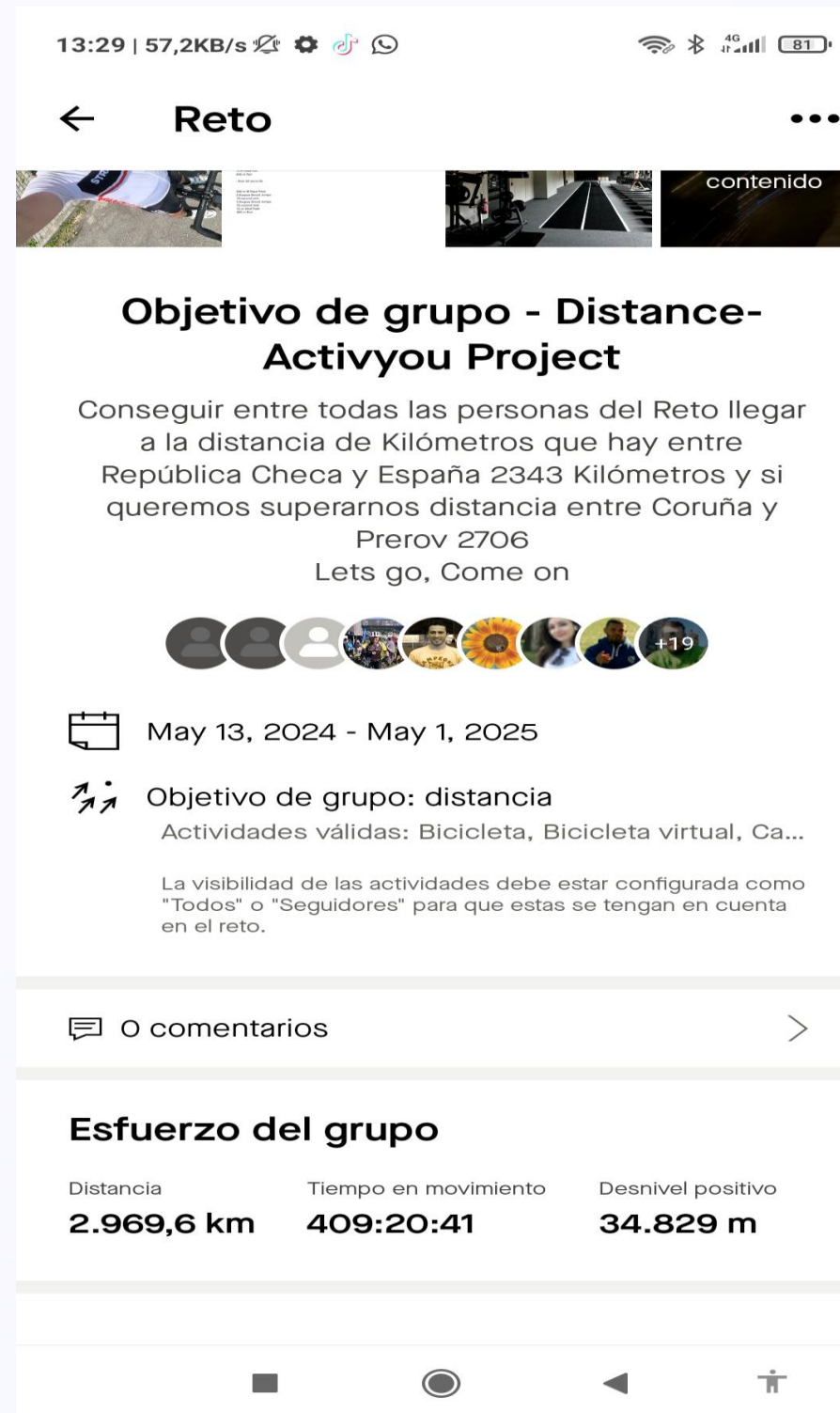
Screenshot 1 Our group adventure begins



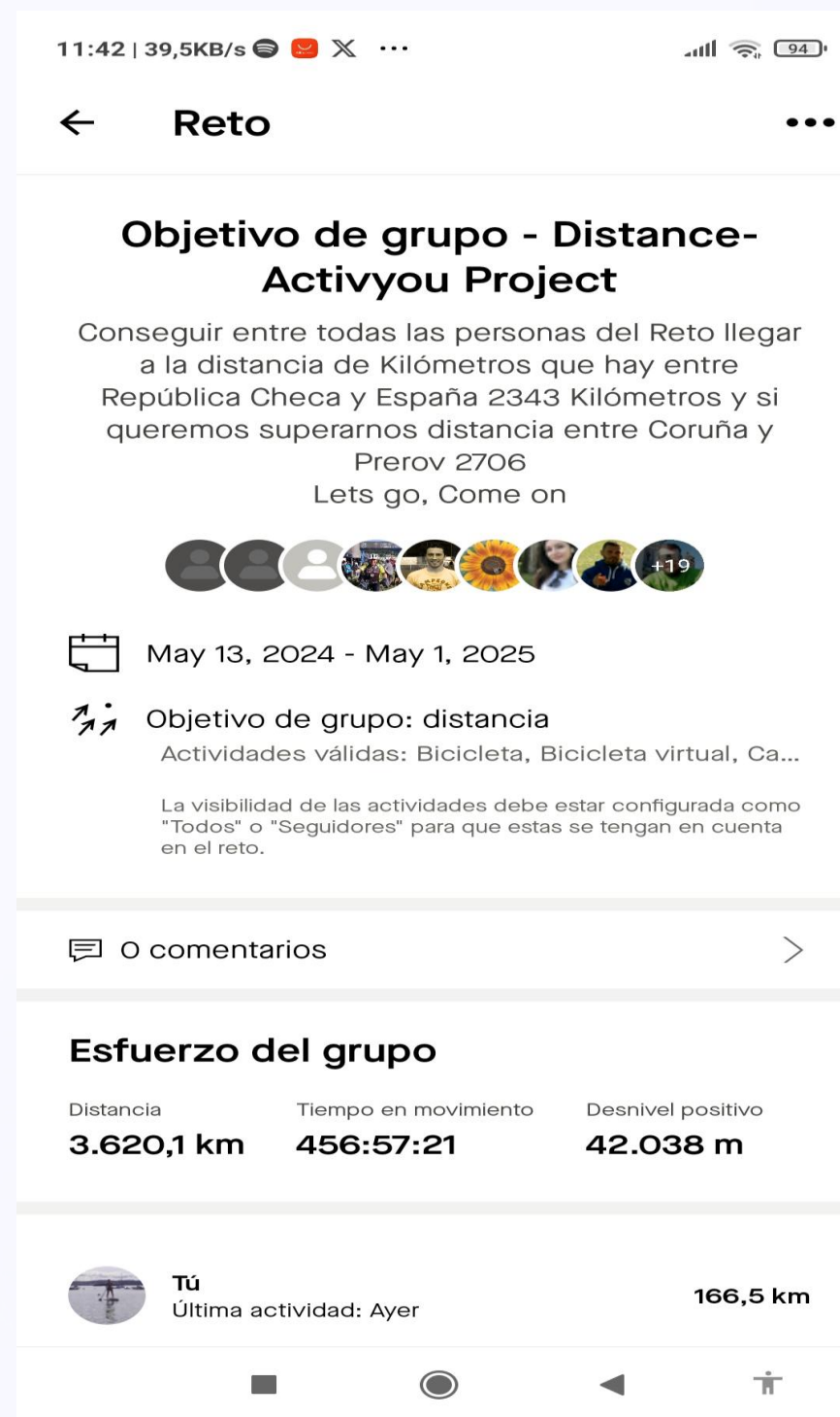
Screen capture number 2 We have reached 1358 km



Screen capture number 3 We have reached 2969 km



Screen capture number 4 We have reached 3620 km



Screen capture number 5 We have reached 5589 km



Screen capture number 6 We have reached 7044 km



We have achieved our challenge, we have reached 10558 km

We have used the Strava application as a group, adding up the kilometers that separate Coruña (Spain) and Prerov (Czech Republic) and we have managed to reach the 10000 km that separate these cities from our consortium, practicing different types of sports.



Physical activity modules for 20 sports

We have developed 20 modules on the sports we played in our group challenge, so that they can be carried out by any youth association, sports association, teacher or instructor.

These modules are structured as follows: 1-Objectives 2-Stakeholders of the project 3-Beneficiaries 4-Content 5-Activities 6-Results 7-Innovation 8-Impact 9-Evaluation 10-Bank of resources



Healthy active lifestyle project, Annual plan

| | |
|--|--|
| Title of the module: | Swimming pool activities |
| Objectives: <i>General and Specific Objectives</i> | 1-Improve cardiovascular endurance. 2-Increase muscular strength 3-Improve flexibility 4-Promote rehabilitation 5-Reducing stress and tension 6-Improve co-ordination and balance. 7-Enhancing socialisation and teamwork 8-Use water as a medium in which to explore sporting activities in a playful way. |
| Stakeholders of the project: <i>People and entities contributing or contributed to the implementation of the project/programme</i> | Our main target group of the Project, young people from 12 to 15 years old, who can enjoy at the same time that they do physical exercise, through aquatic activities in the swimming pool. Swimming pool instructors or swimming teachers, who can add leisure and sports activities to their classes. Swimming pool facility managers Extracurricular activities instructors. Sports technicians of local municipalities. Families and carers who can look to the swimming pool as a motivating activity for physical exercise. |
| Beneficiaries: <i>Which target group was involved</i> | Our main target group of the Project, young people from 12 to 15 years old, who can enjoy at the same time that they do physical exercise, through aquatic activities in the swimming pool. Swimming pool instructors or swimming teachers, who can add leisure and sports activities to their classes. Swimming pool facility managers Extracurricular activities instructors. Sports technicians of local municipalities. Families and carers who can look to the swimming pool as a motivating activity for physical exercise. |
| Content: <i>Describe the contents of the modules</i> | . 1-Improving cardiovascular endurance: 1-Content: "Cardiovascular Swimming Routine". Description: This swim routine focuses on improving cardiovascular endurance through high-intensity swim intervals. It begins with a 5-minute warm-up of gentle swimming. Then do 10 laps of freestyle swimming at a moderate pace, followed by 5 laps at an intense pace. Rest for 1 minute and repeat the cycle 3 times. Finish with a 5-minute cool down swimming at a gentle pace. 2-Increase muscle strength: |

2-Content: "Strength Training in the Water".

Description: This workout focuses on using the resistance of the water to strengthen the core muscles of the body. It includes exercises such as the frog kick against water resistance, the knee lift in water and the sliding side lunge. Perform 3 sets of 12 repetitions of each exercise, resting 30 seconds between each set.

3-Improve flexibility:

3-Content: "Aqua Yoga Class for Flexibility."

Description: This class combines traditional yoga techniques with water-adapted exercises to improve flexibility and relaxation. It includes gentle stretching movements and modified yoga postures performed in water to take advantage of the support and resistance. Conscious breathing and progressive stretching are emphasised.

4-Promoting rehabilitation:

4-Content: "Aquatic Rehabilitation Programme for Back Injuries".

Description: This program is designed to aid in the rehabilitation of back injuries using gentle exercises in the water. It includes stretching and strengthening exercises specific to the lower back, as well as mobility exercises to improve function and reduce pain. Supervision by a physiotherapist or health professional is recommended.

5-Reducing stress and tension:

5-Content: "Guided Meditation in Water".

Description: This meditation session takes place in water to take advantage of its calming and relaxing effect. Participants float gently in the water while guided meditation focuses on breathing and muscle relaxation. Visualisation techniques and positive affirmations are used to reduce stress and tension.

6-Improve coordination and balance:

6-Content: "Pool Balance Challenge".

Description: This challenge includes a series of exercises designed to improve coordination and balance in an aquatic environment. Participants perform activities such as walking on a floating board, balancing on one leg in the water and throwing and catching a medicine ball while keeping moving in the water.

7-Encourage socialisation and teamwork:

7-Content: "Group Water Games".

Description: This session focuses on water games and activities designed to promote socialisation and teamwork. It includes games such as swimming relays, team water polo and ball passing activities in the water. Cooperation and communication between participants is encouraged.

8-Use water as a medium in which to explore sporting activities in a playful way:

8-Content: "Exploration of Recreational Water Sports".

Description: This session allows participants to experience a variety of recreational water sports in a playful way. It includes activities such as pool kayaking, casual water polo, water volleyball and recreational snorkelling. The emphasis is on fun and experimentation in a safe and controlled environment.

| | |
|--|---|
| | |
| Activities: <i>Describe the activities of the module</i> | <p>.</p> <p>1-Improvement of cardiovascular endurance: 1-Content: "Cardiovascular Swimming Routine". Description: This swim routine focuses on improving cardiovascular endurance through high-intensity swimming intervals. It begins with a 5-minute warm-up of gentle swimming. Then do 10 laps of freestyle swimming at a moderate pace, followed by 5 laps at an intense pace. Rest for 1 minute and repeat the cycle 3 times. Finish with 5 minutes of cool down swimming at a gentle pace.</p> <p>2-Increase muscle strength: 2-Content: 'Strength training in the water'. Description: This workout focuses on using the resistance of the water to strengthen the core muscles of the body. It includes exercises such as the frog kick against water resistance, the knee lift in water and the sliding side lunge. Perform 3 sets of 12 repetitions of each exercise, resting 30 seconds between each set.</p> <p>3-Improves flexibility: 3-Content: "Aqua Yoga class to improve flexibility". Description: This class combines traditional yoga techniques with exercises adapted to water to improve flexibility and relaxation. It includes gentle stretching movements and modified yoga postures performed in water to take advantage of the support and resistance. Emphasis is placed on conscious breathing and progressive stretching.</p> <p>4-Promoting rehabilitation: 4-Content: 'Aquatic rehabilitation programme for back injuries'. Description: This programme is designed to assist in the rehabilitation of back injuries using gentle exercises in the water. It includes stretching and strengthening exercises specific to the lower back, as well as mobility exercises to improve function and reduce pain. Supervision by a physiotherapist or health professional is recommended.</p> <p>5-Reducing stress and tension: 5-Content: 'Guided meditation in water'. Description: This meditation session takes place in water to take advantage of its calming and relaxing effect. Participants float gently in the water while the guided meditation focuses on breathing and muscle relaxation. Visualisation techniques and positive affirmations are used to reduce stress and tension.</p> <p>6-Improves coordination and balance: 6-Content: 'Balance challenge in the pool'. Description: This challenge includes a series of exercises designed to improve coordination and balance in an aquatic environment. Participants perform activities such as walking on a floating board, balancing on one leg</p> |

| | |
|---|---|
| | <p>in the water and throwing and catching a medicine ball while still moving in the water.</p> <p>7-Fostering socialisation and teamwork: 7-Content: 'Group water games'. Description: This session focuses on water games and activities designed to encourage socialisation and teamwork. It includes games such as swimming relays, team water polo and ball passing activities in the water. Cooperation and communication between participants is encouraged.</p> <p>8-Use water as a medium to explore sporting activities in a playful way: 8-Content: 'Exploration of recreational water sports'. Description: This session allows participants to experience a variety of recreational water sports in a playful way. It includes activities such as pool kayaking, occasional water polo, water volleyball and recreational snorkelling. The emphasis is on fun and experimentation in a safe and controlled environment.</p> |
| <p>Results: <i>Describe the expected results from the activities</i></p> | <p>The expected outcomes of these activities are diverse and are designed to address different aspects of physical, mental and social health:</p> <p>1-Improved cardiovascular endurance: Interval swimming will increase cardiovascular capacity and aerobic endurance, resulting in increased efficiency of the heart and lungs to supply oxygen to the muscles during prolonged periods of physical activity.</p> <p>2-Increased muscular strength: The frog kick activity against water resistance will strengthen the leg muscles, especially the quadriceps, hamstrings and calf muscles, which will improve muscular power and endurance.</p> <p>3-Improved flexibility: Stretching in the water will help increase muscle and joint flexibility, which can improve range of motion, reduce the risk of injury and relieve muscle stiffness.</p> <p>4-Promoting rehabilitation: Walking in water will provide a low-impact environment for injury rehabilitation, allowing controlled movement of joints and muscles without overloading damaged structures.</p> <p>5-Reduction of stress and tension: Conscious floating will promote deep relaxation by helping to decrease sympathetic nervous system activity, which can reduce stress, anxiety and improve sleep quality.</p> <p>6-Improved coordination and balance: Balancing on a float board will challenge and improve neuromuscular coordination and balance, which can be beneficial in preventing falls and injuries, as well as improving performance in specific sporting activities.</p> |

| | |
|---|---|
| | <p>7-Fostering socialisation and teamwork: Team water polo will provide an opportunity to interact with others, foster communication, cooperation and social relationship building, while enjoying physical activity.</p> <p>8-Playful exploration of water sports activities: The kayaking session in the pool will offer a fun and exciting way to experience water sports activities, which can inspire interest in more traditional water sports and encourage an active and healthy lifestyle.</p> |
| <p>Innovation: <i>Describe the innovative aspects of the activities</i></p> | <p>1-Focus on water as a means of exercise: All activities focus on harnessing the unique properties of water to improve physical and mental health. This is innovative because it recognises and uses water as a versatile medium for exercise and rehabilitation.</p> <p>2-Variety of activities tailored to different goals: Rather than offering just one generic activity, a wide range of options are provided that address different aspects of health and wellbeing, from cardiovascular endurance to flexibility and socialisation. This allows participants to choose activities that align with their specific goals.</p> <p>3-Integration of interval training techniques: The inclusion of interval training in swimming is innovative, as this method has proven to be highly effective in improving cardiovascular endurance and calorie burn in a shorter period of time.</p> <p>4-Use of tools such as the hoverboard: By using tools such as the hoverboard in activities such as the frog kick, additional resistance is added and the exercise is intensified, increasing its effectiveness in improving muscular strength.</p> <p>5-Focus on relaxation and stress reduction: The inclusion of activities such as mindful floating recognises the importance of mental and emotional well-being, providing participants with tools to reduce stress and enhance relaxation in a calm and serene environment.</p> <p>6-Promotion of teamwork and socialisation: Incorporating activities such as team water polo encourages social interaction and teamwork, which adds a social component to the exercise experience and can increase motivation and engagement.</p> <p>7-Playful exploration of water sports: Introducing activities such as kayaking into the pool allows participants to experiment with water sports in a safe and controlled manner, which can inspire a lasting interest in water-based recreational activities.</p> |
| <p>Impact: <i>Describe the specific impact expected by the activities</i></p> | <p>The expected impact of these activities is significant and encompasses several aspects of health and well-being:</p> <p>1-Improved physical health: these activities are expected to improve cardiovascular endurance, muscular strength and flexibility, leading to better functioning of the cardiovascular, muscular and skeletal system. This can result in increased energy, endurance and functional ability in daily life.</p> <p>2-Reduced risk of disease: By improving cardiovascular and muscular health, as well as promoting regular physical activity, these activities can</p> |

| | |
|--------------------|--|
| | <p>help reduce the risk of developing chronic diseases such as heart disease, type 2 diabetes and osteoporosis.</p> <p>3-Rehabilitation and recovery: For those undergoing rehabilitation from injury or surgery, these activities provide a safe and effective environment for recovery. Exercising in water reduces the impact on joints and muscles, which facilitates rehabilitation without causing additional stress on the body.</p> <p>4-Stress reduction and improved mental well-being: Relaxation and meditation activities in the water, such as mindful floating, can help reduce stress, anxiety and improve overall mood. Regular exercise has also been shown to be effective in reducing symptoms of depression and improving overall mental health.</p> <p>5-Fostering socialisation and community building: By participating in group activities such as water polo or team kayaking, social interaction, communication and relationship building are encouraged, which can have a positive impact on mental and emotional health by providing a sense of belonging and social support.</p> <p>6-Promoting an active and healthy lifestyle: By offering a variety of fun and accessible physical activities, these activities can inspire people to adopt a more active and healthy lifestyle in the long term. This can lead to lasting benefits for lifelong health and well-being.</p> |
| Evaluation: | <p>Evaluation of these activities can be carried out using various approaches to measure different aspects of their impact. Here are some suggestions on how they might be evaluated:</p> <p>1-Assessment of physical health: Cardiovascular endurance measurements: Conducting cardiovascular endurance tests, such as 6-minute walk tests, to assess improvement in aerobic endurance.</p> <p>2-Muscular strength assessment: Use of muscular strength tests, such as push-ups or weight lifting, to assess improvement in muscular strength in different muscle groups.</p> <p>3-Flexibility tests: Use of flexibility tests, such as the Sit and Reach test, to assess improvement in muscle and joint flexibility.</p> <p>4-Mental and emotional health assessment: Emotional well-being surveys: Use of standardised surveys, such as the Subjective Well-Being Index, to assess changes in emotional well-being and life satisfaction.</p> |

| | |
|--|--|
| | <p>5-Scales of stress and anxiety: Application of validated scales, such as the Perceived Stress Scale or the Beck Anxiety Scale, to assess changes in stress and anxiety levels.</p> <p>6-Qualitative feedback: Conducting interviews or focus groups to collect qualitative feedback on how the activities are affecting participants' mood and mental health.</p> <p>7-Evaluation of engagement and participation: Attendance recording: Tracking attendance at activity sessions to assess the level of participation and engagement of participants. Satisfaction surveys: Administration of satisfaction surveys to obtain feedback on participants' overall experience, including quality of activities and level of enjoyment.</p> <p>8-Evaluation of rehabilitation and recovery: Rehabilitation Progression Tracking: Recording the progression of participants undergoing rehabilitation to assess the effectiveness of activities in recovery from injury or surgery.</p> <p>9-Assessment of functionality: Use of functionality scales, such as the Barthel Index or the Functional Independence Measure, to assess changes in the functional capacity of participants.</p> <p>10-Assessment of socialisation and community building: Group cohesion surveys: Application of surveys to assess participants' group cohesion and sense of belonging.</p> |
| Bank of resources: <i>additional materials</i> | https://www.youtube.com/watch?v=DEm7BsCc_14 https://www.youtube.com/watch?v=gmR141SWSQI |
| Resources/references: <i>(if available)</i> | https://www.youtube.com/watch?v=vL_FU-qJkY https://www.youtube.com/watch?v=FYWQr8t0pM4 |
| Photos: <i>(if available)</i> | https://www.youtube.com/watch?v=h-lKlglS9OI https://www.youtube.com/watch?v=5BvDKgVL270 |

Healthy active lifestyle project, Annual plan

| | |
|--|---|
| Title of the module: | Beach Volleyball |
| Objectives: <i>General and Specific Objectives</i> | <p>Improve Cardiovascular Resistance:</p> <p>1-Objective: Enhance players' endurance to sustain performance throughout matches. Measurement: Be able to play a continuous match for 90 minutes without significant performance drop within 12 weeks.</p> <p>Increase Agility and Speed:</p> <p>2-Objective: Improve players' ability to move quickly and efficiently in the sand. Measurement: Reduce time in agility drills by 15% within 8 weeks.</p> <p>Prevent Injuries:</p> <p>3-Objective: Implement warm-up, stretching, and strengthening routines to minimize the risk of injuries. Measurement: Participate in weekly injury prevention sessions and maintain an injury-free record for 6 months.</p> <p>Promote Consistency and Motivation:</p> <p>4-Objective: Encourage a regular training routine and keep players motivated. Measurement: Complete at least 90% of scheduled training sessions for 3 months and maintain a positive and motivational training journal.</p> |
| Stakeholders of the project: <i>People and entities contributing or contributed to the implementation of the project/programme</i> | <p>People:</p> <p>Beach Volleyball Coaches: Contribution: Design and supervise training programs, provide personalized guidance.</p> <p>Physiotherapists and Sports Doctors: Contribution: Advise on injury prevention and treatment, conduct physical evaluations.</p> <p>Sports Nutritionists: Contribution: Develop meal plans that support performance and recovery.</p> <p>Sports Psychologists: Contribution: Support motivation and stress management, implement visualization techniques and goal setting.</p> <p>Experienced Players: Contribution: Share experiences and practical advice, act as mentors.</p> <p>Entities:</p> <p>Beach Volleyball Clubs: Contribution: Provide community and structure for training, organize events.</p> |

| | |
|---|---|
| | <p>Health and Fitness Organizations: Contribution: Offer educational resources and support programs.</p> <p>Training Centers and Gyms: Contribution: Provide training facilities and specific classes.</p> <p>Academic and Research Institutions: Contribution: Conduct studies on benefits and best practices, publish evidence-based guides.</p> <p>Sports Equipment Companies: Contribution: Supply necessary equipment, collaborate on product design.</p> <p>Governments and Public Organizations: Contribution: Support infrastructure creation, promote sports and physical activity.</p> <p>Implementation Example: Example: A municipal beach volleyball project The local government funds the construction of a beach volleyball court. Local clubs organize weekly training sessions. Certified coaches design personalized training plans. Doctors and physical therapists offer injury prevention workshops. Nutritionists provide seminars on proper nutrition. Sports companies sponsor events and donate equipment. Universities collaborate on research regarding training methodologies.</p> |
| <p>Beneficiaries: <i>Which target group was involved</i></p> | <p>Direct Beneficiaries:</p> <p>Amateur and Beginner Players: Improved skills, techniques, and motivation. Advanced and Competitive Players: Performance optimization, expert coaching, advanced strategies. People with Health Problems: Cardiovascular health improvement, weight control, mental well-being enhancement. Youth and Children: Healthy habit promotion, motor and social skills development, self-esteem boost.</p> <p>Indirect Beneficiaries:</p> <p>Player Families: Adoption of a healthy lifestyle, family bonding. Local Communities: Social cohesion, increased use of public spaces, culture of physical activity. Companies and Employers: Healthier employees, reduced absenteeism, improved productivity. Health Centers and Hospitals: Reduced healthcare burden, increased health prevention program participation. Sports Clubs and Associations: Membership growth, diversified activities, potential income increase. Educational Institutions: Improved student performance, healthy school environment promotion.</p> |
| <p>Content: <i>Describe the contents of the modules</i></p> | <p>. Content: Improve Cardiovascular Resistance:</p> <p>Aerobic training plans, breathing techniques, heart rate monitoring, rest and recovery education.</p> <p>Increase Agility and Speed:</p> |

| | |
|---|---|
| | <p>Agility drills, interval training, muscle strengthening, plyometrics, running techniques.</p> <p>Prevent Injuries:</p> <p>Dynamic warm-up, static stretching, biomechanics education, core strengthening, proper equipment use.</p> <p>Promote Consistency and Motivation:</p> <p>SMART goal setting, training diaries, support groups, motivational techniques, events and competitions.</p> |
| <p>Activities:</p> <p><i>Describe the activities of the module</i></p> | <p>Improve Cardiovascular Resistance:</p> <p>Distance running, interval training, tempo sessions, heart rate monitoring.</p> <p>Increase Agility and Speed:</p> <p>Short, fast interval workouts, fartlek, hill sprints, plyometrics.</p> <p>Prevent Injuries:</p> <p>Dynamic warm-up, static stretching, core strengthening, technique analysis, injury prevention workshops.</p> <p>Promote Consistency and Motivation:</p> <p>Training diaries, goal setting workshops, group sessions, motivational talks, race participation.</p> |
| <p>Results:</p> <p><i>Describe the expected results from the activities</i></p> | <p>Improve Cardiovascular Resistance:</p> <p>Increased aerobic capacity, improved resting heart rate, increased VO2 max.</p> <p>Increase Agility and Speed:</p> <p>Reduced times in specific distances, improved biomechanics, increased leg power and strength.</p> <p>Prevent Injuries:</p> <p>Reduced injury incidence, improved flexibility and mobility, stronger core and stabilizers.</p> <p>Promote Consistency and Motivation:</p> <p>High participation rate, achievement of personal goals, increased satisfaction and well-being.</p> |
| <p>Innovation:</p> <p><i>Describe the innovative aspects of the activities</i></p> | <p>Use of Portable Technology and Apps:</p> <p>Wearable devices, training apps, augmented reality.</p> <p>Personalization of Training:</p> <p>Adaptive training plans, advanced data analysis.</p> <p>Incorporation of Virtual Reality:</p> <p>VR training, gamification.</p> <p>Focus on Mental Health and Wellbeing:</p> <p>Mindfulness, wellness applications.</p> <p>Social and Community Interaction:</p> <p>Virtual running groups, online competitions.</p> |

| | |
|--|---|
| | <p>Injury Monitoring and Prevention:</p> <p>Biomechanical analysis with AI, smart footwear.</p> <p>Nutrition and Recovery:</p> <p>Personalized nutrition plans, advanced recovery technology.</p> <p>Education and Continuing Training:</p> <p>Webinars, online courses.</p> |
| <p>Impact: <i>Describe the specific impact expected by the activities</i></p> | <p>. Sports Performance:</p> <p>Improved performance, reduced injuries, greater training capacity.</p> <p>Motivation and Adherence:</p> <p>Increased participation, goal achievement, community support.</p> <p>Health and Wellbeing:</p> <p>Improved mental well-being, healthier lifestyle, physical benefits.</p> <p>Innovation and Education:</p> <p>Adoption of new technologies, continuous education.</p> <p>Community and Social Impact:</p> <p>Promotion of volleyball, social cohesion, reduced health burden.</p> |
| <p>Evaluation:</p> | <p>Evaluation Indicators:</p> <p>Quantitative: Performance times, participation rates, health measures. Qualitative: Satisfaction surveys, motivation and commitment feedback.</p> <p>Data Collection Methods:</p> <p>Surveys, interviews, performance data analysis, health records.</p> <p>Evaluation Schedule:</p> <p>Before, during, and after the program with continuous monitoring.</p> <p>Analysis and Reporting of Results:</p> <p>Quantitative and qualitative analysis, final report preparation, stakeholder presentations.</p> <p>Implementation of Improvements:</p> <p>Review and adjust objectives, incorporate feedback, develop new strategies, continuous improvement cycle.</p> |
| <p>Bank of resources: <i>additional materials</i></p> | <p>https://www.youtube.com/watch?v=l_bphVeBE8c https://www.youtube.com/watch?v=8U-A7y50dYQ</p> |
| <p>Resources/references: <i>(if available)</i></p> | <p>https://www.youtube.com/watch?v=INUMGmswxUY https://www.youtube.com/watch?v=cItb2EJLBw</p> |
| <p>Photos: <i>(if available)</i></p> | |

| | |
|--|--|
| | |
|--|--|

Healthy active lifestyle project, Annual plan

| | |
|--|---|
| Title of the module: | Tennis-beach |
| Objectives: <i>General and Specific Objectives</i> | 1-Enjoying the outdoor environment 4-Increasing resilience 2-Keep fit in a fun way 5-Developing balance 3-Improving technique 6-Working on coordination |
| Stakeholders of the project: <i>People and entities contributing or contributed to the implementation of the project/programme</i> | It is a sport that does not require a great deal of programming, as it can be promoted by camp monitors, school activity monitors, PE teachers, and even families themselves promote the practice, playing with their children. Local governments can also promote it by organising sporting events on the beach. |
| Beneficiaries: <i>Which target group was involved</i> | Our main target group in our project, young people aged 12-15. Children who want to improve their tennis skills in a relaxed and natural environment. Family sport, a group that usually gets together on the beach to play in groups of 2 or 4. Anyone of any age is able to play this game, which does not require a great degree of skill and allows you to make the court with the sand itself. Groups of young people in camps, school children in inter-school activities, all can use beach tennis as a source of enjoyment and connection for socialising. |
| Content: <i>Describe the contents of the modules</i> | . Sport in nature Family sports Development of hand-eye coordination Development of visual-spatial perception Socialisation through sport Improvement of aerobic capacity |
| Activities: <i>Describe the activities of the module</i> | 1-Participating in singles or doubles matches. 2-Training of technical skills, playing different types of strokes, e.g. playing backhand only. 3-Organise tournaments and competitions in which the whole family can participate. 4-Socialise and make friends, looking for people on the beach who want to enjoy a tournament or sport in pairs. 5-Enjoy the natural environment, it can be an activity that you can combine with other activities such as swimming or paddle surfing. 6-Make it like a central court on the beach, with a field marked with sand and with space around it for the public, also marked with sand. |
| Results: <i>Describe the expected results from the activities</i> | 1-Participate in singles or doubles matches: Improving technical and tactical beach tennis skills. Development of the ability to compete under pressure. |

| | |
|--|---|
| | <p>Encouragement of sportsmanship and determination to overcome challenges.</p> <p>2-Training of technical skills: Improvement of accuracy and consistency in strokes. Development of hand-eye coordination and concentration. Reinforcement of confidence in individual skills.</p> <p>3-Organising family tournaments and competitions: Encouragement of teamwork and cooperation between family members. Creating shared memories and stronger bonds between family members. Promoting an active and healthy lifestyle for all ages.</p> <p>4-Socialising and making friends at the beach: Expansion of the social network and local community. Opportunities to share common experiences and passions. Promotion of a supportive environment and camaraderie around sport.</p> <p>5-Enjoying the natural environment: Improved emotional and mental well-being by connecting with nature. Encouraging physical activity by combining beach tennis with other recreational activities. Promoting a balanced and active lifestyle including outdoor exercise.</p> <p>6-Create a central court on the beach: Facilitates the organisation of beach tennis events and competitions. Creates a focal point for the local community and visitors interested in the sport. Promotes visibility and interest in beach tennis by providing a dedicated and visible space on the beach.</p> |
| <p>Innovation: <i>Describe the innovative aspects of the activities</i></p> | <p>1-Youth and school development programmes: Establish beach tennis programmes in schools and local communities to engage children and youth in the sport from an early age. This could include beach tennis clinics on the beach or the creation of youth leagues to promote participation and the development of emerging talent.</p> <p>2-Integrate entertainment and music into events: Combine beach tennis with live entertainment, music and complementary activities to create a more complete and engaging experience for spectators. This could include live concerts, food and beverage areas, and additional recreational activities in the beach environment.</p> <p>3-Use and registration, via our Strava app.</p> <p>4-Innovative game formats: For example, "fast beach tennis" tournaments could be organised with shorter sets and adapted rules to promote fast rallies and intense action.</p> <p>5-Virtual reality and augmented reality: Create immersive beach tennis experiences using virtual reality (VR) and augmented reality (AR) technologies. This could include match simulations in virtual beach environments, technical skills training through interactive games, or even live streaming of tournaments with AR elements that enhance the experience for spectators.</p> |

| | |
|---|--|
| <p>Impact: <i>Describe the specific impact expected by the activities</i></p> | <p>.1-Participation in singles or doubles matches: Sports skills development: Young people will improve their technique, coordination and tactical skills by participating in regular matches. Fostering a competitive spirit: Healthy competition in singles or doubles matches can help young people learn to cope with pressure and develop resilience in the face of defeat and success. Promoting an active lifestyle: By participating in sporting activities, young people will adopt a more active lifestyle, which will contribute to their overall physical health and well-being.</p> <p>2-Technical skills training: Improving self-confidence: By mastering different technical skills, such as backhand hitting, young people will gain confidence in themselves and their sporting abilities. Encouraging focus and discipline: Regular technical skills training requires concentration and discipline, which will help young people to develop these important qualities.</p> <p>3-Organising family tournaments and competitions: Strengthening family bonds: Participating in tournaments and competitions where the whole family can get involved promotes teamwork and strengthens family bonds. Creating lasting memories: Young people will enjoy shared experiences with their loved ones, creating positive and lasting memories to cherish for the future.</p> <p>4-Socialising and making friends at the beach: Developing social skills: Interacting with other young people at the beach during tournaments and social activities fosters the development of communication and teamwork skills. Expansion of social circle: Meeting other young people with similar interests in beach tennis will provide young people with a group of friends and a support network.</p> <p>5-Enjoyment of the natural environment: Connection with nature: Spending time outdoors on the beach, combining beach tennis with activities such as swimming or paddle surfing, promotes a greater appreciation and respect for the environment. Emotional well-being: Being in contact with nature and participating in outdoor activities can reduce stress, improve mood and promote emotional well-being in young people.</p> <p>6-Creation of central tracks on the beach: Promoting inclusion and community participation: Having centre courts on the beach creates a focal point for the community, where young people can meet, play and socialise. Inspiration and sporting aspirations: Seeing dedicated beach tennis courts on the beach can inspire young people to get involved in the sport and pursue their athletic dreams.</p> |
| <p>Evaluation:</p> | <p>We will use evaluation in terms of data recording, through our Strava app, we will also use quantitative records of individuals and young people involved in the activity. We will also conduct interviews to measure the degree of satisfaction and enjoyment of doing sport in a natural environment.</p> |

| | |
|--|--|
| Bank of resources: <i>additional materials</i> | https://www.youtube.com/watch?v=PsmSd49lAXQ https://www.youtube.com/watch?v=XQaMKllvJgY |
| Resources/references: <i>(if available)</i> | https://www.youtube.com/watch?v=uyAGTYEMTjY https://www.youtube.com/watch?v=dd5Emqupc_U |
| Photos: <i>(if available)</i> | https://www.youtube.com/watch?v=6xux-Qr2LxQ https://www.youtube.com/watch?v=vdla9lA0oqQ |

Healthy active lifestyle project, Annual plan

| | |
|--|--|
| Title of the module: | Kilometre Challenge / Kajak activity |
| Objectives: <i>General and Specific Objectives</i> | <p>Increase the frequency of physical exercise in a natural environment.</p> <p>To promote physical activities, which allow us to take advantage of nearby environments.</p> <p>Improve strength work and muscular coordination.</p> <p>To create awareness of the importance of outdoor activity.</p> |
| Stakeholders of the project: <i>People and entities contributing or contributed to the implementation of the project/programme</i> | <p>Our stakeholders will always be anyone who wants to enjoy kayaking as an outdoor physical activity.</p> <p>In our challenge, prioritising the options to enjoy the sport as a family, so that families can enjoy the sport for pleasure.</p> <p>The sports technicians will use the Strava application platform to record the activities.</p> |
| Beneficiaries: <i>Which target group was involved</i> | We always prioritise our focus group, adolescents aged 12-16 years, and in this case the contagion effect on the family is important in order to promote healthy physical exercise in society. |
| Content: <i>Describe the contents of the modules</i> | <p>Activity in the natural environment</p> <p>Improved cardiovascular capacity</p> <p>Improvement of muscular capacity</p> <p>Development of safety</p> <p>Basic principles of rowing technique to avoid injury</p> |
| Activities: <i>Describe the activities of the module</i> | <p>Identification of routes, through photos.litter picking on routesPer partner relay activities</p> <p>Combine water activities with land activities (duathlon, kajak + running).</p> |
| Results: <i>Describe the expected results from the activities</i> | <p>Increased environmental awareness, Improved mental and physical health,</p> <p>Engagement in awareness and sustainabilityDeveloping co-ordination and orientation skills</p> |
| Innovation: <i>Describe the innovative aspects of the activities</i> | Strava allows us to share our activities by sharing them with photos, the application allows us to monitor our activity and compare it with that of others. |
| Impact: <i>Describe the specific impact expected by the activities</i> | All our activities are aimed at sharing non-regulated sporting activities, with family or friends and in this case enjoying the sea as a facility, which allows multiple sporting activities. |
| Evaluation: | Our application allows us to regulate, monitor and compare the physical exercise carried out, it allows us to quantify our activities in kilometres and the sum of these kilometres is what allows us to evaluate that we have increased our physical activity and boosted our Healthy Active Life Project. |
| Bank of resources: <i>additional materials</i> | https://www.youtube.com/watch?v=EAXjPZInTUY https://www.youtube.com/watch?v=68KMZXAstSs |
| Resources/references: <i>(if available)</i> | https://www.youtube.com/shorts/OE6ljutN2mg |

Photos:
(if available)

<https://www.youtube.com/shorts/pIKnN7d75pI>

Healthy active lifestyle project, Annual plan

| Title of the module: | Paddle Surf |
|--|--|
| <p>Objectives: <i>General and Specific Objectives</i></p> | <p>1-Improve paddling technique: To help participants perfect their paddling technique in different water conditions, including correcting common mistakes and developing more efficient and powerful movements.</p> <p>2-Increase stability and balance: Provide drills and exercises designed to improve stability and balance on the paddleboard, allowing participants to feel more confident and comfortable in the water, even in adverse conditions.</p> <p>3-Develop navigation skills: Teach participants to read and understand water conditions, including wind direction and strength, currents and waves, so they can navigate more safely and efficiently.</p> <p>4-Increase physical endurance and muscular strength: Design specific training sessions that challenge the cardiovascular endurance and muscular strength needed to paddle for extended periods of time and to cope with variable conditions on the water.</p> <p>5-Build confidence and self-efficacy: Provide a positive and supportive learning environment where participants can acquire new skills and overcome challenges, which increases their self-confidence and belief in their ability to master paddle surfing.</p> |
| <p>Stakeholders of the project: <i>People and entities contributing or contributed to the implementation of the project/programme</i></p> | <p>1-Paddle surf instructors: Experienced paddle surfing professionals who can design and lead training sessions to improve participants' technique, stability and balance, as well as provide guidance on safe paddling and skill development.</p> <p>2-Paddle surf clubs: Establishments or associations dedicated to paddle surfing that can provide access to facilities, equipment and resources necessary for paddle surfing, as well as offer structured training programmes and supervised practice opportunities.</p> <p>3-Equipment manufacturers and suppliers: Companies that manufacture and supply paddleboards, paddles, life jackets and other equipment necessary for safe and effective paddle surfing, thus contributing to the development of skills and increased confidence of participants.</p> <p>4-Governmental and regulatory bodies: Local or regional governmental bodies responsible for the regulation and supervision of water-based activities, which can establish regulations and safety measures to ensure that paddle surfing is practised in a safe and responsible manner.</p> |

| | |
|---|--|
| | <p>5-Local communities and user groups: Local residents and groups of paddle surf enthusiasts who can provide support and participation in the programme, as well as contribute to environmental awareness and respect for the natural environment where paddle surfing takes place.</p> |
| <p>Beneficiaries: <i>Which target group was involved</i></p> | <p>1-New paddle surfers: People who are interested in learning and starting paddle surfing, but who may lack experience or basic skills in the sport. Intermediate paddle surf enthusiasts: Those who have already acquired basic paddle surfing skills and wish to improve their technique, increase their endurance and explore new areas of the sport.</p> <p>2-Advanced athletes: People with a high level of paddle surfing ability who are looking to perfect their technique, develop specific skills (such as paddle surfing) or participate in high-level competitions and events.</p> <p>3-Tourists and travellers: Temporary visitors from coastal areas or places with access to water who wish to experience paddle surfing as a recreational activity during their holidays or travels.</p> <p>4-Specific groups: These may include children and teenagers, older adults, people with physical disabilities or minority groups who may benefit from paddle surfing programmes tailored or focused to their particular needs.</p> <p>5-Local community: Residents of areas close to where the programme takes place, who may be interested in actively participating, supporting the programme or simply enjoying the activity in their immediate environment.</p> |
| <p>Content: <i>Describe the contents of the modules</i></p> | <p>.</p> <p>1-Improve rowing technique: -Demonstration and practice of proper paddling technique, including body position, paddle grip and stroke path. -Identification and correction of common errors in rowing technique, such as poor body position or incorrect rowing angle. -Exercises to develop more efficient and powerful movements, such as the application of core strength and the proper use of trunk and arm muscles.</p> <p>2-Increase stability and balance: -Static and dynamic balance exercises on the paddle surf board, including basic and advanced postures. -Practice to improve body stability and weight distribution on the board, both in calm conditions and in rougher water. -Specific training to control the board in swell or variable wind conditions, emphasising the ability to react and adjust balance.</p> <p>3-Developing navigation skills: -Education on reading the aquatic environment, including observation of natural indicators such as waves, currents and wind. -Basic and advanced navigation techniques, such as using the paddle as a rudder and modifying paddling technique to adapt to different water conditions. -Practical sailing drills in different scenarios, such as rivers, lakes or the open sea, to familiarise participants with a variety of conditions.</p> <p>4-Increase physical endurance and muscular strength:</p> |

| | |
|---|--|
| | <ul style="list-style-type: none"> -Specific training routines designed to improve cardiovascular endurance and muscular strength required for paddling for extended periods. -Muscle strengthening exercises targeting the muscle groups used in paddle surfing, such as core, shoulder, arm and back muscles. -Endurance testing and interval training to improve endurance and recovery capacity during longer or more intense paddle surfing sessions. <p>5-Building confidence and self-efficacy:</p> <ul style="list-style-type: none"> -Creating a positive and supportive learning environment, where individual achievements are celebrated and overcoming challenges is encouraged. -Constructive and personalised feedback to help participants continuously improve and overcome obstacles. -Activities and games that encourage teamwork and camaraderie among participants, helping them to feel more comfortable and confident in the water. |
| <p>Activities: <i>Describe the activities of the module</i></p> | <p>1-Improve rowing technique:</p> <ul style="list-style-type: none"> -Dry paddling practice exercises to learn the correct technique of the paddling motion. -Stillwater paddling practice to perfect basic technique, such as body position and paddling angle. -Games and challenges that require the use of different paddling techniques, such as relay races or obstacle courses. <p>2-Increase stability and balance:</p> <ul style="list-style-type: none"> -Static balance exercises, such as standing on the paddle surf board in calm water for prolonged periods. -Dynamic balance exercises, such as making quick changes of direction and tight turns while maintaining balance on the board. -Paddle surfing in varying conditions, such as wind and gentle waves, to help participants feel comfortable and safe in different water environments. <p>3-Developing navigation skills:</p> <ul style="list-style-type: none"> -Theory sessions on reading the water and understanding the elements of the aquatic environment, such as wind, currents and waves. -Group sailing practice, where participants learn to follow a leader and maintain formation in different water conditions. <p>Point-to-point navigation exercises, where participants practice navigating to specific destinations using paddling and navigation techniques.</p> <p>4-Increase physical endurance and muscular strength:</p> <ul style="list-style-type: none"> -Paddling interval training, where participants alternate between periods of high-intensity paddling and periods of active rest. <p>Dry training circuits that focus on specific exercises to strengthen the muscles used in paddle surfing, such as push-ups, sit-ups and body weight exercises.</p> <ul style="list-style-type: none"> -Long distance paddle surf sessions, where participants paddle continuously for extended periods of time to improve their cardiovascular and muscular endurance. <p>5-Building confidence and self-efficacy:</p> |

| | |
|---|--|
| | <p>-Games and teamwork activities that require collaboration and communication between participants, such as team relay races or capture the flag games.</p> <p>-Supervised practice sessions where instructors provide positive feedback and encourage participants to try new techniques and overcome challenges.</p> <p>-Social events and group outings, such as beach barbecues or sunset paddling trips, that foster camaraderie and relationship building among programme participants.</p> |
| <p>Results: <i>Describe the expected results from the activities</i></p> | <p>1-Improved paddling technique: Participants should demonstrate greater fluidity and efficiency in their paddling technique. Common errors in paddling technique, such as inefficient movements or incorrect postures, will be reduced. Participants will be able to adapt their paddling technique to different water conditions with greater ease and confidence.</p> <p>2-Increased stability and balance: Participants should show an increased ability to maintain balance on the paddle surfboard in a variety of water conditions. Improved ability to react and adjust balance to sudden changes in the water environment will be observed. Participants will feel more confident and comfortable in the water, even in adverse conditions such as wind and waves.</p> <p>3-Development of navigation skills: Participants will be able to better read and understand water conditions, including wind direction and strength, currents and waves. Improved ability to navigate safely and efficiently to specific destinations using proper paddling and navigation techniques will be observed. Participants will be able to adapt their navigation to different water environments with increased confidence and competence.</p> <p>4-Increased physical endurance and muscular strength: Participants will experience improved cardiovascular and muscular endurance, enabling them to paddle for prolonged periods with less fatigue. Increased strength and endurance will be seen in the muscle groups used in paddle surfing, such as core, shoulder and arm muscles. Participants will be able to recover more quickly during and after intensive paddle sessions, enabling them to maintain a higher level of performance for longer.</p> <p>5-Boost confidence and self-efficacy: Participants will show an increased level of confidence in their paddle surfing abilities, as well as a greater belief in their ability to overcome challenges and achieve goals. An increase in participants' self-esteem and self-confidence will be observed, both in and out of the water. Participants will develop stronger relationships with their group mates and show a greater willingness to face new challenges and opportunities for personal growth.</p> |
| Innovation: | 1-Wearable technology and data analysis: |

| | |
|--|---|
| <p><i>Describe the innovative aspects of the activities</i></p> | <p>Use wearable devices such as smartwatches or sensors embedded in paddleboards to collect real-time data on participants' performance, such as heart rate, paddling speed and distance travelled.</p> <p>Use mobile apps or online platforms to allow participants to track their progress, set goals and receive personalised feedback based on data analysis.</p> <p>2-Virtual and augmented reality: Incorporate virtual reality technology to simulate different paddling scenarios, such as rough water or scenic routes, allowing participants to practice and improve their technique in a safe virtual environment before facing real situations.</p> <p>Using augmented reality applications to provide real-time information about water and navigation conditions, such as wind direction and currents, during paddle surfing sessions.</p> <p>3-Game-based training: Develop interactive games and mobile apps that turn learning paddle surfing skills into a playful and fun experience, with challenges and rewards to motivate participants to improve their technique and performance.</p> <p>Organise game-based paddle surf competitions and events, such as obstacle courses or skill challenges, that encourage active participation and camaraderie among participants.</p> <p>4-Immersive and themed experiences: Create themed paddle surf experiences that involve elements of storytelling, music and scenario design to transport participants to imaginary and exciting environments, such as a pirate expedition or jungle adventure.</p> <p>Organise night-time paddle surfing events with ambient lighting and visual projections to create a magical and unique atmosphere on the water, combining sport with sensory exploration.</p> <p>5-Personalised training programmes: Offer personalised training programmes that are tailored to the individual needs and goals of participants, using skills assessments and biomechanical analysis to design specific and effective training plans.</p> <p>Incorporate individualised coaching sessions with expert instructors to provide personalised feedback and guidance to maximise each participant's progress and performance.</p> |
| <p>Impact: <i>Describe the specific impact expected by the activities</i></p> | <p>1-Improved physical and mental health: Regular paddle surfing and related activities can improve overall physical fitness, including cardiovascular endurance, muscular strength and flexibility.</p> <p>Connecting with nature and participating in outdoor activities can reduce stress, improve mood and promote a sense of mental and emotional well-being.</p> <p>2-Fostering skills and competencies: Participants will develop specific technical skills related to paddle surfing, such as paddling, navigation and balance, enabling them to enjoy the sport more safely and effectively.</p> |

| | |
|--------------------|--|
| | <p>Innovative activities, such as game-based training and the use of technology, can improve participants' problem-solving skills, decision-making and adaptability.</p> <p>3-Promotion of active and sustainable lifestyles: Participation in paddle surfing programmes can motivate participants to adopt a more active and healthy lifestyle, which can have long-term benefits for their health and well-being. Encouraging responsible paddle surfing practices, such as environmental conservation and respect for marine life, can promote greater environmental awareness and contribute to the sustainability of aquatic ecosystems.</p> <p>4-Strengthening social relationships and community: Participation in group activities and social events related to paddle surfing can promote camaraderie, collaboration and teamwork among participants, strengthening community ties. The creation of a network of support and camaraderie among paddle surf enthusiasts can provide a sense of belonging and a community of people with similar interests.</p> <p>5-Stimulating tourism and the local economy: Paddle surf programmes can attract tourists and visitors to coastal areas and aquatic destinations, which can have a positive impact on the local economy through increased tourism activity and spending on related services. The promotion of paddle surfing events and competitions can generate interest and attraction to a specific region, positioning it as a popular destination for water sport enthusiasts.</p> |
| Evaluation: | <p>1-Set evaluation criteria: Clearly define the criteria that will be used to evaluate the success of the activities. This may include aspects such as improved paddling technique, increased stability and balance, development of navigation skills, increased physical endurance and muscular strength, and building confidence and self-efficacy.</p> <p>2-Gather data during activities: During the activities, collect relevant data that will help you evaluate the progress and impact of the activities. This can include direct observations, attendance records, participant satisfaction surveys, physical measurements (such as heart rate or distance travelled) and video analysis of practice sessions.</p> <p>3-Conduct periodic evaluations: Schedule periodic evaluations throughout the programme to monitor participants' progress and adjust activities as needed. These evaluations can include skills tests, individual feedback sessions with participants, and group meetings to discuss progress and challenges.</p> <p>4-Solicit feedback from participants: Ask participants to provide feedback on their experience of the activities. This can be done through anonymous surveys, individual interviews or focus groups where participants can share their opinions, suggestions and concerns about the programme.</p> <p>5-Analyse the results: Use the data collected to analyse the impact of the activities in relation to the stated objectives. Identify areas of success and areas that may need improvement or adjustment in the future.</p> |

| | |
|--|---|
| | <p>6-Iterate and improve: Use the evaluation findings to iterate and improve the programme. This may involve making adjustments to the design of activities, modifying teaching approaches or adding new initiatives to address identified areas for improvement.</p> <p>7-Communicate results: Communicate evaluation results to all relevant stakeholders, including participants, trainers, sponsors and relevant authorities. This helps maintain transparency and accountability, and can also generate ongoing support for the programme.</p> |
| Bank of resources: <i>additional materials</i> | https://www.youtube.com/watch?v=lZZAQqaDnwU https://www.youtube.com/watch?v=o6DBprIyhTI |
| Resources/references: <i>(if available)</i> | https://www.youtube.com/watch?v=o4rdcD7o0QU https://www.youtube.com/watch?v=rpyhjz4pNv8 |
| Photos: <i>(if available)</i> | https://www.youtube.com/watch?v=qK1ArhlTngI |

Healthy active lifestyle project, Annual plan

| Title of the module: | Running Activity |
|--|---|
| <p>Objectives: <i>General and Specific Objectives</i></p> | <p>Improve Cardiovascular Resistance:</p> <p>Objective: Increase the runner's aerobic capacity. Measurement: Be able to run 10 kilometers without stopping within 12 weeks.</p> <p>Increase Speed:</p> <p>Objective: Improve the participant's running pace. Measure: Reduce 5 km running time by 10% within 8 weeks.</p> <p>Prevent Injuries:</p> <p>Objective: Implement warm-up, stretching and strengthening techniques to minimize the risk of injury. Measurement: Participate in weekly injury prevention sessions and maintain an injury-free record for 6 months.</p> <p>Promote Consistency and Motivation:</p> <p>Objective: Encourage a regular training routine and keep the runner's motivation high. Measurement: Complete at least 90% of scheduled training sessions for 3 months and maintain a positive and motivational training journal.</p> <p>These goals are designed to address different aspects of running, from fitness to injury prevention and personal motivation.</p> |
| <p>Stakeholders of the project: <i>People and entities contributing or contributed to the implementation of the project/programme</i></p> | <p>. People:</p> <p>Running Trainers:</p> <p>Contribution: Design and supervision of training programs. They provide personalized guides based on the level of the runners and their specific goals.</p> <p>Physiotherapists and Sports Doctors:</p> <p>Contribution: Advice on the prevention and treatment of injuries. They carry out physical evaluations and recommendations to improve the biomechanics of the race.</p> <p>Sports Nutritionists:</p> <p>Contribution: Development of meal plans that support runners' performance and recovery.</p> <p>Sports Psychologists:</p> <p>Contribution: Support in motivation and stress management. Implementation of visualization techniques and goal setting.</p> <p>Experienced Runners:</p> |

| | |
|---|---|
| | <p>Contribution: Share experiences and practical advice. They can act as mentors for novice runners. Entities: Running Clubs:</p> <p>Contribution: They provide a community and structure for training. They organize events and races to motivate members. Health and Fitness Organizations:</p> <p>Contribution: They offer educational resources and support programs. They can finance or sponsor activities related to running. Training Centers and Gyms:</p> <p>Contribution: They provide training facilities in safe conditions. They can offer specific running classes and workshops. Academic and Research Institutions:</p> <p>Contribution: They carry out studies on the benefits of running and best practices. They publish evidence-based guides to improve training programs. Sports Equipment Companies:</p> <p>Contribution: They supply the necessary equipment such as running shoes, technical clothing and accessories. They can collaborate in the design of products optimized for running. Governments and Public Organizations:</p> <p>Contribution: They support the creation of adequate infrastructure such as parks and running tracks. They can implement policies to promote sport and physical activity in the community. Implementation Example: To illustrate how the collaboration of these actors can materialize, imagine a municipal running project:</p> <p>The local government finances the construction of a running track in a park. Local running clubs organize weekly training sessions. Certified trainers design personalized training plans. Local doctors and physical therapists offer checkups and injury prevention workshops. Nutritionists provide seminars on proper nutrition for runners. Sports companies sponsor events and donate equipment. Universities collaborate with research on the benefits of running and new training methodologies.</p> |
| <p>Beneficiaries: <i>Which target group was involved</i></p> | <p>Direct Beneficiaries: Amateur and Beginner Runners:</p> <p>Benefits: Improved physical condition, learning proper running techniques, increased motivation and injury prevention. Advanced and Competitive Runners:</p> <p>Benefits: Optimization of performance, access to expert coaches, advanced nutrition strategies and psychological support for competitions. People with Health Problems:</p> |

| | |
|--|---|
| | <p>Benefits: Improvement in cardiovascular health, weight control, reduction in the risk of chronic diseases such as diabetes and hypertension, improvement in mental well-being. Young people and children:</p> <p>Benefits: Promotion of healthy habits from an early age, development of motor and social skills, increased self-esteem. Indirect Beneficiaries: Runner Families:</p> <p>Benefits: Inspiration to adopt a more active and healthy lifestyle, strengthening family ties through joint activities. Local Communities:</p> <p>Benefits: Promotion of social cohesion, increased use of public spaces and parks, creation of a culture of physical activity and well-being. Companies and Employers:</p> <p>Benefits: Healthier and more energetic employees, reduced absenteeism, improved work environment and productivity. Health Centers and Hospitals:</p> <p>Benefits: Reduction in the healthcare burden thanks to a healthier population, greater participation in health prevention programs. Sports Clubs and Associations:</p> <p>Benefits: Increase in membership and participation, diversification of activities offered, potential increase in income through fees and events. Educational institutions:</p> <p>Benefits: Improved academic performance of students thanks to greater physical activity, promotion of a healthy school environment. Impact Example: A city implements a running module with the collaboration of various entities:</p> <p>Amateur and advanced runners improve their health and performance thanks to organized training. Entire families participate in running events, promoting a healthy lifestyle at home. Local communities enjoy an increase in the use and maintenance of parks and running tracks. Local companies report healthier and more motivated employees. Health centers observe a reduction in patients with chronic diseases. Schools see improvements in the physical and academic performance of their students. Sports clubs increase their membership and diversify their activities, attracting a larger audience.</p> |
| <p>Content: <i>Describe the contents of the modules</i></p> | <p>.</p> <p>1. Improve Cardiovascular Resistance Contents:</p> <p>Aerobic Training Plans: Progressive programs that include long runs at a constant pace, intervals and tempo runs.</p> |

Breathing Techniques: Methods to improve respiratory efficiency during running.

Heart Rate Monitoring: Use of devices and techniques to maintain heart rate in appropriate aerobic zones.

Education on the Importance of Rest and Recovery: Strategies to prevent overtraining and promote recovery.

2. Increase Speed

Contents:

Speed and Interval Workouts: High intensity interval sessions, fartlek and sprints.

Running Techniques: Improvements in biomechanics and posture to increase efficiency and speed.

Muscle Strengthening: Specific exercises to strengthen the muscles involved in fast running, such as the hamstrings, glutes and calves.

Plyometrics Training: Jumping exercises and explosive movements to improve power and speed.

3. Prevent Injuries

Contents:

Warm-up and Dynamic Stretching: Routines to prepare muscles and joints before running.

Recovery and Static Stretching Techniques: Post-workout exercises that help reduce muscle stiffness.

Education on Running Biomechanics: Analysis of the footprint and correction of the technique to prevent common injuries such as tendonitis or iliotibial band syndrome.

Strengthening and Stability Exercises: Routines to strengthen the core and stabilizing muscles to prevent imbalances and injuries.

Proper Use of Footwear and Equipment: Information on selecting shoes and other equipment that provide adequate support.

4. Promote Consistency and Motivation

Contents:

SMART Goal Setting (Specific, Measurable, Attainable, Relevant and Temporal): Guides for runners to establish clear and achievable objectives.

Training Diaries: Tools to record progress and reflect personal evolution.

Support and Running Groups: Information about creating and participating in running groups to encourage motivation and mutual support.

Motivation Techniques and Sports Psychology: Methods to maintain motivation throughout the program, such as visualization, positive self-talk and stress management.

Events and Competitions: Organizing and participating in local races and events to provide concrete goals and celebrate achievements.

Example of Content Application:

Weekly Training Session:

Monday: Long run at a constant pace (Goal: Cardiovascular Endurance)

Tuesday: High Intensity Interval Session (Goal: Speed)

Wednesday: Active rest day with stretching and yoga (Goal: Injury Prevention)

Thursday: Strength and stability training (Goal: Injury Prevention)

Friday: Tempo run and running technique (Goal: Speed)

| | |
|--|--|
| | <p>Saturday: Participation in a local running group with a focus on weekly goals (Goal: Consistency and Motivation)</p> <p>Sunday: Rest and review of the training diary (Goal: Consistency and Motivation)</p> |
| <p>Activities: <i>Describe the activities of the module</i></p> | <p>1. Improve Cardiovascular Resistance Activities:</p> <p>Distance Running: Weekly sessions of continuous long-distance running, gradually increasing the distance traveled.</p> <p>Long Interval Training: Alternate periods of running at a moderate pace with periods of running at a slower pace or walking.</p> <p>Tempo Sessions: Running at a pace slightly faster than your target race pace for a specific distance.</p> <p>Heart Rate Monitoring: Use heart rate monitors to run in specific heart rate zones and analyze post-workout data.</p> <p>2. Increase Speed Activities:</p> <p>Short, Fast Interval Workouts: Alternate periods of fast running with recovery periods, for example, 400 meters fast followed by 200 meters of walking.</p> <p>Fartlek: Incorporate sprints of different distances and speeds during a continuous run.</p> <p>Hill Sprints: Perform hill sprints to increase power and strength in the legs.</p> <p>Plyometrics: Exercises such as box jumps, depth jumps, and ladder jumps to improve explosiveness.</p> <p>3. Prevent Injuries Activities:</p> <p>Dynamic Warm-up: Warm-up routines that include movements such as leg swings, jumping and joint movements.</p> <p>Static and Cooldown Stretches: Stretching sessions after running to improve flexibility and reduce muscle tension.</p> <p>Core Strengthening: Exercises such as planks, bridges and sit-ups to strengthen the core muscles.</p> <p>Analysis of Running Technique: Individual or group sessions to analyze and correct the biomechanics of the race.</p> <p>Talks and Workshops on Injury Prevention: Educational sessions on injury prevention techniques and post-workout care.</p> <p>4. Promote Consistency and Motivation Activities:</p> <p>Training Diaries: Keep a daily or weekly record of races, including distances, times, sensations and reflections.</p> <p>Goal Setting: Workshops to establish SMART goals and strategies to achieve them.</p> <p>Group Running Sessions: Organize running groups for regular training, creating a sense of community and support.</p> <p>Motivational and Sports Psychology Talks: Invite experts to talk about the importance of motivation, positive mindset and visualization techniques.</p> <p>Participation in Races and Events: Encourage registration and participation in local races, such as 5K, 10K or half marathons, to provide concrete goals and motivation.</p> |

| | |
|---|--|
| | <p>Example of a Weekly Activity Schedule:</p> <p>Monday: Long run (10 km) at a constant pace, followed by static stretching.</p> <p>Objective: Improve Cardiovascular Resistance.</p> <p>Tuesday: Short interval training (8x400 meters fast with 200 meters of walking in between).</p> <p>Objective: Increase Speed.</p> <p>Wednesday: Dynamic warm-up session, followed by core strengthening exercises and stretching.</p> <p>Objective: Prevent Injuries.</p> <p>Thursday: Tempo run (5km) at slightly faster than target race pace, followed by a cool-down session.</p> <p>Objective: Improve Cardiovascular Resistance.</p> <p>Friday: Active rest day with light activities such as yoga or walking, and analysis of running technique.</p> <p>Objective: Prevent Injuries.</p> <p>Saturday: Participation in a local running group for a fartlek session.</p> <p>Objective: Promote Consistency and Motivation.</p> <p>Sunday: Full rest day, review of training diary and setting goals for the next week.</p> <p>Objective: Promote Consistency and Motivation.</p> |
| <p>Results: <i>Describe the expected results from the activities</i></p> | <p>1. Improve Cardiovascular Resistance</p> <p>Expected results:</p> <p>Increased Aerobic Capacity: Runners will be able to run longer distances without feeling excessive fatigue, reflecting an improvement in their cardiovascular endurance.</p> <p>Improved Resting Heart Rate: Reduction in resting heart rate, indicating greater efficiency of the cardiovascular system.</p> <p>Increase in VO2 Max: Increase in the body's ability to use oxygen during exercise, measured by specific tests.</p> <p>2. Increase Speed</p> <p>Expected results:</p> <p>Time Reduction in Specific Distances: Runners will reduce their times in distances such as 5 km and 10 km, demonstrating an improvement in speed.</p> <p>Improvements in Running Biomechanics: Correction of running technique, resulting in more efficient and faster movement.</p> <p>Increased Power and Strength in the Legs: Greater strength in the leg muscles, reflected in the ability to perform sprints and climb hills with greater ease.</p> <p>3. Prevent Injuries</p> <p>Expected results:</p> <p>Reduction in the Incidence of Injuries: Lower frequency of common injuries such as tendonitis, sprains and muscle pain.</p> <p>Improved Flexibility and Mobility: Increased joint flexibility and mobility, reducing the risk of overuse injuries.</p> |

| | |
|---|--|
| | <p>Strengthening the Core and Stabilizers: Improvement in the strength of the core and stabilizing muscles, contributing to better posture and running technique.</p> <p>4. Promote Consistency and Motivation</p> <p>Expected results:</p> <p>High Participation and Adherence Rate: Runners will maintain a high participation rate in training sessions and comply with most scheduled workouts.</p> <p>Setting and Achieving Personal Goals: Participants will set and achieve SMART goals, experiencing a sense of achievement and continued motivation.</p> <p>Increase in Satisfaction and General Well-being: Improvement in the mental and emotional well-being of runners, reflected in a positive attitude towards training and daily life.</p> <p>Evaluation of results</p> <p>To measure these results, the following tools and methods can be used:</p> <p>Performance Testing: Periodic evaluations of time in races of specific distances (5 km, 10 km) to measure improvements in speed and endurance.</p> <p>Heart Rate and VO2 Max Monitoring: Use of monitoring devices during training sessions to evaluate cardiovascular capacity.</p> <p>Injury Records: Maintain a detailed record of any injuries sustained during the program, their nature and duration.</p> <p>Satisfaction and Motivation Surveys: Periodic questionnaires to measure motivation, satisfaction with the program and perception of the benefits obtained.</p> <p>Training Diaries: Review of participants' training diaries to evaluate consistency and progress toward personal goals.</p> <p>Summary of Expected Results:</p> <p>Improve Cardiovascular Resistance:</p> <p>Greater ability to run long distances without fatigue.</p> <p>Lower resting heart rate.</p> <p>Increase in VO2 Max.</p> <p>Increase Speed:</p> <p>Faster times over specific distances.</p> <p>Best running technique.</p> <p>Greater power and strength in the legs.</p> <p>Prevent Injuries:</p> <p>Lower frequency of injuries.</p> <p>Better flexibility and mobility.</p> <p>Strengthening the core and stabilizing muscles.</p> <p>Promote Consistency and Motivation:</p> <p>High participation and adherence to the program.</p> <p>Achievement of personal goals.</p> <p>Increase in satisfaction and general well-being.</p> |
| <p>Innovation:</p> <p><i>Describe the innovative aspects of the activities</i></p> | <p>1. Use of Portable Technology and Apps</p> <p>Innovative Aspects:</p> |

Wearable Devices: Use of smart watches and activity bands to monitor heart rate, distance, speed and calories burned in real time. Examples include Apple Watch, Garmin, and Fitbit.

Running and Training Apps: Integration with applications such as Strava, Nike Run Club and Runkeeper for detailed progress tracking, data analysis and goal setting.

Augmented Reality (AR): Applications that use AR to provide real-time visual feedback on running technique and performance.

2. Personalization of Training

Innovative Aspects:

Adaptive Training Plans: Algorithms that adjust training plans based on the runner's performance and recovery, adapting sessions according to individual progression.

Advanced Data Analysis: Use of artificial intelligence and machine learning to analyze training data and offer personalized recommendations on intensity, volume and recovery.

3. Incorporation of Virtual Reality (VR)

Innovative Aspects:

VR training: Use of virtual reality headsets to create racing simulations in different environments and conditions, allowing you to train on varied terrain without leaving home.

Gamification of Training: Create immersive and motivating training experiences through games and challenges in a virtual environment.

4. Focus on Mental Health and Wellbeing

Innovative Aspects:

Mindfulness and Guided Meditation: Integration of mindfulness and meditation practices before and after running sessions to improve concentration, reduce stress and increase general well-being.

Wellness Applications: Use of applications such as Headspace or Calm, which offer specific programs for athletes and runners.

5. Social and Community Interaction

Innovative Aspects:

Virtual Running Groups: Platforms that allow social interaction and group training virtually, facilitating the formation of communities of runners globally.

Online Competitions and Challenges: Organization of virtual running events and challenges where runners can compete and compare their times and achievements with other participants from around the world.

6. Injury Monitoring and Prevention

Innovative Aspects:

Biomechanical Analysis with AI: Use of cameras and motion analysis software powered by artificial intelligence to evaluate running technique and prevent injuries.

Smart Footwear: Running shoes equipped with sensors that provide data on footfall, pressure distribution and running technique.

7. Nutrition and Recovery

Innovative Aspects:

| | |
|---|--|
| | <p>Personalized Nutrition Plans: Applications that offer nutrition plans tailored to the runner's individual needs, based on performance data and goals.</p> <p>Advanced Recovery Technology: Using devices such as pneumatic compression boots and massage guns to speed muscle recovery.</p> <p>8. Education and Continuing Training</p> <p>Innovative Aspects:</p> <p>Webinars and Online Seminars: Access to talks and workshops with experts in running, nutrition, physiotherapy and sports psychology through video platforms.</p> <p>Online Courses: Online training programs that offer certifications and in-depth knowledge about different aspects of running and training.</p> <p>Implementation of Innovative Aspects:</p> <p>Example of Application of Innovations in a Weekly Program:</p> <p>Monday: Long run monitored with wearables and post-workout analysis in a running app.</p> <p>Innovation: Use of wearable devices and apps for real-time monitoring and data analysis.</p> <p>Tuesday: Short interval training in a virtual reality environment.</p> <p>Innovation: Use of VR to simulate different environments and gamify the experience.</p> <p>Wednesday: Core strengthening session followed by a guided meditation with a wellness app.</p> <p>Innovation: Integration of mindfulness and meditation to improve mental well-being.</p> <p>Thursday: Tempo run with biomechanical analysis using AI software.</p> <p>Innovation: Analysis of running technique with AI to prevent injuries.</p> <p>Friday: Active rest day with yoga and use of advanced recovery technology.</p> <p>Innovation: Incorporation of recovery devices such as compression boots.</p> <p>Saturday: Group fartlek session with interaction in a virtual running group.</p> <p>Innovation: Participation in virtual running communities to promote motivation and social support.</p> <p>Sunday: Review of the training diary in an app and setting new goals through an adaptive training plan.</p> <p>Innovation: Use of algorithms to adjust personalized training plans.</p> |
| <p>Impact:</p> <p><i>Describe the specific impact expected by the activities</i></p> | <p>1. Sports Performance</p> <p>Impact:</p> <p>Improved Individual Performance: Thanks to personalized training plans, advanced data analysis and use of technology, runners will be able to optimize their performance and reach their goals faster.</p> <p>Injury Reduction: Incorporating biomechanical analysis and smart footwear will help identify and correct problems in running technique, reducing the incidence of injuries.</p> |

| | |
|--------------------|--|
| | <p>Greater Training Capacity: With real-time monitoring and advanced recovery devices, runners can better manage their training loads and improve their recovery capacity.</p> <p>2. Motivation and Adherence</p> <p>Impact:</p> <p>Increased Participation: Gamified activities and virtual running groups will increase motivation and adherence to the program, encouraging constant and enthusiastic participation.</p> <p>Goal Setting and Achievement: Adaptive training plans and the use of apps to set and track goals will allow runners to set clear and achievable goals, increasing their motivation.</p> <p>Community Support: Interaction on social platforms and virtual events will create a sense of community and support, making runners feel part of a group with common goals.</p> <p>3. Health and Wellbeing</p> <p>Impact:</p> <p>Improved Mental Wellbeing: Integrating mindfulness and meditation into the program will help reduce stress and improve mental health, contributing to a more balanced overall well-being.</p> <p>Healthy Lifestyle: Personalized nutrition plans and ongoing health and wellness education will promote healthy habits among participants.</p> <p>Physical Benefits: Improvement in cardiovascular endurance and speed, along with reduced injuries, will result in better overall physical health for runners.</p> <p>4. Innovation and Education</p> <p>Impact:</p> <p>Adoption of New Technologies: The introduction of advanced technologies such as VR, AR and wearable devices will encourage greater acceptance and use of technological innovations in the sports field.</p> <p>Continuing Education: Webinars and online courses will provide runners with up-to-date and in-depth knowledge, improving their understanding and application of training, nutrition and wellness principles.</p> <p>5. Community and Social Impact</p> <p>Impact:</p> <p>Promotion of Running in the Community: The visibility and accessibility of the program can inspire more people to join running, promoting an active lifestyle in the community.</p> <p>Social Cohesion: Group activities and virtual events will encourage social interaction and cohesion within the running community.</p> <p>Reduced Health Burden: With a healthier and more active population, a decrease in the incidence of chronic diseases and a lower burden on health systems can be expected.</p> |
| Evaluation: | <p>1. Definition of Evaluation Indicators</p> <p>Quantitative Indicators:</p> <p>Sports Performance: Race times, distances traveled, improvements in VO2 max, resting heart rate.</p> <p>Participation and Adherence: Attendance rate at training sessions, number of sessions completed, participant retention.</p> |

Health and Wellbeing: Incidence of injuries, measures of mental well-being (stress, anxiety), general health parameters (BMI, blood pressure).
Technology Use: Number of participants using wearable devices, running applications, VR/AR.
Qualitative Indicators:

Participant Satisfaction: Satisfaction surveys, interviews and focus groups.
Motivation and Commitment: Perception of motivation, fulfillment of personal goals, feedback on the group and virtual running experience.
Community Impact: Perception of the benefits of the program in the community, increase in community participation.

2. Data Collection Methods
Tools and Techniques:

Surveys and Questionnaires: Design pre- and post-program surveys to measure changes in satisfaction, motivation and well-being.
Interviews and Focus Groups: Conduct in-depth interviews and focus groups with a sample of participants to obtain qualitative insights.
Performance Data Analysis: Collect and analyze data from wearable devices and running applications.
Health Records: Collaborate with health professionals to collect data on the physical and mental health of participants.
Monitoring Social Networks and Virtual Platforms: Evaluate interaction and commitment in virtual running groups and social platforms.

3. Evaluation Schedule
Program Phases:

Before the Program (Pre-Evaluation):
Collect basic data on the health status, performance and motivation of the participants.
Apply initial surveys and conduct exploratory interviews.

During the Program (Continuous Evaluation):
Monitor performance and engagement in real time using devices and apps.
Conduct periodic monitoring surveys (monthly or bimonthly).

After the Program (Post-Evaluation):
Apply final surveys and conduct closing interviews.
Analyze changes in quantitative and qualitative indicators.
Compare pre- and post-program data to evaluate impact.

4. Analysis and Reporting of Results
Quantitative analysis:

Descriptive Statistics: Calculate means, medians and standard deviations for quantitative indicators.
Comparative Analysis: Compare pre- and post-program data using appropriate statistical tests (t-test, ANOVA).
Qualitative analysis:

Theme Coding: Identify and code recurring themes in interviews and focus groups.
Sentiment Analysis: Evaluate the perception and feelings of the participants towards the program.
Results report:

| | |
|--|---|
| | <p>Final Report: Prepare a detailed report that includes all findings, analysis and recommendations.</p> <p>Presentation of Results: Make presentations to program stakeholders, including graphs and data visualizations.</p> <p>Feedback to Participants: Provide an accessible summary of results to program participants, highlighting their achievements and areas for improvement.</p> <p>5. Implementation of Improvements</p> <p>Review and Adjustments:</p> <p>Review of Objectives and Methodologies: Based on the results of the evaluation, review and adjust the objectives and methodologies of the program for future editions.</p> <p>Incorporation of Feedback: Implement changes suggested by participants and stakeholders to improve the experience and effectiveness of the program.</p> <p>Action plan:</p> <p>Development of New Strategies: Develop new training, motivation and injury prevention strategies based on the findings.</p> <p>Continuous Improvement: Establish a continuous improvement cycle, where periodic evaluations are carried out and adjustments are implemented regularly.</p> |
| <p>Bank of resources: <i>additional materials</i></p> | <p>https://www.youtube.com/watch?v=kVnyY17VS9Y https://www.youtube.com/watch?v=w4hmiOZi09g https://www.youtube.com/watch?v=N9C88z3g0Es</p> |
| <p>Resources/references: <i>(if available)</i></p> | <p>https://www.youtube.com/watch?v=gImHug3sGKI https://www.youtube.com/watch?v=vsHHz9uQ4Zc</p> |
| <p>Photos: <i>(if available)</i></p> | |

Healthy active lifestyle project, Annual plan

| Title of the module: | Traditional games activities |
|--|--|
| <p>Objectives: <i>General and Specific Objectives</i></p> | <p>1- Promote regular participation in popular games as a fun and accessible way to increase physical activity levels among participants.</p> <p>2-To recover, preserve and disseminate traditional games from different cultures as a way of keeping cultural heritage alive and promoting respect and cultural diversity.</p> <p>3-To use popular games as a tool to develop social skills, cooperation and teamwork among participants.</p> <p>4-: To create a playful and stress-free environment where participants can enjoy themselves and release tensions, thus contributing to their emotional and mental well-being.</p> <p>5-Facilitate the participation of people of different ages in the popular games to strengthen intergenerational links and promote a sense of community.</p> |
| <p>Stakeholders of the project: <i>People and entities contributing or contributed to the implementation of the project/programme</i></p> | <p>. 1-Educational Institutions:</p> <p>Primary and Secondary Schools: They can integrate popular games into their physical education and recreation programmes.</p> <p>Universities and Training Centres: They can offer academic support and resources, as well as research the benefits of popular games on the health and development of young people.</p> <p>2-Governmental Organisations:</p> <p>Ministries of Health and Education: Can support with policy, funding and educational resources.</p> <p>Recreation and Sports Departments: They can organise events and provide adequate spaces for the practice of popular games.</p> <p>3-Community Organisations and NGOs:</p> <p>Youth Groups and Sports Clubs: Can promote and facilitate youth participation in popular games.</p> <p>Cultural Organisations: They can help preserve and teach traditional games, ensuring that they are kept alive in the community.</p> <p>3-Parents and Families:</p> |

| | |
|--|--|
| | <p>Parents: Can encourage and support their children to participate in physical activities and folk games.</p> <p>Families: They can jointly participate in the games, promoting family cohesion and intergenerational well-being.</p> <p>4-Health professionals:</p> <p>Doctors and Nutritionists: can provide guidance on the benefits of physical activity and active living.</p> <p>Psychologists and Therapists: Can use popular games as a tool to promote mental and emotional health.</p> <p>5-Private Companies:</p> <p>Sports Equipment Companies: Can sponsor events and provide equipment and materials.</p> <p>Local Businesses: Can support with funding, sponsorship and advertising of the project.</p> <p>Media:</p> <p>7-Research Centres in Sport and Health Sciences: can study the impacts of popular games on the health and development of young people, providing valuable data for the improvement of the project.</p> |
| <p>Beneficiaries: Which target group was involved</p> | <p>1-Youth and Children:</p> <p>Direct Participants: Young people participating in the programme will enjoy increased physical activity, socialisation and skills development.</p> <p>Integral Development: They will improve their physical fitness, social and emotional skills, and cultural awareness.</p> <p>2-Families:</p> <p>Family Cohesion: Families participating together in popular games activities will strengthen their bonds and spend quality time together.</p> <p>Role Models: Parents can serve as healthy role models for their children.</p> <p>3-Schools and Educators:</p> <p>Educational Resources: Schools can integrate popular games into their programmes, enriching their curriculum and offering new forms of physical education.</p> <p>Healthy School Environment: Promote a culture of health and physical activity within the school.</p> <p>4-Community:</p> <p>Social Cohesion: The wider community will benefit from increased social cohesion and community participation.</p> <p>Cultural Preservation: Cultural traditions will be maintained and promoted through popular games.</p> <p>5-Cultural and Sports Organisations:</p> <p>Promotion of Activities: They will have the opportunity to promote their activities and attract more participants.</p> <p>Diversification of Programmes: They will be able to diversify their offers and programmes, reaching a wider audience.</p> |

| | |
|--|---|
| | <p>6-Governmental Entities: Promotion of Sport and Culture: Fulfilment of their objectives of promoting culture and physical activity.</p> |
| <p>Content: <i>Describe the contents of the modules</i></p> | <p>.</p> <p>1-Encouraging Physical Activity Introduction to Popular Games: Description and demonstration of a variety of popular games (e.g. hopscotch, tag, hide and seek). Practical Games Sessions: Regular classes and activities where participants practice and play. Warm-up and Cool-down Exercises: Simple routines to prepare the body before playing and to relax afterwards.</p> <p>2-Preserving and Disseminating Traditional Culture History of Popular Games: Origins and evolution of different traditional games. Games from Different Cultures: Introduction to traditional games from different cultures and regions. Equipment Making Workshops: How to create materials and equipment to play using traditional methods.</p> <p>3-Developing Social and Teamwork Skills Group Dynamics: Activities designed to encourage cooperation and communication among participants. Collaborative Games: Games that require teamwork, joint strategy and problem solving. Roles and Responsibilities in Games: Teaching how to assume different roles and responsibilities within games.</p> <p>4-Promoting Emotional Well-Being and Stress Reduction Games for Fun and Relaxation: Selection of games whose main objective is enjoyment and relaxation. Reflection Sessions: Spaces for participants to share their experiences and feelings after playing. Relaxation and Mindfulness Techniques: Integration of relaxation practices before and after play activities.</p> <p>5-Incentivising Intergenerational Participation Games Adapted for All Ages: Selection of games that can be played by both children and adults. Community Games Events: Organisation of events and tournaments involving people of different ages. Stories and Testimonials: Inviting community elders to share stories and teachings about the games of their youth.</p> |
| <p>Activities: <i>Describe the activities of the module</i></p> | <p>1-Encourage Physical Activity Weekly Games Sessions: Organise regular sessions where participants play popular games such as hopscotch, hide-and-seek and tag. -Popular Games Tournaments: Organise competitions and tournaments of popular games to motivate participation and sportsmanship. -Outdoor Games Routes: Create routes in parks and open spaces where stations with different popular games are installed.</p> <p>2-Preserving and Disseminating Traditional Culture</p> |

| | |
|--|--|
| | <p>-Cultural Talks and Workshops: Invite historians and cultural experts to give talks on the origins and importance of popular games.</p> <p>-Traditional Games Exhibitions: Organise exhibitions where games from different cultures are shown and explained.</p> <p>-Equipment Making Workshops: Practical workshops to teach participants how to make their own traditional games equipment using accessible materials.</p> <p>3-Developing Social and Teamwork Skills</p> <p>-Collaborative Team Games: Activities such as dodge ball, handkerchief and rope where participants must work together to achieve a goal.</p> <p>Group Dynamics: Exercises designed to strengthen communication and cooperation, such as role-plays and simulations.</p> <p>-Group Reflection Sessions: After the activities, hold sessions where participants can share their experiences and learning.</p> <p>Promoting Emotional Well-being and Stress Reduction</p> <p>Recreational and Relaxation Games: Games such as hide-and-seek and tug-of-war, which focus on fun and stress release.</p> <p>Mindfulness and Relaxation Sessions: Integrate short relaxation and mindfulness sessions before and after play activities.</p> <p>Artistic Expression Activities: Incorporate creative activities such as drawing or writing about their experiences and feelings during games.</p> <p>Encouraging Intergenerational Participation</p> <p>Family Play Events: Organise play days where people of all ages can participate, encouraging the joint participation of grandparents, parents and children.</p> <p>Storytelling and Games Days: Invite elders from the community to tell stories and teach games from their youth.</p> <p>Mixed Games Competitions: Create mixed teams of different generations to compete together in various popular games.</p> |
| <p>Results:</p> <p><i>Describe the expected results from the activities</i></p> | <p>1-Encourage Physical Activity</p> <p>-Increased Physical Activity Levels: Participants, especially young people, will increase their levels of regular physical activity.</p> <p>-Improved Physical Fitness: Participants will see an improvement in their overall physical fitness, including increased endurance, strength and agility.</p> <p>-Sustained Participation: Increased adherence to physical activity due to the playful and accessible nature of the popular games.</p> <p>2-Preservation and Dissemination of Traditional Culture</p> <p>-Expanded Cultural Knowledge: Participants will gain a greater knowledge and appreciation of traditional games from diverse cultures.</p> <p>-Conservation of Traditions: It will contribute to the preservation and dissemination of popular games that might be at risk of disappearing.</p> <p>-Increased Cultural Interest: Growing interest in cultural heritage and traditions among young people and the community at large.</p> <p>3-Developing Social and Teamwork Skills</p> <p>-Improved Social Skills: Participants will improve communication, cooperation and conflict resolution skills.</p> <p>-Enhanced Sense of Community: Strengthened bonds between participants and the creation of a sense of community and belonging.</p> |

| | |
|---|--|
| | <p>-Development of Positive Values: Promotion of values such as respect, empathy and teamwork.</p> <p>4-Promoting Emotional Well-being and Stress Reduction</p> <p>-Stress and Anxiety Reduction: Participants will experience a reduction in stress and anxiety levels through physical activity and fun.</p> <p>-Improved Emotional Wellbeing: Increased emotional wellbeing and happiness of participants due to social interaction and enjoyment of the games.</p> <p>-Positive Environment: Creation of a positive and supportive environment where participants feel safe and valued.</p> <p>5-Incentivising Intergenerational Involvement</p> <p>-Strengthening Intergenerational Bonds: Increased interaction and understanding between different generations within the community.</p> <p>-Increased Family Participation: Increased participation of whole families in recreational and play activities.</p> <p>Inclusion of Older Adults: Active inclusion of older adults in community activities, promoting their well-being and contributing their wisdom and experience.</p> |
| <p>Innovation: <i>Describe the innovative aspects of the activities</i></p> | <p>1-Technology Integration</p> <p>Mobile Apps: Development of an app that offers interactive guides on how to play different popular games, with video tutorials and tracking of participants' physical progress.</p> <p>Augmented Reality (AR): Use of augmented reality technology to create immersive and educational gaming experiences, where participants can interact with virtual elements of traditional games in real physical spaces.</p> <p>2-Focus on Inclusion and Adaptability</p> <p>Adapted Games: Modification of popular games to include people with disabilities, ensuring that all members of the community can participate and benefit from the activities.</p> <p>Sign Language and Braille: Incorporation of instructions and materials in sign language and Braille to make the games accessible to people with hearing and visual disabilities.</p> <p>3-Interdisciplinary Programmes</p> <p>Collaboration with Other Subjects: Integration of popular games into the curriculum of other subjects, such as history, geography and civics, to teach these subjects in a playful and practical way.</p> <p>School Research Projects: Encourage students to carry out research projects on popular games, their history and their cultural and social impact.</p> <p>4-Focus on Sustainability and Ecology</p> <p>Recycled Materials: Promoting the manufacture of play equipment and materials using recycled and sustainable materials, teaching participants about the importance of recycling and sustainability.</p> <p>Eco Games: Development of games that not only encourage physical activity but also environmental awareness, such as treasure hunt games focusing on waste collection or identification of local species.</p> <p>5-Virtual Events and Competitions</p> |

| | |
|---|---|
| | <p>Online Tournaments: Organising tournaments and competitions of popular games on virtual platforms, allowing remote participation and interaction with wider communities.</p> <p>Live Broadcasts: Using social media and streaming platforms to live stream popular games events, promoting global participation and interest.</p> <p>6-Focus on Mental Health</p> <p>Mindfulness and Yoga Sessions: Integration of mindfulness and yoga practices at the beginning and end of the popular games sessions to improve the emotional and mental well-being of participants.</p> <p>Play Therapy: Use of popular games as a therapeutic tool to work with young people in stressful situations or with anxiety disorders, guided by mental health professionals.</p> <p>7-Community Involvement and Volunteerism</p> <p>Youth Leadership: Training youth leaders to act as ambassadors for the programme, organising and facilitating games in their communities and schools.</p> <p>Volunteer Network: Creation of a volunteer network including university students, retirees and other community members to support and expand the programme's activities.</p> <p>8-Focus on Gamification</p> <p>Scoring and Rewards Systems: Implementation of a points and rewards system to motivate participants to engage in the popular games and achieve specific goals.</p> <p>Challenges and Missions: Creation of themed challenges and missions for participants to complete, adding an element of adventure and friendly competition.</p> <p>9-Documentation and Dissemination</p> <p>Multimedia Content Creation: Development of videos, podcasts and blogs that document and disseminate the activities, stories and benefits of the popular games, using digital platforms to reach a wider audience.</p> <p>Academic Publications and Guides: Production of educational guides and academic publications on the implementation and benefits of popular games, sharing knowledge with other communities and regions.</p> |
| <p>Impact: <i>Describe the specific impact expected by the activities</i></p> | <p>1-Physical Health and Wellbeing</p> <p>Improved Physical Fitness: Increased levels of physical activity among participants, resulting in improved cardiovascular endurance, muscular strength and flexibility.</p> <p>Reduced Childhood Obesity: Decreased rates of childhood and youth obesity due to the regular incorporation of physical activity through games.</p> <p>Active Lifestyle: Promotion of healthy and active lifestyles that last over time.</p> <p>2-Mental and Emotional Health</p> <p>Stress and Anxiety Reduction: Reduced prevalence of stress and anxiety among participants due to the release of endorphins and the fun associated with the games.</p> <p>Increased Happiness: Increased overall levels of happiness and personal satisfaction due to social interaction and recreational activity.</p> <p>Improved Emotional Wellbeing: Development of greater emotional resilience and stress management skills through mindfulness and relaxation activities.</p> |

| | |
|--------------------|---|
| | <p>3-Social and Community Cohesion Community Strengthening: Increased social cohesion and sense of community belonging as the popular games encourage collaboration and positive interaction. Intergenerational Participation: Improved intergenerational relationships, with older adults and youth participating together in play activities. Reducing Social Exclusion: Inclusion of marginalised groups and people with disabilities, creating an inclusive and accessible environment for all.</p> <p>4-Cultural Preservation Preservation of Traditions: Protection and promotion of traditional and popular games, contributing to the preservation of intangible cultural heritage. Increasing Cultural Awareness: Increasing knowledge and appreciation of cultural diversity through the practice of games from different regions and cultures.</p> <p>5-Education and Personal Development Development of Social Skills: Improvement in social skills such as communication, teamwork and conflict resolution. Promotion of Positive Values: Promotion of values such as respect, empathy, cooperation and sportsmanship. Educational Enrichment: Integration of popular games in the school curriculum, enriching the physical and cultural education of students.</p> |
| Evaluation: | <p>1-Encourage Physical Activity Pre- and Post-Activity Surveys and Questionnaires: Collect data on the frequency and duration of participants' physical activity before and after programme implementation. Physical Performance Monitoring: Use fitness tracking devices (such as activity wristbands) to measure improvements in indicators such as daily steps, distance walked, heart rate and activity time. Periodic Physical Assessments: Conduct fitness tests at the beginning, middle and end of the programme (e.g., endurance, strength and flexibility tests).</p> <p>2-Preserving and Disseminating Traditional Culture Cultural Knowledge Questionnaires: Apply questionnaires to measure knowledge and appreciation of traditional games before and after cultural and educational activities. Participation in Workshops and Talks: Record the number of participants in workshops and cultural talks, as well as their level of satisfaction through post-event surveys. Reflective Diaries: Ask participants to keep diaries where they record their experiences and learning about the popular games.</p> <p>3-Develop Social and Teamwork Skills. Direct Observations: Conduct systematic observations during activities to assess social interaction, cooperation and communication among participants. Group Assessments: Use group assessments (self- and peer-assessment) to measure the development of social and teamwork skills. Interviews and Focus Groups: Conduct interviews and focus groups with participants to gain a deeper understanding of how the activities have impacted their social skills.</p> |

| | |
|--|--|
| | <p>4-Promoting Emotional Well-Being and Stress Reduction</p> <p>Emotional Well-Being Scales: Apply standardised scales of emotional well-being (such as the Ryff Psychological Well-Being Scale) before and after the programme.</p> <p>Feedback Sessions: Conduct feedback sessions where participants can express how they feel emotionally and share their experiences.</p> <p>Monitoring Stress Indicators: Use self-assessment stress questionnaires (such as the Perceived Stress Scale) and compare results pre- and post-activity.</p> <p>5-Incentivising Intergenerational Participation</p> <p>Participation Records: Keep detailed records of intergenerational participation in activities and events, differentiating by age group.</p> <p>Satisfaction Surveys: Apply satisfaction surveys to all participating age groups to measure the level of enjoyment and impact on intergenerational relationships.</p> <p>Stories and Testimonials: Collect stories and testimonials from families and participants from different generations about their shared experiences and learning.</p> |
| <p>Bank of resources: <i>additional materials</i></p> | <p>https://www.youtube.com/watch?v=teKyQ79GbXk</p> <p>https://www.youtube.com/watch?v=_z81ZA6vybU</p> |
| <p>Resources/references: <i>(if available)</i></p> | <p>https://www.youtube.com/watch?v=ienh8I0ckaw</p> <p>https://www.youtube.com/watch?v=hS3na9Oi3a4</p> |
| <p>Photos: <i>(if available)</i></p> | |

Healthy active lifestyle project, Annual plan

| | |
|--|---|
| Title of the module: | Alternative sport Activities |
| Objectives: <i>General and Specific Objectives</i> | <p>1-Develop specific motor skills: Encourage the acquisition and improvement of specific motor skills through the practice of alternative sports, such as coordination, balance, agility and precision.</p> <p>2-Promote inclusion and diversity: Offer a variety of non-traditional sports to promote inclusion and participation of all students, regardless of their abilities, interests or previous experience in sports.</p> <p>3-Foster teamwork and cooperation: Use alternative sports to develop social skills such as teamwork, effective communication and cooperation, highlighting the importance of sportsmanship and mutual respect.</p> <p>4-Stimulate interest and motivation for physical activity: Introduce alternative sports to arouse students' interest and curiosity towards new forms of physical activity, encouraging an active and healthy lifestyle through fun and novel activities.</p> |
| Stakeholders of the project: <i>People and entities contributing or contributed to the implementation of the project/programme</i> | <p>. Physical Education Teachers</p> <p>Young people in our target group 12-15</p> <p>Coaches specialised in alternative sports</p> <p>Students</p> <p>Athletes of other sports</p> <p>Sports technicians</p> <p>Instructors of extracurricular activities</p> |
| Beneficiaries: <i>Which target group was involved</i> | <p>Students:</p> <p>Development of physical and motor skills: students will improve their coordination, balance, agility and strength.</p> <p>Fun and motivation: The introduction of new and exciting sports can increase their interest and motivation for physical activity.</p> <p>Inclusion and diversity: Those who are not attracted to traditional sports can find their place in alternative activities.</p> <p>Social skills: Encourage teamwork, cooperation and mutual respect.</p> <p>Physical Education Teachers:</p> <p>Professional development: Opportunities to learn and teach new sports disciplines.</p> <p>Pedagogical resources: Expanding their repertoire of activities to make classes more dynamic and inclusive.</p> <p>Sports Clubs and Organisations:</p> |

| | |
|--|---|
| | <p>Promotion and visibility: Opportunity to promote their disciplines and recruit new members among students.</p> <p>Partnerships: Establishment of links with the school for future events or programmes.</p> <p>Public Health:</p> <p>Promotion of a healthy lifestyle: In the long term, encouraging active and healthy lifestyles among young people contributes to a healthier population.</p> |
| <p>Content: <i>Describe the contents of the modules</i></p> | <p>.</p> <p>1. Develop specific motor skills Basic and advanced techniques of each alternative sport (e.g. throwing and catching in ultimate frisbee, movements and jumps in parkour). Coordination exercises: agility drills, skill circuits, reaction games. Balance exercises: Use of slackline, exercises on unstable surfaces. Accuracy development: Archery, Frisbee throwing at specific targets.</p> <p>2. Promoting inclusion and diversity Introduction to a variety of alternative sports: Ultimate frisbee, parkour, slackline, badminton, lacrosse, corfball, dodgeball, kin-ball, and others. History and culture of each sport, including its origin and development. Adaptation of games and activities for different skill levels and special needs. Integration dynamics: Activities and games designed to encourage cooperation and equal participation.</p> <p>3. Encouraging teamwork and cooperation. Team sports and games: Ultimate frisbee, dodgeball, kin-ball, corfball. Group dynamics: Exercises that require cooperation and communication to solve problems or complete tasks.</p> <p>Roles and responsibilities within the team: How each position contributes to the success of the team. Conflict resolution and sports ethics: Workshops and discussions on how to handle conflict constructively and the importance of fair play.</p> <p>4. Stimulate interest and motivation for physical activity. Playful introduction to sports: Games and fun activities that arouse curiosity and enthusiasm. Demonstration sessions and practical workshops: Invitation of experts and practitioners of alternative sports to demonstrate and teach techniques. Projects and challenges: Individual and team challenges that encourage continued interest, such as friendly competitions or creative sports-related projects. Positive feedback and personal goals: Setting personal and team goals, with a system of constructive feedback and recognition of achievements.</p> |
| <p>Activities: <i>Describe the activities of the module</i></p> | <p>In this case, we would distribute the activities in sessions:</p> <p>Session 1: Introduction and objectives of the module</p> <p>Presentation of the module and alternative sports. Integration games and group dynamics.</p> <p>Sessions 2-3: Ultimate Frisbee</p> |

| | |
|---|---|
| | <p>Throwing and catching techniques. Coordination and agility exercises. Friendly games.</p> <p>Sessions 4-5: Parkour</p> <p>Basic movements and safety. Skills circuits. Development of balance and precision.</p> <p>Sessions 6-7: Slackline</p> <p>Introduction and basic techniques. Balance exercises. Slackline games and challenges.</p> <p>Sessions 8-9: Dodgeball and Kin-Ball</p> <p>Rules and strategies. Team games and dynamics. Promotion of teamwork and cooperation.</p> <p>Session 10: Competition and evaluation</p> <p>Carrying out small competitions. Evaluation of learning and reflection on the experience.</p> |
| <p>Results: <i>Describe the expected results from the activities</i></p> | <p>1. Develop specific motor skills Improved coordination: Students will demonstrate improved hand-eye coordination, general and sport-specific coordination (e.g. throwing and catching in ultimate frisbee). Increased balance and agility: There will be a significant improvement in students' ability to maintain balance and move with agility, especially in activities such as parkour and slackline. Increased accuracy: Students will be able to perform movements and throws with greater precision, applicable to different sports and physical activities.</p> <p>2. Promote inclusion and diversity Equal participation: Students of different abilities and experiences will actively participate in activities, feeling included and valued. Cultural awareness: Students will have a basic understanding of the history and culture of various alternative sports, promoting an appreciation for diversity. Adaptability: Students will learn to adapt and modify games and activities to be accessible to all, including peers with special needs.</p> <p>3. Encourage teamwork and cooperation. Communication skills: Improved verbal and non-verbal communication between students during team activities. Conflict resolution: Students will develop strategies to manage and resolve conflicts constructively, applicable both within and outside the sporting environment. Team spirit: Increased sense of belonging and cohesion within teams, with a greater understanding of the importance of each role in collective success.</p> |

| | |
|---|--|
| | <p>Fair play: Increased awareness and practice of fair play and sporting ethics.</p> <p>4. Stimulate interest and motivation for physical activity. Positive attitude towards physical activity: Students will show increased enthusiasm and willingness to participate in physical activities, including those previously unknown to them. Development of new interests: Increased interest in alternative sports outside school hours, possibly by joining local clubs or groups. Personal goal setting: Students will be able to set and work towards personal goals related to their physical and sporting development. Sense of achievement: Increased self-esteem and self-confidence as students overcome challenges and achieve goals.</p> |
| <p>Innovation: <i>Describe the innovative aspects of the activities</i></p> | <p>The innovative aspects of the activities are:</p> <ol style="list-style-type: none"> <p>1. Diversity of Alternative Sports Introduction of Little Known Sports: Incorporate sports such as ultimate frisbee, parkour, slackline, and kin-ball that are not traditionally part of physical education programmes. This not only diversifies the sports on offer, but also arouses the curiosity and interest of students. Sport Rotation: Change sports every few sessions to maintain interest and allow students to experience a wide range of physical activities.</p> <p>2. Multidimensional Skills Focus Specific Motor Skills: Rather than focusing solely on traditional sports that often emphasise repetitive skills, these alternative sports require a variety of motor skills, encouraging a more well-rounded physical development. Functional and Balance Exercises: Use parkour and slackline techniques that not only improve strength and agility, but also proprioception and balance, essential skills for daily life and other sporting activities.</p> <p>3. Inclusion and Diversity Adaptability of Activities: Design activities that can be easily adapted to the different abilities and needs of students, ensuring that everyone can participate and benefit, promoting inclusion. Cultural Perspective: Introduction to the history and culture of each alternative sport, fostering an appreciation for cultural diversity and inclusion through sport.</p> <p>4. Participatory Methodologies Active and Playful Learning: Employing interactive and play-based teaching methods to make learning more engaging and effective. Projects and Challenges: Integrate individual and team challenges that not only improve physical skills, but also develop creativity and problem solving. Continuous and Constructive Feedback: Provide constant and positive feedback to encourage continuous improvement and maintain student motivation.</p> <p>5. Personal and Social Development Team Building: Activities that require cooperation and effective communication, helping students develop crucial social skills. Sports Ethics and Fair Play: Include discussions and workshops on the importance of fair play and sports ethics, promoting values such as respect, responsibility and integrity.</p> |

| | |
|---|--|
| | <p>6. Use of Innovative Resources and Technologies Digital Feedback Tools: Use of apps and mobile devices to record student progress and provide instant feedback. Multimedia Resources: Use of videos and other multimedia resources to teach alternative sports techniques and tactics, making learning more visual and interactive.</p> <p>7. Community Integration Collaboration with Local Experts: Invite local coaches and practitioners of alternative sports to conduct demonstrations and workshops, strengthening the connection between the school and the community. Events and Competitions: Organise events and competitions that involve not only students, but also their families and the community, promoting active participation and community spirit.</p> <p>8. Dynamic and Holistic Assessment Multidimensional Assessments: Beyond traditional physical tests, include self-assessments, peer assessments and personal reflections to gain a holistic view of each student's development. Gamification: Incorporate game elements into assessment, such as challenges and rewards, to make the process more engaging and less stressful.</p> |
| <p>Impact: <i>Describe the specific impact expected by the activities</i></p> | <p>. With the development of our activities, we promote the following impacts:</p> <p>1. Impact on Physical Development Improved General Physical Fitness: Through participation in a variety of alternative sports, students will develop greater endurance, strength, flexibility and coordination. This will translate into improved overall physical fitness. Motor Skills Development: The proposed activities will improve specific motor skills such as balance, agility, coordination and accuracy, benefits that will be reflected in improved performance in other physical activities and sports.</p> <p>2. Impact on Psychosocial Development Increased Self-Confidence and Self-Esteem: Overcoming challenges in alternative sports and receiving positive feedback will increase students' self-confidence and self-esteem. Social Skills Development: Team and cooperative activities will foster important social skills such as communication, teamwork and conflict resolution, skills that are essential both inside and outside the sporting arena. Promotion of Values and Sports Ethics: The integration of discussions on fair play and sports ethics will promote values such as respect, responsibility and integrity among students.</p> <p>3. Impact on Inclusion and Diversity Inclusive Participation: The adaptability of activities will ensure that all students, regardless of their abilities or special needs, can participate and benefit from the programme. This will promote an inclusive and equitable environment. Appreciation of Diversity: Introduction to the history and culture of alternative sports will foster a greater appreciation for cultural diversity and inclusion, helping students to develop a more open and respectful mindset.</p> |

| | |
|--|--|
| | <p>4. Impact on Motivation and Interest in Physical Activity</p> <p>Increased Interest in Sport: The variety and novelty of alternative sports will spark students' interest and curiosity, encouraging them to actively participate in physical education classes and possibly in extracurricular activities.</p> <p>Adoption of Active Lifestyles: Exposure to alternative sports and the creation of a positive and motivating environment will encourage active and healthy lifestyle habits, contributing to the reduction of sedentary lifestyles and the promotion of long-term health.</p> <p>5. Impact on the School Community</p> <p>Improved School Climate: An inclusive and varied physical education programme can improve the school climate, promoting a sense of community and belonging among students.</p> <p>School Reputation: Offering an innovative and diverse physical education programme can enhance the school's reputation, attracting more students and gaining the support of parents and the community.</p> <p>Community Engagement: Collaborating with local experts and organising community events will strengthen ties between the school and the community, promoting participation and mutual support.</p> |
| Evaluation: | <p>These would be the indicators of success, which we would take into account to carry out the evaluation:</p> <p>Practical evaluations: Observation and recording of improvements in specific motor skills (coordination, balance, agility, accuracy) through periodic evaluations.</p> <p>Satisfaction surveys: Collection of feedback from students and parents/guardians on their experience and perception of the programme.</p> <p>Participation and attendance: Analysis of the rate of participation and attendance in classes and activities, indicating the level of interest and commitment.</p> <p>Team behaviour: Assessment of team behaviour and cooperation during activities, noting improvements in communication and conflict resolution.</p> <p>Initiatives outside the classroom: Recording of students engaging in alternative sporting activities outside the school environment, as an indicator of sustained interest and motivation.</p> |
| Bank of resources: <i>additional materials</i> | <p>https://www.youtube.com/watch?v=9qXDrZovVF0</p> <p>https://www.youtube.com/watch?v=rpnZvh8ginY</p> <p>https://www.youtube.com/watch?v=QQCY6qrBey0</p> |
| Resources/references: <i>(if available)</i> | <p>https://www.youtube.com/watch?v=Vf98BOK0-n0</p> <p>https://www.youtube.com/watch?v=T_eQyr8N9b0</p> |
| Photos: <i>(if available)</i> | |

| | |
|--|--|
| | |
|--|--|

Healthy active lifestyle project, Annual plan

| Title of the module: | Athletics Activities |
|--|---|
| <p>Objectives: <i>General and Specific Objectives</i></p> | <p>1-Development of basic technique: To teach and perfect the fundamental techniques of athletic disciplines, such as running, jumping and throwing, to ensure that students have a solid foundation in the correct execution of the movements.</p> <p>2-Improving physical fitness: To increase students' cardiovascular endurance, strength, speed and flexibility through specific exercises and training routines appropriate to each athletic discipline.</p> <p>3-Promotion of health and wellbeing: To promote healthy lifestyle habits through regular athletics practice, highlighting the importance of physical activity for general wellbeing and disease prevention.</p> <p>4-Motor skills development: Improving students' coordination, balance and agility through exercises and activities designed to enhance their fine and gross motor skills.</p> <p>5-Teamwork and discipline: To teach values such as teamwork, responsibility, perseverance and self-discipline, which are essential in athletics as well as in everyday life, through structured activities and training that require cooperation and constant effort.</p> |
| <p>Stakeholders of the project: <i>People and entities contributing or contributed to the implementation of the project/programme</i></p> | <p>1-Athletics coaches: Professionals with experience in different athletics disciplines who can design and supervise training sessions, correct techniques and motivate participants.</p> <p>2-Physical trainers: Specialists in the improvement of general physical condition, in charge of developing training plans that optimise the strength, endurance, speed and flexibility of the athletes.</p> <p>3-Sports nutritionists: Professionals who advise on proper nutrition for athletes, helping to optimise sports performance and post-training recovery.</p> <p>4-Volunteers and assistants: Individuals who can assist in the organisation of events, logistical support and general assistance during training and competitions.</p> <p>5-Parents and guardians: Their support and motivation is essential, especially for younger athletes, facilitating their participation and fostering a positive and supportive environment.</p> |

| | |
|---|---|
| | 6-Experienced athletes: Experienced athletes who can act as mentors, sharing their knowledge and serving as role models for beginners. |
| Beneficiaries: <i>Which target group was involved</i> | Mainly young beginners in the sport of athletics and all the people who collaborate in their training, from clubs, coaches and parents themselves. |
| Content: <i>Describe the contents of the modules</i> | <p>.</p> <p>Development of basic technique:</p> <p>1-Running: Instruction and practice of starting techniques, acceleration, race pace, and finish. Specific exercises to improve posture and stride.</p> <p>2-Jumping: Basic techniques for long jump, high jump, triple jump and pole vault. Exercises for take-off, flight and landing.</p> <p>3-Throwing: Techniques for shot put, javelin, discus and hammer throw. Grip practice, throwing position and follow-through.</p> <p>Improvement of physical condition:</p> <p>1-Cardiovascular endurance: aerobic workouts, such as continuous running, fartlek and endurance circuits.</p> <p>2-Strength and power: General and specific strength training routines, including the use of weights, plyometric exercises and work with own body weight.</p> <p>3-Speed and agility: Speed exercises, such as short sprints, intervals and running technique work. Agility drills with cones, agility ladders and reaction drills.</p> <p>4-Flexibility and mobility: Static and dynamic stretching sessions, yoga and joint mobility exercises.</p> <p>Health and wellbeing promotion:</p> <p>1-Education on healthy habits: talks and workshops on the importance of a balanced diet, adequate hydration and sufficient rest.</p> <p>2-Injury prevention techniques: Information on proper warm-up and cool-down, use of appropriate equipment and safe practices during training.</p> <p>3-Benefits of regular exercise: Information on the physical, mental and emotional benefits of regular physical activity.</p> <p>Development of motor skills:</p> <p>1-Coordination: Coordination exercises, such as jumping rope, throwing and catching a ball, and rhythmic movements.</p> <p>2-Balance: Activities on unstable surfaces, bosu work and one-legged exercises.</p> <p>3-Agility: Agility circuits, quick changes of direction and reaction exercises with cones and agility ladders.</p> <p>4-Fostering teamwork and discipline:</p> <p>Group dynamics:</p> <p>1-Activities that require collaboration and communication, such as relays, team games and pair training.</p> <p>2-Goal setting and monitoring: Help in defining individual and group goals, monitoring progress and making adjustments to training plans.</p> <p>3-Development of self-discipline: Structured training sessions with fixed schedules, self-evaluation exercises and reflection on performance and effort.</p> <p>4-Sporting values: Talks and activities that promote respect, perseverance, responsibility and sporting ethics.</p> |

| | |
|--|--|
| <p>Activities: <i>Describe the activities of the module</i></p> | <p>Development of basic technique:</p> <p>Running: Starting and acceleration technique: Practice starts from blocks, with emphasis on starting position, reaction to the starting gun and transition to acceleration. Pace runs: Pace-controlled series of runs, focusing on maintaining a steady stride and proper posture for specific distances (e.g. 400m to 800m). Jumps: Long jump and triple jump: Take-off and landing drills in a sand pit, working on batting technique and step coordination in the triple jump. High jump: Practice of the Fosbury technique, including approach and jumping drills over an adjustable bar. Throws: Javelin Throw: Grip and throw practice, with specific drills for impulse and release technique. Shot put: Bullet throwing and spinning drills, focusing on body position and pushing technique.</p> <p>Improvement of physical condition:</p> <p>Cardiovascular endurance: Continuous running: Continuous running sessions at a moderate pace for 20-30 minutes to improve aerobic endurance. Fartlek workouts: Alternate between fast running and slow jogging at specific intervals to improve endurance and speed. Strength and power: Weight training: weight lifting exercises (such as squats and deadlifts) to increase overall strength. Plyometric exercises: Box jumps and deep jumps to develop explosive power. Speed and agility: Short sprints: 50-100 metre sets of sprints with full rest between each to improve top speed. Agility drills: Cone drills and agility ladders to improve foot quickness and change of direction ability.</p> <p>Flexibility and mobility: Dynamic stretching: Dynamic stretching routine before the main workout to prepare muscles and joints. Yoga session: Yoga classes focusing on improving flexibility and general body mobility.</p> <p>Health and wellness promotion:</p> <p>Education on healthy habits: Educational talks: Information sessions on the importance of balanced nutrition, hydration and adequate rest. Practical workshops: Activities such as preparing healthy snacks and creating balanced meal plans.</p> <p>Injury prevention techniques:</p> |
|--|--|

| | |
|-----------------|--|
| | <p>Warm-up and cool-down sessions: Instruction and practice of proper warm-up and cool-down routines to prevent injury.</p> <p>Equipment demonstrations: Workshops on the correct use of athletic shoes, protection and other equipment needed for athletics.</p> <p>Benefits of regular exercise:</p> <p>Health seminars: Presentations on the physical, mental and emotional benefits of regular exercise.</p> <p>Athlete testimonials: Inviting experienced athletes to share their experiences and the benefits they have gained through athletics.</p> <p>Motor skills development:</p> <p>Coordination:</p> <p>Jump rope: Jumping rope exercises to improve coordination and rhythm.</p> <p>Ball throwing and catching: Games involving throwing and catching balls of different sizes and weights to improve hand-eye coordination.</p> <p>Balance:</p> <p>Exercises on unstable surfaces: Activities such as balancing on a balance board or bosu.</p> <p>Balance work on one leg: Routines that include holding static and dynamic positions on one leg.</p> <p>Agility:</p> <p>Agility circuits: Creating circuits with cones and agility ladders to practice quick changes of direction and speed.</p> <p>Reaction exercises: Games and exercises that require quick responses to visual or auditory stimuli.</p> <p>Promotion of teamwork and discipline:</p> <p>Group dynamics:</p> <p>Relays: Organise relays where participants have to work as a team to complete the race.</p> <p>Cooperative games: Activities that require cooperation and communication, such as team ball games.</p> <p>Goal setting and monitoring:</p> <p>Goal setting: Workshops where athletes set personal and group goals, and action plans are created to achieve them.</p> <p>Progress review: Periodic sessions to review achievements and adjust goals as necessary.</p> <p>Development of self-discipline:</p> <p>Structured workouts: Establish daily routines with set times and planned activities.</p> <p>Self-assessment exercises: Activities where athletes reflect on their performance and effort, such as keeping a training diary.</p> <p>Sporting values:</p> <p>Talks on sporting ethics: Educational sessions on the importance of respect, perseverance and responsibility in sport.</p> <p>Integration days: Events and activities that promote fellowship and sporting values through shared experiences.</p> |
| Results: | Development of basic technique: |

| | |
|---|--|
| <p><i>Describe the expected results from the activities</i></p> | <p>Running: Starting technique and acceleration: Athletes improve their reaction time and starting technique, achieving more efficient acceleration in the early stages of the race. Pace running: Athletes develop a steady stride and proper posture, maintaining an even pace over specific distances.</p> <p>Jumps: Long jump and triple jump: Athletes achieve greater distance in their jumps due to improved stride technique and step coordination. High jump: Athletes improve their Fosbury technique, increasing the height achieved in their jumps.</p> <p>Throws: Javelin Throw: Athletes show a more efficient throwing technique, with a greater distance achieved and better javelin control. Shot put: Athletes increase the distance of the throw through better spin and thrust technique.</p> <p>Improved physical fitness: Cardiovascular endurance: Continuous running: Athletes improve their aerobic endurance, being able to run longer distances at a steady pace without fatiguing quickly. Fartlek workouts: Athletes develop both endurance and speed, being able to change pace efficiently during a run.</p> <p>Strength and power: Weight training: Athletes increase their overall muscular strength, which contributes to better performance in throwing and jumping disciplines. Plyometric exercises: Athletes increase their explosive power, improving their performance in activities that require fast and strong movements.</p> <p>Speed and agility: Short sprints: Athletes improve their top speed and running technique, reducing times over short distances. Agility drills: Athletes improve their ability to change direction and speed quickly, benefiting their running and jumping performance.</p> <p>Flexibility and mobility: Dynamic stretching: Athletes have fewer injuries and greater range of motion, which improves the efficiency of their techniques in all disciplines. Yoga session: Athletes increase their overall flexibility and mobility, which contributes to better technical execution and recovery.</p> <p>Health and wellness promotion: Education on healthy habits: Educational talks: Athletes gain knowledge about nutrition, hydration and rest, applying it to improve their performance and overall health. Hands-on workshops: Athletes develop practical skills to prepare healthy foods and create balanced meal plans.</p> <p>Injury prevention techniques: Warm-up and cool-down sessions: Athletes incorporate proper warm-up and cool-down routines into their training, reducing the risk of injury. Equipment demonstrations: Athletes use sports equipment correctly, which contributes to injury prevention and improved performance.</p> |
|---|--|

| | |
|---|--|
| | <p>Benefits of regular exercise:</p> <p>Health seminars: Athletes understand and appreciate the physical, mental and emotional benefits of regular exercise, increasing their motivation and adherence to training.</p> <p>Athlete testimonials: Athletes are inspired by the experiences of experienced athletes, reinforcing their commitment to athletics.</p> <p>Development of motor skills:</p> <p>Coordination:</p> <p>Jump rope: Athletes improve their coordination and rhythm, benefiting their technique in running and jumping.</p> <p>Throwing and catching the ball: Athletes develop better hand-eye coordination, contributing to more efficient throwing performance.</p> <p>Balance:</p> <p>Exercises on unstable surfaces: Athletes improve their balance and stability, which translates into better technical execution in jumps and throws.</p> <p>Single-leg balance work: Athletes develop superior balance and leg strength, benefiting their running and jumping performance.</p> <p>Agility:</p> <p>Agility circuits: athletes increase their ability to make quick changes of direction and speed, improving their running and jumping performance.</p> <p>Reaction drills: Athletes improve their reaction time and ability to respond quickly, benefiting their performance in all athletic disciplines.</p> <p>Promotion of teamwork and discipline:</p> <p>Group dynamics:</p> <p>Relays: Athletes develop teamwork and communication skills, improving their collective performance in competitions.</p> <p>Cooperative games: Athletes strengthen a sense of community and mutual support, promoting a positive and collaborative environment.</p> <p>Goal setting and monitoring:</p> <p>Goal setting: Athletes set clear and achievable goals, increasing their motivation and sense of purpose.</p> <p>Progress review: Athletes make adjustments to their training plans based on progress monitoring, optimising their performance.</p> <p>Development of self-discipline:</p> <p>Structured workouts: Athletes adopt a consistent training routine, developing habits of self-discipline and accountability.</p> <p>Self-assessment exercises: Athletes reflect on their performance and effort, identifying areas for improvement and establishing plans to achieve them.</p> <p>Sporting values:</p> <p>Talks on sporting ethics: athletes internalise the values of respect, perseverance and responsibility, applying them both in sport and in everyday life.</p> <p>Integration days: Athletes strengthen their sense of belonging and camaraderie, fostering a positive and mutually supportive sporting environment.</p> |
| <p>Innovation:</p> <p><i>Describe the innovative aspects of the activities</i></p> | <p>Development of basic technique:</p> <p>Video analysis and feedback:</p> <p>Start and acceleration technique: Use high-speed cameras and motion analysis software to record athletes' starts and accelerations, providing detailed visual feedback.</p> |

Pace runs: Implement wearable devices that monitor stride and pace in real time, allowing instantaneous adjustments and accurate data to improve technique.

Jumps:

Long and triple jumps: Use motion sensors and force platforms to analyse take-off and landing technique, helping to optimise performance.

High jump: Employ 3D simulations to visualise jumping technique and make real-time adjustments during training.

Throws:

Javelin Throw: Incorporate throwing simulators and tracking systems to provide accurate feedback on the angle and velocity of the throw.

Shot put: Use sensor technology and force analysis to improve spin and thrust technique, optimising performance.

Improved fitness:

Cardiovascular endurance:

Continuous running: Implement fitness tracking apps and heart rate monitors to personalise workouts and optimise workload.

Fartlek workouts: Use interactive apps that adjust speed and rest intervals based on real-time performance.

Strength and power:

Weight training: Incorporate real-time feedback devices that monitor technique and load during weight training.

Plyometric exercises: Use jumping platforms with sensors to measure the height and power of jumps, allowing detailed tracking of progress.

Speed and agility:

Short sprints: Employ automatic timing systems and speed sensors to provide accurate data on speed and acceleration.

Agility drills: Incorporate reaction lights and motion tracking systems to make agility drills more dynamic and challenging.

Flexibility and mobility:

Dynamic stretching: Use mobility apps that guide athletes through personalised routines and tailor exercises to their specific needs.

Yoga session: Integrate virtual yoga classes with real-time feedback through posture sensors.

Health and wellness promotion:

Education on healthy habits:

Educational talks: Use e-learning platforms and augmented reality to make talks more interactive and engaging.

Practical workshops: Implement nutrition tracking apps to help athletes plan and monitor their daily meals.

Injury prevention techniques:

Warm-up and cool-down sessions: Use biofeedback devices that monitor muscle response during warm-up and cool-down.

Equipment demonstrations: Use virtual reality to teach the correct use of sports equipment in an immersive, hands-on way.

Benefits of regular exercise:

Health seminars: Offer interactive webinars with health and nutrition experts, using video conferencing platforms and multimedia resources.

Athlete testimonials: Create inspirational videos with testimonials from successful athletes and distribute them through social media and training apps.

| | |
|---|--|
| | <p>Motor skills development:</p> <p>Coordination:</p> <p>Jump Rope: Integrate game apps that challenge athletes to complete jump rope routines at different levels of difficulty.</p> <p>Ball throwing and catching: Use motion tracking devices to analyse accuracy and improve hand-eye coordination.</p> <p>Balance:</p> <p>Exercises on unstable surfaces: Incorporate intelligent training surfaces that provide feedback on balance and stability.</p> <p>Balance work on one leg: Use augmented reality apps that guide athletes through interactive balance exercises.</p> <p>Agility:</p> <p>Agility circuits: Implement light and sensor systems that create dynamic and customisable agility circuits.</p> <p>Reaction drills: Use wearable devices that monitor reaction time and adjust drills based on real-time performance.</p> <p>Encouraging teamwork and discipline:</p> <p>Group dynamics:</p> <p>Relays: Integrate real-time performance tracking technology to monitor and analyse teamwork during relays.</p> <p>Cooperative games: Use gaming applications and augmented reality to create cooperative challenges that promote teamwork and communication.</p> <p>Goal setting and monitoring:</p> <p>Goal setting: Use goal setting and tracking apps that allow athletes to plan, monitor and adjust their goals.</p> <p>Progress review: Implement online platforms to record and analyse progress, providing visual feedback and detailed statistics.</p> <p>Develop self-discipline:</p> <p>Structured workouts: use workout planning apps that send reminders and motivate athletes to stick to their routines.</p> <p>Self-assessment exercises: Employ digital self-assessment and reflection platforms where athletes can record their experiences and receive personalised feedback.</p> <p>Sport values:</p> <p>Sport ethics talks: Integrate interactive learning modules and online discussions on sport ethics and values.</p> <p>Integration days: Organise virtual integration events and interactive activities that foster camaraderie and sport values.</p> |
| <p>Impact:</p> <p><i>Describe the specific impact expected by the activities</i></p> | <p>Significant performance improvement:</p> <p>Video analysis and feedback: Athletes can correct and refine their technique faster, leading to noticeable improvements in their times and distances.</p> <p>Tracking and feedback technology: Precision and personalised training will allow athletes to maximise their physical and technical potential.</p> <p>Injury reduction:</p> <p>Prevention and safe techniques: Education on warm-up, cool-down techniques and proper use of equipment will decrease the incidence of injury.</p> <p>Biofeedback and monitoring: Devices that monitor muscle response and other biometric parameters will help detect and prevent injuries before they occur.</p> <p>Increased motivation and engagement:</p> |

| | |
|--------------------|--|
| | <p>Interactivity and gamification: Interactive apps and technologies will make workouts more engaging and entertaining, keeping athletes engaged.</p> <p>Progress and goal tracking: Tracking tools will allow athletes to visualise their improvements and achievements, motivating them to continue striving.</p> <p>Integral athlete development:</p> <p>Education on healthy habits: Knowledge gained about nutrition, hydration and rest will contribute to better overall health and performance.</p> <p>Motor skills and coordination: Technology applied to coordination and balance exercises will result in more complete athletes with better body control.</p> <p>Encouragement of teamwork and sportsmanship:</p> <p>Group dynamics and cooperative games: Activities that promote teamwork and communication will strengthen the sense of community and collaboration among athletes.</p> <p>Talks and modules on sporting values: Promotion of sporting ethics and values will create a positive and respectful environment, fostering personal and professional growth.</p> <p>Optimisation of time and resources:</p> <p>Real-time tracking technologies: The ability to adjust workouts based on real-time performance will make sessions more efficient.</p> <p>Online platforms and virtual reality: These tools will allow continuous and flexible training, even outside face-to-face sessions, optimising the use of time and resources.</p> <p>Increased athlete satisfaction and retention:</p> <p>Enriched training experiences: The implementation of advanced technologies and interactive methods will make athletes enjoy the training process more, increasing overall satisfaction.</p> <p>Inclusive and supportive environment: Integrating activities that promote cooperation and mutual respect will contribute to an inclusive environment, attracting and retaining more participants.</p> <p>Evaluation and continuous improvement:</p> <p>Detailed data and analysis: Continuous data collection and analysis will allow for constant and personalised adjustments to training plans, improving long-term effectiveness.</p> <p>Instant feedback: Athletes will be able to receive immediate and detailed feedback on their performance, facilitating self-assessment and immediate adjustment of techniques and strategies.</p> |
| Evaluation: | <p>Technical evaluations:</p> <p>Video analysis: Periodic recordings of athletes' running, jumping and throwing techniques, followed by detailed analysis sessions to identify areas for improvement.</p> <p>Force platforms and motion sensors: Use of force platforms and sensors to assess jumping and throwing technique, providing accurate data on technical performance.</p> <p>Fitness assessments:</p> <p>Cardiovascular endurance tests:</p> |

Cooper test: Performance of the Cooper test (running the longest possible distance in 12 minutes) to assess the aerobic capacity of athletes.

VO2 max test: Use of laboratory equipment to measure VO2 max and determine cardiovascular efficiency.

Strength and power tests:

Vertical jumps with force platform: Measurement of jump height and explosive strength using force platforms.

Weightlifting: Periodic assessments of maximal strength in key exercises such as squats, deadlifts and bench presses.

Speed and agility tests:

Timed sprints: Performance of 50-100 metre sprints with automatic timing to assess maximal speed.

Agility tests with cones and stairs: Assessment of agility using specific circuits that measure time and accuracy.

Flexibility and mobility tests:

Sit and Reach Test: Flexibility test to assess lower back and hamstring extension.

Joint mobility assessment: Use of goniometers to measure range of motion in key joints.

Health and wellness assessments:

Well-being questionnaires: Periodic surveys to assess athletes' perceptions of physical and mental well-being, including aspects such as sleep quality, stress level and satisfaction with nutrition.

Biomarker monitoring: Blood tests and other biomarkers to assess general health and detect possible nutritional deficiencies or overtraining.

Motor skills assessments:

Coordination tests:

Throwing and catching tests: Assessment of hand-eye coordination using specific exercises with balls of different sizes and weights.

Jump rope tests: Measurement of coordination and rhythm through jump rope routines.

Balance tests:

Assessment on unstable surfaces: Balance tests on balance boards or unstable surfaces to measure stability and postural control.

One-legged balance tests: Assessment of how long athletes can maintain balance on one leg in both static and dynamic positions.

Agility tests:

T-Test: Agility test assessing the ability to change direction quickly.

Reaction tests: Exercises that measure reaction time to visual or auditory stimuli.

Assessments of teamwork and discipline:

Observation of group dynamics: Assessment of the effectiveness of teamwork during relays and cooperative games through direct observation and qualitative feedback.

Goal review and follow-up: Assessment of progress towards established goals through regular meetings and analysis of follow-up data.

Self-assessment questionnaires: Surveys where athletes reflect on their self-discipline, commitment and development of sporting values.

Training diary review: Analysis of athletes' training diaries to assess their consistency, effort and self-evaluation.

Technological evaluations:

| | |
|--|--|
| | <p>Use of tracking apps: Assessment of progress through apps that monitor training load, nutrition and other relevant parameters.</p> <p>Online platforms for self-assessment: Implementation of online platforms where athletes can record their performance, receive feedback and adjust their training plans.</p> |
| <p>Bank of resources: <i>additional materials</i></p> | <p>https://www.youtube.com/watch?v=TYjuaIwS07c https://www.youtube.com/watch?v=9ZH3OIHhcng</p> |
| <p>Resources/references: <i>(if available)</i></p> | <p>https://www.youtube.com/watch?v=r55-fvNIKJU https://www.youtube.com/watch?v=Xc9AmWlt9hw https://www.youtube.com/watch?v=XEwgyzynR7w</p> |
| <p>Photos: <i>(if available)</i></p> | |

Healthy active lifestyle project, Annual plan

| Title of the module: | Golf |
|--|---|
| <p>Objectives: <i>General and Specific Objectives</i></p> | <p>1. Improve Swing Mechanics:</p> <p>Objective: Enhance the golfer's swing technique for better accuracy and distance. Measurement: Achieve a 10% increase in driving distance and a 15% improvement in accuracy within 12 weeks.</p> <p>2. Increase Putting Skills:</p> <p>Objective: Improve putting performance on the green. Measurement: Reduce the number of putts per round by 20% within 8 weeks.</p> <p>3. Prevent Injuries:</p> <p>Objective: Implement warm-up, stretching, and strengthening techniques to minimize the risk of injury. Measurement: Participate in weekly injury prevention sessions and maintain an injury-free record for 6 months.</p> <p>4. Promote Consistency and Mental Focus:</p> <p>Objective: Encourage a regular practice routine and enhance mental focus. Measurement: Complete at least 90% of scheduled practice sessions for 3 months and maintain a positive and focused training journal.</p> |
| <p>Stakeholders of the project: <i>People and entities contributing or contributed to the implementation of the project/programme</i></p> | <p>People:</p> <p>Golf Coaches:</p> <p>Contribution: Design and supervision of training programs. They provide personalized guides based on the level of the golfers and their specific goals.</p> <p>Physiotherapists and Sports Doctors:</p> <p>Contribution: Advice on the prevention and treatment of injuries. They carry out physical evaluations and recommendations to improve biomechanics.</p> <p>Sports Nutritionists:</p> <p>Contribution: Development of meal plans that support golfers' performance and recovery.</p> <p>Sports Psychologists:</p> <p>Contribution: Support in motivation and stress management. Implementation of visualization techniques and goal setting.</p> <p>Experienced Golfers:</p> |

| | |
|---|--|
| | <p>Contribution: Share experiences and practical advice. They can act as mentors for novice golfers. Entities:</p> <p>Golf Clubs:</p> <p>Contribution: They provide a community and structure for training. They organize events and tournaments to motivate members. Health and Fitness Organizations:</p> <p>Contribution: They offer educational resources and support programs. They can finance or sponsor activities related to golf. Training Centers and Gyms:</p> <p>Contribution: They provide training facilities in safe conditions. They can offer specific golf classes and workshops. Academic and Research Institutions:</p> <p>Contribution: They carry out studies on the benefits of golf and best practices. They publish evidence-based guides to improve training programs. Sports Equipment Companies:</p> <p>Contribution: They supply the necessary equipment such as golf clubs, balls, and technical clothing. They can collaborate in the design of products optimized for golf. Governments and Public Organizations:</p> <p>Contribution: They support the creation of adequate infrastructure such as golf courses and practice ranges. They can implement policies to promote sport and physical activity in the community. Implementation Example:</p> <p>To illustrate how the collaboration of these actors can materialize, imagine a municipal golf project:</p> <p>The local government finances the construction of a new golf course. Local golf clubs organize weekly practice sessions. Certified coaches design personalized training plans. Local doctors and physical therapists offer checkups and injury prevention workshops. Nutritionists provide seminars on proper nutrition for golfers. Sports companies sponsor events and donate equipment. Universities collaborate with research on the benefits of golf and new training methodologies.</p> |
| <p>Beneficiaries: <i>Which target group was involved</i></p> | <p>Direct Beneficiaries:</p> <p>Amateur and Beginner Golfers:</p> <p>Benefits: Improved technical skills, learning proper golf techniques, increased motivation, and injury prevention. Advanced and Competitive Golfers:</p> <p>Benefits: Optimization of performance, access to expert coaches, advanced nutrition strategies, and psychological support for competitions.</p> |

| | |
|---|---|
| | <p>People with Health Problems:</p> <p>Benefits: Improvement in physical health, reduction in stress, enhancement of mental well-being.</p> <p>Young People and Children:</p> <p>Benefits: Promotion of healthy habits from an early age, development of motor and social skills, increased self-esteem.</p> <p>Indirect Beneficiaries:</p> <p>Golfers' Families:</p> <p>Benefits: Inspiration to adopt a more active and healthy lifestyle, strengthening family ties through joint activities.</p> <p>Local Communities:</p> <p>Benefits: Promotion of social cohesion, increased use of public spaces and parks, creation of a culture of physical activity and well-being.</p> <p>Companies and Employers:</p> <p>Benefits: Healthier and more energetic employees, reduced absenteeism, improved work environment and productivity.</p> <p>Health Centers and Hospitals:</p> <p>Benefits: Reduction in the healthcare burden thanks to a healthier population, greater participation in health prevention programs.</p> <p>Sports Clubs and Associations:</p> <p>Benefits: Increase in membership and participation, diversification of activities offered, potential increase in income through fees and events.</p> <p>Educational Institutions:</p> <p>Benefits: Improved academic performance of students thanks to greater physical activity, promotion of a healthy school environment.</p> <p>Impact Example:</p> <p>A city implements a golf module with the collaboration of various entities:</p> <p>Amateur and advanced golfers improve their skills and performance thanks to organized training.</p> <p>Entire families participate in golf events, promoting a healthy lifestyle at home.</p> <p>Local communities enjoy an increase in the use and maintenance of golf courses and practice ranges.</p> <p>Local companies report healthier and more motivated employees.</p> <p>Health centers observe a reduction in patients with chronic diseases.</p> <p>Schools see improvements in the physical and academic performance of their students.</p> <p>Sports clubs increase their membership and diversify their activities, attracting a larger audience.</p> |
| <p>Content:</p> <p><i>Describe the contents of the modules</i></p> | <p>.</p> <p>¡Claro! Aquí tienes un módulo deportivo para el golf, siguiendo la estructura proporcionada:</p> |

Title of the module: Golf Development Program

Objectives:

General and Specific Objectives

1. Improve Swing Mechanics:

Objective: Enhance the golfer's swing technique for better accuracy and distance.

Measurement: Achieve a 10% increase in driving distance and a 15% improvement in accuracy within 12 weeks.

2. Increase Putting Skills:

Objective: Improve putting performance on the green.

Measurement: Reduce the number of putts per round by 20% within 8 weeks.

3. Prevent Injuries:

Objective: Implement warm-up, stretching, and strengthening techniques to minimize the risk of injury.

Measurement: Participate in weekly injury prevention sessions and maintain an injury-free record for 6 months.

4. Promote Consistency and Mental Focus:

Objective: Encourage a regular practice routine and enhance mental focus.

Measurement: Complete at least 90% of scheduled practice sessions for 3 months and maintain a positive and focused training journal.

These goals are designed to address different aspects of golf, from technical skills to injury prevention and mental focus.

Stakeholders of the project:

People and entities contributing or contributed to the implementation of the project/programme

People:

Golf Coaches:

Contribution: Design and supervision of training programs. They provide personalized guides based on the level of the golfers and their specific goals.

Physiotherapists and Sports Doctors:

Contribution: Advice on the prevention and treatment of injuries. They carry out physical evaluations and recommendations to improve biomechanics.

Sports Nutritionists:

Contribution: Development of meal plans that support golfers' performance and recovery.

Sports Psychologists:

Contribution: Support in motivation and stress management. Implementation of visualization techniques and goal setting.

Experienced Golfers:

Contribution: Share experiences and practical advice. They can act as mentors for novice golfers.
Entities:

Golf Clubs:

Contribution: They provide a community and structure for training. They organize events and tournaments to motivate members.
Health and Fitness Organizations:

Contribution: They offer educational resources and support programs. They can finance or sponsor activities related to golf.
Training Centers and Gyms:

Contribution: They provide training facilities in safe conditions. They can offer specific golf classes and workshops.
Academic and Research Institutions:

Contribution: They carry out studies on the benefits of golf and best practices. They publish evidence-based guides to improve training programs.
Sports Equipment Companies:

Contribution: They supply the necessary equipment such as golf clubs, balls, and technical clothing. They can collaborate in the design of products optimized for golf.
Governments and Public Organizations:

Contribution: They support the creation of adequate infrastructure such as golf courses and practice ranges. They can implement policies to promote sport and physical activity in the community.
Implementation Example:

To illustrate how the collaboration of these actors can materialize, imagine a municipal golf project:

The local government finances the construction of a new golf course.
Local golf clubs organize weekly practice sessions.
Certified coaches design personalized training plans.
Local doctors and physical therapists offer checkups and injury prevention workshops.
Nutritionists provide seminars on proper nutrition for golfers.
Sports companies sponsor events and donate equipment.
Universities collaborate with research on the benefits of golf and new training methodologies.
Beneficiaries:

Direct Beneficiaries:

Amateur and Beginner Golfers:

Benefits: Improved technical skills, learning proper golf techniques, increased motivation, and injury prevention.
Advanced and Competitive Golfers:

Benefits: Optimization of performance, access to expert coaches, advanced nutrition strategies, and psychological support for competitions.
 People with Health Problems:

Benefits: Improvement in physical health, reduction in stress, enhancement of mental well-being.
 Young People and Children:

Benefits: Promotion of healthy habits from an early age, development of motor and social skills, increased self-esteem.
 Indirect Beneficiaries:

Golfers' Families:

Benefits: Inspiration to adopt a more active and healthy lifestyle, strengthening family ties through joint activities.
 Local Communities:

Benefits: Promotion of social cohesion, increased use of public spaces and parks, creation of a culture of physical activity and well-being.
 Companies and Employers:

Benefits: Healthier and more energetic employees, reduced absenteeism, improved work environment and productivity.
 Health Centers and Hospitals:

Benefits: Reduction in the healthcare burden thanks to a healthier population, greater participation in health prevention programs.
 Sports Clubs and Associations:

Benefits: Increase in membership and participation, diversification of activities offered, potential increase in income through fees and events.
 Educational Institutions:

Benefits: Improved academic performance of students thanks to greater physical activity, promotion of a healthy school environment.
 Impact Example:

A city implements a golf module with the collaboration of various entities:

Amateur and advanced golfers improve their skills and performance thanks to organized training.
 Entire families participate in golf events, promoting a healthy lifestyle at home.
 Local communities enjoy an increase in the use and maintenance of golf courses and practice ranges.
 Local companies report healthier and more motivated employees.
 Health centers observe a reduction in patients with chronic diseases.
 Schools see improvements in the physical and academic performance of their students.
 Sports clubs increase their membership and diversify their activities, attracting a larger audience.
 Content:

1. Improve Swing Mechanics

Contents:

Swing Training Plans: Progressive programs that include drills for grip, stance, and swing path.

Biomechanics of the Swing: Understanding body movements and mechanics to optimize swing efficiency.

Use of Swing Analyzers: Devices and apps to monitor and analyze swing mechanics.

Education on the Importance of Rest and Recovery: Strategies to prevent overtraining and promote recovery.

2. Increase Putting Skills

Contents:

Putting Drills: Specific exercises to improve aim, distance control, and consistency.

Green Reading Techniques: Methods to read the slope and speed of the greens.

Mental Focus Exercises: Techniques to improve concentration and reduce anxiety on the green.

Use of Putting Aids: Tools like alignment sticks and putting mats to practice and improve technique.

3. Prevent Injuries

Contents:

Warm-up and Dynamic Stretching: Routines to prepare muscles and joints before playing.

Recovery and Static Stretching Techniques: Post-game exercises that help reduce muscle stiffness.

Education on Golf Biomechanics: Analysis of the swing and correction of technique to prevent common injuries such as golfer's elbow or back pain.

Strengthening and Stability Exercises: Routines to strengthen the core and stabilizing muscles to prevent imbalances and injuries.

Proper Use of Equipment: Information on selecting clubs and other equipment that provide adequate support.

4. Promote Consistency and Mental Focus

Contents:

SMART Goal Setting: Guides for golfers to establish clear and achievable objectives.

Training Diaries: Tools to record progress and reflect personal evolution.

Support and Golf Groups: Information about creating and participating in golf groups to encourage motivation and mutual support.

Motivation Techniques and Sports Psychology: Methods to maintain motivation throughout the program, such as visualization, positive self-talk, and stress management.

Events and Competitions: Organizing and participating in local tournaments and events to provide concrete goals and celebrate achievements.

Example of Content Application:

| | |
|--|--|
| | <p>Weekly Training Session:</p> <p>Monday: Swing training with a focus on grip and stance (Goal: Improve Swing Mechanics)</p> <p>Tuesday: Putting practice with distance control drills (Goal: Increase Putting Skills)</p> <p>Wednesday: Active rest day with stretching and yoga (Goal: Prevent Injuries)</p> <p>Thursday: Swing analysis with the use of a swing analyzer (Goal: Improve Swing Mechanics)</p> <p>Friday: Strength and stability training (Goal: Prevent Injuries)</p> <p>Saturday: Participation in a local golf group with a focus on weekly goals (Goal: Promote Consistency and Mental Focus)</p> <p>Sunday: Rest and review of the training diary (Goal: Promote Consistency and Mental Focus)</p> |
| <p>Activities: <i>Describe the activities of the module</i></p> | <p>1. Improve Swing Mechanics</p> <p>Activities:</p> <p>Swing Drills: Weekly sessions focusing on different aspects of the swing, such as grip, stance, and follow-through.</p> <p>Video Analysis: Use of video recordings to analyze and improve swing mechanics.</p> <p>Simulator Sessions: Practice sessions using golf simulators to provide real-time feedback and analysis.</p> <p>Biomechanics Workshops: Educational sessions on body mechanics and swing efficiency.</p> <p>2. Increase Putting Skills</p> <p>Activities:</p> <p>Putting Drills: Exercises to improve aim, distance control, and consistency.</p> <p>Green Reading Sessions: Practice reading the slope and speed of greens.</p> <p>Mental Focus Exercises: Techniques to improve concentration and reduce anxiety on the green.</p> <p>Use of Putting Aids: Practice with alignment sticks, putting mats, and other tools.</p> <p>3. Prevent Injuries</p> <p>Activities:</p> <p>Dynamic Warm-up: Warm-up routines that include movements to prepare muscles and joints.</p> <p>Static and Cooldown Stretches: Stretching sessions after playing to improve flexibility and reduce muscle tension.</p> <p>Core Strengthening: Exercises such as planks, bridges, and sit-ups to strengthen the core muscles.</p> <p>Analysis of Swing Technique: Individual or group sessions to analyze and correct swing mechanics.</p> <p>Talks and Workshops on Injury Prevention: Educational sessions on injury prevention techniques</p> |

| | |
|--|---|
| | |
| <p>Results: <i>Describe the expected results from the activities</i></p> | <p>1. Improve Swing Mechanics</p> <p>Results:</p> <p>Increased Distance: Average increase in driving distance. Improved Accuracy: Percentage improvement in hitting fairways and greens in regulation. Better Swing Efficiency: Enhanced biomechanics and reduced unnecessary movements.</p> <p>2. Increase Putting Skills</p> <p>Results:</p> <p>Reduced Putts: Average decrease in the number of putts per round. Improved Accuracy: Increased percentage of putts made from various distances. Enhanced Mental Focus: Reduced anxiety and improved concentration on the green.</p> <p>3. Prevent Injuries</p> <p>Results:</p> <p>Reduced Injury Rate: Fewer injuries reported during the training period. Increased Flexibility: Improved range of motion and flexibility. Enhanced Core Strength: Stronger core muscles and better overall stability.</p> <p>4. Promote Consistency and Mental Focus</p> <p>Results:</p> <p>High Participation Rate: Consistent attendance and participation in training sessions. Achievement of Goals: Successful completion of SMART goals set by golfers. Increased Satisfaction: Higher satisfaction and motivation reported in surveys.</p> <p>Example of Expected Results:</p> <p>Performance Testing: Regular evaluations of swing mechanics, putting skills, and overall performance.</p> <p>Heart Rate Monitoring: Tracking heart rate during training sessions to measure cardiovascular improvement.</p> <p>Injury Records: Detailed records of any injuries sustained during the program.</p> <p>Satisfaction and Motivation Surveys: Regular surveys to assess golfer satisfaction and motivation levels.</p> |

| | |
|--|--|
| | Training Diaries: Review of progress and goal achievement through regular diary entries. |
| Innovation: <i>Describe the innovative aspects of the activities</i> | <p>1. Use of Portable Technology and Apps</p> <p>Wearable Devices: Monitoring heart rate, swing speed, and other metrics. Training Apps: Providing personalized training plans and feedback. Augmented Reality: Using AR to visualize swing mechanics and practice drills.</p> <p>2. Personalization of Training</p> <p>Adaptive Training Plans: Adjusting plans based on individual progress and feedback. Advanced Data Analysis: Using data to tailor training to each golfer's needs.</p> <p>3. Incorporation of Virtual Reality</p> <p>VR Training: Using VR to practice swings and putting in a simulated environment. Gamification: Adding game-like elements to training for increased engagement.</p> <p>4. Focus on Mental Health and Wellbeing</p> <p>Mindfulness Practices: Incorporating mindfulness techniques to improve focus and reduce stress. Wellness Applications: Using apps to track and promote mental and physical well-being.</p> <p>5. Social and Community Interaction</p> <p>Virtual Golf Groups: Creating online communities for support and motivation. Online Competitions: Hosting virtual tournaments and challenges.</p> <p>6. Injury Monitoring and Prevention</p> <p>Biomechanical Analysis with AI: Using AI to analyze swing mechanics and identify potential injury risks. Smart Footwear: Incorporating technology into footwear to monitor and improve balance and stability.</p> <p>7. Nutrition and Recovery</p> <p>Personalized Nutrition Plans: Tailoring nutrition to individual needs and goals. Advanced Recovery Technology: Using tools like compression garments and recovery boots.</p> <p>8. Education and Continuing Training</p> <p>Webinars: Offering educational webinars on various aspects of golf training. Online Courses: Providing access to online courses for continuous learning.</p> <p>Example of Innovation Implementation:</p> <p>Wearable Devices: Golfers use wearable devices to monitor their performance and receive real-time feedback.</p> <p>Training Apps: Personalized training plans and progress tracking through mobile apps.</p> |

| | |
|---|--|
| | <p>Virtual Reality: Golfers practice their swings and putting in a simulated environment using VR.</p> <p>Mindfulness Practices: Incorporating mindfulness techniques into training sessions to improve focus.</p> <p>Online Competitions: Hosting virtual tournaments to keep golfers motivated and engaged.</p> |
| <p>Impact: <i>Describe the specific impact expected by the activities</i></p> | <p>1. Sports Performance</p> <p>Improved Performance: Enhanced swing mechanics, increased putting accuracy, reduced injuries.</p> <p>Reduced Injuries: Lower incidence of injuries through preventive measures and proper training techniques.</p> <p>Greater Training Capacity: Improved physical and mental readiness for training and competition.</p> <p>2. Motivation and Adherence</p> <p>Increased Participation: Higher participation rates and consistent training attendance.</p> <p>Goal Achievement: Successful achievement of SMART goals and personal objectives.</p> <p>Community Support: Stronger sense of community and support among golfers.</p> <p>3. Health and Wellbeing</p> <p>Improved Physical Health: Better overall fitness and reduced health risks.</p> <p>Enhanced Mental Wellbeing: Improved focus, reduced stress, and increased satisfaction.</p> <p>Healthier Lifestyle: Adoption of healthier habits and routines.</p> <p>4. Innovation and Education</p> <p>New Technologies: Adoption of innovative tools and technologies for training.</p> <p>Continuous Learning: Ongoing education and training opportunities for golfers.</p> <p>Evidence-Based Practices: Implementation of evidence-based training methods.</p> <p>5. Community and Social Impact</p> <p>Promotion of Golf: Increased interest and participation in golf.</p> <p>Social Cohesion: Enhanced social interactions and community building.</p> <p>Reduced Health Burden: Lower healthcare costs and reduced burden on health services.</p> <p>Example of Impact Assessment:</p> <p>Sports Performance: Regular assessments to measure improvements in swing mechanics and putting skills.</p> <p>Health and Wellbeing: Tracking physical and mental health improvements through surveys and health records.</p> |

| | |
|--|--|
| | <p>Innovation and Education: Monitoring the adoption of new technologies and training methods.</p> <p>Community and Social Impact: Assessing the impact of the program on community participation and social cohesion.</p> |
| Evaluation: | <p>1. Evaluation Indicators</p> <p>Quantitative: Performance metrics, participation rates, health measures. Qualitative: Satisfaction surveys, motivation and commitment feedback.</p> <p>2. Data Collection Methods</p> <p>Surveys: Regular satisfaction and motivation surveys. Interviews: Interviews with golfers and coaches to gather qualitative feedback. Performance Data Analysis: Analysis of performance metrics such as swing speed, accuracy, and putting statistics. Health Records: Tracking health and injury data to measure the effectiveness of injury prevention measures.</p> <p>3. Evaluation Schedule</p> <p>Before, During, and After the Program: Continuous monitoring and evaluation at key intervals.</p> <p>4. Analysis and Reporting of Results</p> <p>Quantitative and Qualitative Analysis: Comprehensive analysis of performance and feedback data. Final Report Preparation: Preparation of a final report summarizing results and key findings. Stakeholder Presentations: Presentation of results to stakeholders for feedback and future planning.</p> <p>5. Implementation of Improvements</p> <p>Review and Adjust Objectives: Continuous review and adjustment of program objectives based on feedback and results. Incorporate Feedback: Integration of participant and stakeholder feedback into future training plans. Develop New Strategies: Development of new strategies and techniques to enhance program effectiveness. Continuous Improvement Cycle: Ongoing cycle of evaluation and improvement to ensure program success.</p> |
| Bank of resources: <i>additional materials</i> | <p>https://www.youtube.com/watch?v=CN3ThL8DgFM https://www.youtube.com/watch?v=n4aOMLSRGrI</p> |
| Resources/references: <i>(if available)</i> | <p>https://www.youtube.com/watch?v=EqfzKEFdFhU https://www.youtube.com/watch?v=itSXQ9FHFKA https://www.youtube.com/watch?v=mpPHrky4YLs</p> |
| Photos: <i>(if available)</i> | |

| | |
|--|--|
| | |
|--|--|

Healthy active lifestyle project, Annual plan

| Title of the module: | Geocaching |
|--|--|
| <p>Objectives: <i>General and Specific Objectives</i></p> | <ol style="list-style-type: none"> 1. Enhance Physical Health and Well-being - Encourage participants to engage in regular physical activity by walking, hiking, and exploring different outdoor environments while searching for geocaches. 2. Promote Environmental Stewardship - Educate participants about the importance of protecting natural environments and local ecosystems. This includes promoting the “Cache In, Trash Out” (CITO) initiative, where participants clean up trash during their geocaching adventures. 3. Foster Learning and Education - Utilize geocaching as an educational tool to teach participants about geography, navigation, technology (using GPS), and local history through location-based clues and challenges. 4. Encourage Family and Community Bonding - Provide a platform for families, friends, and community groups to engage in a shared activity, strengthening relationships and promoting teamwork. 5. Support Local Tourism and Cultural Awareness - Highlight significant cultural, historical, and natural sites through geocache placements, thus supporting local tourism and raising awareness of local heritage. 6. Develop Problem-Solving and Critical Thinking Skills - Challenge participants to solve puzzles, decipher clues, and navigate varied terrains, enhancing their problem-solving abilities and critical thinking skills. 7. Create a Sustainable Outdoor Recreation Activity - Establish geocaching as a long-term, sustainable outdoor activity that participants can enjoy across different seasons and locations. |
| <p>Stakeholders of the project: <i>People and entities contributing or contributed to the implementation of the project/programme</i></p> | <ol style="list-style-type: none"> 1. Geocaching Community: Enthusiasts and volunteers who place and maintain geocaches, organize events, and participate in geocaching activities. 2. Local Government and Parks Departments: Provide permissions, maintain safe trails, and sometimes collaborate in creating educational geocaching programs in parks and nature reserves. 3. Environmental Organizations: Collaborate on initiatives like Cache In, Trash Out (CITO), ensuring that geocaching contributes positively to the environment. 4. Educational Institutions: Schools and universities that integrate geocaching into curricula for teaching geography, science, and technology. |

| | |
|--|---|
| | <ol style="list-style-type: none"> Tourism Boards: Promote geocaching to highlight local attractions and support eco-tourism by placing caches at cultural or historical sites. Technology Companies: Providers of GPS technology, mobile apps (such as the official Geocaching app), and online platforms that support geocaching activities and connect the global community. Non-Governmental Organizations (NGOs): Environmental and educational NGOs that use geocaching as a tool for outreach, community engagement, and conservation education. Corporate Sponsors: Companies that sponsor events, provide resources, or donate prizes for geocaching challenges or competitions. Community Groups: Local hiking clubs, scout troops, and outdoor enthusiasts who contribute to the creation and maintenance of geocaches. Volunteers: Individuals who help in organizing events, maintaining geocaches, and leading educational workshops related to geocaching. |
| <p>Beneficiaries: Which target group was involved</p> | <ol style="list-style-type: none"> Families with Children: Encourage family bonding through a fun and educational outdoor activity. Geocaching is accessible for children and adults alike, making it an ideal family outing. Outdoor Enthusiasts and Hikers: Provide an additional layer of adventure and exploration for those who enjoy hiking, walking, and exploring natural areas. Technology Enthusiasts: Engage people who are interested in GPS technology, mapping, and digital navigation. Tourists and Travelers: Encourage exploration of new places and local attractions through geocaching. Community Groups and Clubs: Strengthen community ties and encourage teamwork through group-based geocaching activities. |
| <p>Content: Describe the contents of the modules</p> | <p>1. Navigation Skills GPS Use: Participants learn how to use GPS devices and smartphone apps to find coordinates, navigate routes, and pinpoint locations. Map Reading: Geocachers often use topographical or city maps alongside GPS technology to understand terrain, landmarks, and spatial relationships. Compass Skills: Some geocaching challenges and traditional caches require the use of a compass in conjunction with GPS coordinates.</p> <p>2. Problem-Solving and Critical Thinking Puzzle Solving: Many geocaches include puzzles or riddles that need to be solved to find the cache location. This encourages critical thinking and problem-solving. Clue Interpretation: Geocachers must interpret clues and hints provided in cache descriptions to locate hidden caches, often requiring lateral thinking.</p> <p>3. Physical Fitness and Outdoor Skills Hiking and Walking: Geocaching often involves hiking or walking long distances, promoting physical fitness and endurance. Terrain Navigation: Participants develop skills for navigating different types of terrain, such as forests, rocky paths, or urban environments. Outdoor Safety: Skills related to staying safe in the outdoors, including understanding weather conditions, wildlife awareness, and first aid.</p> <p>4. Environmental Awareness and Stewardship</p> |

| | |
|--|---|
| | <p>Leave No Trace: Geocachers learn to minimize their environmental impact by following Leave No Trace principles, such as not disturbing wildlife and cleaning up after themselves.</p> <p>Cache Placement: Skills related to placing geocaches in environmentally sensitive ways, ensuring that they do not cause damage to natural areas.</p> <p>5. Social Skills and Community Engagement</p> <p>Communication: Geocaching often involves interacting with other geocachers through online forums, social media, and community events, enhancing communication skills.</p> <p>Teamwork: Group geocaching activities encourage collaboration and teamwork, as participants work together to solve clues and find caches.</p> <p>6. Organizational and Planning Skills</p> <p>Event Planning: Geocachers who organize events or challenges develop skills in event planning, including logistics, promotion, and coordination.</p> <p>Cache Management: Skills related to creating, maintaining, and managing geocaches, including ensuring caches are well-stocked and in good condition.</p> <p>7. Technology Proficiency</p> <p>App Usage: Participants become proficient in using geocaching apps, which include functionalities for logging finds, tracking progress, and connecting with the geocaching community.</p> <p>Tech Integration: Skills in integrating technology with outdoor activities, such as using GPS, digital maps, and electronic logs.</p> <p>8. Educational Skills</p> <p>Learning and Research: Educational geocaches that focus on local history, science, or geography help participants learn and apply new knowledge in an interactive way.</p> <p>Teaching and Sharing: Experienced geocachers often share their knowledge and skills with beginners, contributing to educational outreach and mentorship.</p> <p>9. Creative Thinking</p> <p>Cache Design: Designing creative and engaging caches, including hiding techniques and thematic elements, fosters creativity and innovation.</p> <p>Problem Creation: Crafting puzzles or challenges for other geocachers requires imaginative problem creation and design skills.</p> <p>10. Patience and Perseverance</p> <p>Finding Caches: The process of searching for a cache, especially when it is well-hidden or requires solving complex clues, develops patience and perseverance.</p> <p>Logistics Management: Dealing with unexpected challenges or changes in plans during a geocaching outing builds resilience and adaptability.</p> <p>11. Organizational Skills</p> <p>Logbooks: Keeping track of multiple caches, logging finds accurately, and maintaining personal records of geocaching activities develop organizational skills.</p> <p>Cache Coordination: For those who hide and manage multiple caches, skills in inventory management and cache maintenance are important.</p> |
| <p>Activities: <i>Describe the activities of the module</i></p> | <p>1. Searching for Geocaches Using GPS devices or geocaching apps, participants search for hidden geocaches based on given coordinates. Input the cache coordinates into a GPS device or app. Follow the GPS directions to the general location of the cache. Look for the hidden container using the clues and hints provided.</p> <p>2. Finding and Logging Geocaches</p> |

Once a geocache is found, participants log their find to record their visit and provide feedback. Retrieve the cache container and check its contents. Record your geocacher name, date, and comments in the logbook inside the cache. Update the cache status on a geocaching website or app, noting any issues or sharing experiences.

3. Trading Items

Geocachers trade items in the cache to keep the cache exciting and diverse. Choose an item from the cache that you would like to take. Replace the taken item with something of equal or greater value from your own collection.

4. Creating and Hiding Geocaches

Geocachers design and place their own geocaches for others to find. Choose a suitable spot for hiding the cache, ensuring it is safe and respectful of the environment. Create a container and decide on the contents, which might include a logbook, trade items, and sometimes a themed element. Provide coordinates and details to a geocaching website or app for approval, including descriptions and hints for future finders.

5. Participating in Geocaching Events

Engage in organized gatherings or special geocaching events, often involving community interaction and themed activities. Social events where geocachers gather to discuss their experiences and share tips. Events focused on environmental clean-up, where participants pick up trash while searching for caches. Competitive events where participants or teams race to find a series of caches or complete specific tasks.

6. Solving Puzzles and Challenges

Engage in caches that involve solving puzzles or completing challenges before finding the physical cache. Caches where participants must solve riddles. Caches that involve visiting multiple locations to gather information or solve clues leading to the final cache.

7. Tracking and Moving Trackables

Participate in the movement and tracking of items like travel bugs and geocoins, which are placed in caches and moved from one cache to another. Locate a trackable item in a cache and note its tracking code.

Update the trackable's status online to indicate that it has been moved to a new cache.

Leave the trackable in another cache to continue its journey.

8. Logging and Sharing Experiences

Share experiences and updates with the geocaching community through logs and online interactions. Post detailed entries about your geocaching. Add photos of the cache location or items to your online logs to enhance the experience for others. Participate in forums or social media groups to discuss geocaching, ask questions, and share stories.

9. Exploring and Learning

Use geocaching to explore new areas and learn about local landmarks, history, and geography. Caches placed near significant historical or cultural sites that provide educational information. Caches located in natural settings that offer opportunities to learn about local flora and fauna.

10. Environmental and Community Stewardship

Engage in activities that promote environmental conservation and community involvement.

Participate in or organize events that focus on cleaning up litter in outdoor areas. Share and apply best practices for minimizing environmental impact during geocaching.

| | |
|---|---|
| <p>Results: <i>Describe the expected results from the activities</i></p> | <p>1. Searching for Geocaches Expected Results: Enhanced Navigation Skills: Participants improve their ability to use GPS devices and interpret coordinates, enhancing their overall navigation skills. Increased Physical Activity: The physical activity involved in searching for geocaches contributes to better fitness and encourages outdoor exercise. Sense of Achievement: Successfully finding a geocache provides a sense of accomplishment and satisfaction.</p> <p>2. Finding and Logging Geocaches Expected Results: Documentation of Finds: Logging geocache finds helps maintain accurate records of cache activity and allows participants to track their own progress and achievements. Community Engagement: Sharing experiences through logs fosters a sense of community among geocachers and provides valuable feedback to cache creators. Cache Maintenance: Regular logging helps identify and address issues with caches, ensuring they remain in good condition for future seekers.</p> <p>3. Trading Items Expected Results: Increased Cache Variety: Trading items ensures that caches remain interesting and engaging, with a variety of items for participants to find and exchange. Enhanced Fun Factor: The trading aspect adds an element of surprise and excitement to the geocaching experience, making it more enjoyable. Encouragement of Fair Play: The principle of trading items encourages fairness and respect among geocachers.</p> <p>4. Creating and Hiding Geocaches Expected Results: Community Enrichment: New and creative geocaches contribute to the diversity of the geocaching experience, enriching the community with fresh adventures. Skill Development: Cache creators develop skills in design, problem-solving, and environmental consideration, enhancing their overall geocaching expertise. Increased Engagement: Well-designed and thoughtfully placed caches attract more geocachers, increasing participation and interest in the activity.</p> <p>5. Participating in Geocaching Events Expected Results: Strengthened Community Bonds: Events like meetups and CITO gatherings foster social interaction and build stronger connections within the geocaching community. Community Service: Events such as CITO contribute to local environmental conservation efforts, demonstrating the positive impact geocachers can have on their surroundings. Enhanced Experience: Themed events and challenges provide additional layers of enjoyment and learning, making geocaching more engaging and rewarding.</p> <p>6. Solving Puzzles and Challenges Expected Results: Improved Problem-Solving Skills: Engaging in puzzle and challenge caches develops critical thinking and problem-solving abilities. Increased Mental Stimulation: The intellectual challenge of solving puzzles provides mental stimulation and encourages creative thinking.</p> |
|---|---|

| | |
|---|---|
| | <p>Higher Satisfaction: Successfully solving complex puzzles or challenges leads to a greater sense of achievement and satisfaction.</p> <p>7. Tracking and Moving Trackables</p> <p>Expected Results:</p> <p>Enhanced Tracking Skills: Participants develop skills in tracking and managing trackable items, contributing to a more dynamic geocaching experience.</p> <p>Increased Interaction: Moving trackables from cache-to-cache fosters interaction among geocachers and keeps the geocaching experience lively and engaging.</p> <p>Expanded Adventure: Trackables often have specific goals or missions, adding an extra layer of purpose and excitement to the geocaching journey.</p> <p>8. Logging and Sharing Experiences</p> <p>Expected Results:</p> <p>Knowledge Sharing: Logs and online interactions provide valuable insights and tips, helping other geocachers improve their experiences and skills.</p> <p>Community Building: Regular sharing of experiences fosters a sense of camaraderie and support within the geocaching community.</p> <p>Enhanced Cache Quality: Feedback from logs helps cache owners make necessary improvements, ensuring higher quality and more enjoyable caches.</p> <p>9. Exploring and Learning</p> <p>Expected Results:</p> <p>Increased Knowledge: Geocaching that includes educational elements helps participants learn about local history, geography, and nature.</p> <p>Enhanced Appreciation: Exploring new areas fosters a greater appreciation for local landmarks, cultural sites, and natural beauty.</p> <p>Informed Participation: Learning about the environment and history enriches the geocaching experience and promotes more informed and respectful participation.</p> <p>10. Environmental and Community Stewardship</p> <p>Expected Results:</p> <p>Improved Environment: CITO events and responsible caching practices lead to cleaner and healthier outdoor environments.</p> <p>Increased Awareness: Participants become more aware of environmental issues and best practices for minimizing their impact.</p> <p>Community Impact: Geocachers contribute positively to their communities through service projects and responsible caching, enhancing the overall social impact of the activity.</p> |
| <p>Innovation: <i>Describe the innovative aspects of the activities</i></p> | <p>1. Integration of Technology and Nature</p> <p>One of the most innovative aspects of geocaching is its seamless integration of modern technology with outdoor activities. By using GPS devices or smartphone apps, participants are guided to specific coordinates to find hidden caches. This blend of digital tools and natural exploration transforms a simple walk in the park into a high-tech treasure hunt, making the outdoors more appealing, especially to younger generations who are accustomed to digital entertainment.</p> <p>2. Gamification of Outdoor Exploration</p> <p>Geocaching gamifies outdoor exploration by turning it into an adventure with clear objectives, challenges, and rewards. The activity introduces elements of competition and achievement, such as finding rare caches, solving complex puzzles, or completing themed challenges. This gamification encourages regular participation, motivates users to improve</p> |

| | |
|--|--|
| | <p>their skills, and adds an element of excitement to what might otherwise be a routine hike or walk.</p> <p>3. Creative and Educational Cache Design</p> <p>The design of geocaches often involves creative and educational elements that go beyond simply hiding a container. Some caches are designed with intricate puzzles, historical information, or environmental lessons, making the search not only a physical challenge but also a mental and educational one. For instance, puzzle caches require participants to solve riddles or complete tasks to unlock the coordinates, while others might teach about local history, geography, or conservation efforts, turning each find into a learning opportunity.</p> <p>4. Community-Driven Content Creation</p> <p>Geocaching is largely community-driven, with participants both creating and finding caches. This user-generated content aspect fosters creativity and collaboration within the geocaching community. Participants can design and hide their own caches, contributing to the diversity and richness of the game. This also encourages a sense of ownership and investment in the activity, as well as innovation in how caches are presented, hidden, and themed.</p> <p>5. Environmental Stewardship and Conservation</p> <p>Innovatively, geocaching activities often incorporate environmental stewardship, particularly through Cache In, Trash Out (CITO) events. These events combine geocaching with community clean-up efforts, encouraging participants to care for the environments they explore. By integrating conservation into the game, geocaching not only provides a fun outdoor activity but also raises awareness about environmental issues and promotes responsible behavior in natural settings.</p> <p>6. Inclusive and Accessible Adventure</p> <p>Geocaching is designed to be inclusive and accessible to a wide range of participants, regardless of age, physical ability, or experience level. With caches of varying difficulty levels, from easy finds in urban parks to challenging hikes in remote locations, the activity can be tailored to different preferences and abilities. Additionally, the global nature of geocaching means that it can be enjoyed anywhere in the world, making it a universally accessible form of adventure.</p> <p>7. Social Interaction and Networking</p> <p>While geocaching is often enjoyed as a solitary activity, it also offers innovative ways to connect with others. Geocaching events, meetups, and online forums provide platforms for geocachers to share their experiences, exchange tips, and collaborate on challenges. This social aspect fosters a sense of community and belonging, making geocaching not just a hobby but a social network of like-minded adventurers.</p> <p>8. Real-World Problem Solving</p> <p>Geocaching challenges participants to engage in real-world problem-solving, which is an innovative way to develop cognitive and navigational skills. Whether it's interpreting a map, solving a puzzle, or figuring out a clever hiding spot, geocaching activities encourage critical thinking and creativity. This hands-on problem-solving is particularly beneficial for children and young people, providing an educational experience that's both practical and fun.</p> |
| <p>Impact: <i>Describe the specific impact expected by the activities</i></p> | <p>1. Enhanced Physical Health and Well-Being</p> <p>Geocaching encourages regular physical activity by requiring participants to walk, hike, or even climb to find caches. The expected impact includes</p> |

improved physical health due to increased exercise, which can lead to better cardiovascular fitness, weight management, and overall well-being. For families, geocaching provides a fun and engaging way to stay active together, promoting a healthy lifestyle for all age groups.

2. Development of Cognitive and Problem-Solving Skills

The mental challenges inherent in geocaching, such as solving puzzles, interpreting clues, and navigating unfamiliar terrain, are expected to enhance participants' cognitive abilities. Specifically, geocaching can improve critical thinking, spatial awareness, and problem-solving skills. For children and young people, these activities can also foster a love for learning and exploration, providing an educational experience that goes beyond traditional classroom settings.

3. Strengthening Family and Community Bonds

Geocaching is often a group activity, whether among family members, friends, or larger community groups. The expected impact includes stronger social bonds as participants work together to find caches, share experiences, and celebrate successes. Community events like Cache In, Trash Out (CITO) also build a sense of camaraderie and shared purpose, fostering a more connected and engaged community.

4. Increased Environmental Awareness and Stewardship

Geocaching activities, especially those that involve environmental education or conservation efforts, are expected to raise awareness about environmental issues. Participants learn about the importance of preserving natural spaces, and CITO events actively involve them in cleaning and maintaining these areas. The specific impact here includes a greater sense of environmental responsibility and a commitment to sustainable practices, both during and beyond geocaching activities.

5. Educational Growth and Cultural Awareness

Many geocaches are placed in locations of historical, geographical, or cultural significance. As participants search for these caches, they often learn about local history, nature, and cultural landmarks. The expected impact includes increased knowledge and appreciation for these subjects, particularly for younger participants who may be introduced to new concepts in a hands-on, engaging way. This educational growth can lead to a deeper understanding and respect for the local environment and heritage.

6. Promotion of Technology Literacy

By integrating GPS technology and mobile apps into outdoor exploration, geocaching encourages participants to become more proficient with digital tools. The expected impact is an increase in technology literacy, particularly in using GPS navigation, map reading, and online platforms for logging finds and communicating with other geocachers. This skill development is especially beneficial for children and older adults who may be less familiar with such technology.

7. Long-Term Engagement and Lifelong Learning

The varied and evolving nature of geocaching, with its diverse cache types, puzzles, and community challenges, fosters long-term engagement. The expected impact includes sustained interest in outdoor activities and continuous learning, as participants are constantly presented with new challenges and opportunities to explore. This long-term engagement can lead to a lifelong passion for adventure, discovery, and learning.

8. Contribution to Local Economies

Geocaching can have a positive economic impact on local communities, particularly in areas where caches attract visitors from outside the region. The expected impact includes increased tourism and economic activity, as

| | |
|--------------------|--|
| | <p>geocachers may spend money on travel, accommodation, food, and other services while searching for caches. This influx of visitors can support local businesses and promote regional attractions.</p> <p>9. Encouragement of Creativity and Innovation</p> <p>The process of creating and hiding geocaches encourages participants to think creatively. Whether it's designing a unique puzzle, finding a clever hiding spot, or developing a themed series of caches, the expected impact includes enhanced creativity and innovation among participants. This creative aspect of geocaching not only enriches the activity itself but also translates to other areas of life where imaginative thinking is valuable.</p> <p>10. Fostering Global Connections</p> <p>Geocaching is a global activity, with caches hidden in nearly every country around the world. The expected impact includes the fostering of international connections and cultural exchange, as participants interact with geocachers from different backgrounds, share stories, and track the movement of trackables across borders. This global aspect promotes understanding and appreciation of diverse cultures and environments.</p> |
| Evaluation: | <p>1. Set Evaluation Criteria</p> <p>To effectively evaluate geocaching activities, it's crucial to establish clear and specific criteria. These criteria help assess various aspects such as participant satisfaction, skill development, community engagement, environmental impact, and educational value. For instance, satisfaction ratings can be measured on a scale from 1 to 5, while skill development can be assessed through self-reported improvements in navigation and problem-solving. Evaluating community engagement involves examining the frequency and quality of interactions within the geocaching community, and assessing environmental impact involves reviewing the condition of cache sites before and after activities. Finally, educational value can be gauged by feedback on the quality and relevance of educational content provided by caches.</p> <p>2. Gather Data During Activities</p> <p>Gathering data during geocaching activities is essential for a comprehensive evaluation. This can be achieved through various methods, including surveys and questionnaires distributed to participants before, during, and after activities. Observations can be made to record participant behavior, interactions, and engagement levels. Event reports can provide details on participation rates, execution quality, and issues encountered. Additionally, environmental assessments can be conducted to evaluate the condition of cache sites and their impact on the surrounding environment. Collecting this data provides a solid foundation for assessing the effectiveness of geocaching activities.</p> <p>3. Conduct Periodic Evaluations</p> <p>Periodic evaluations are necessary to monitor the ongoing effectiveness and relevance of geocaching activities. Evaluations should be conducted after major events to gauge immediate impacts, and quarterly reviews can help track progress and identify trends. An annual assessment provides a comprehensive review of overall performance and impact. The evaluation process involves compiling all relevant data, reviewing findings to identify patterns and insights, and documenting key results. This structured approach ensures that evaluations are thorough and reflective of the activities' long-term success.</p> <p>4. Solicit Feedback from Participants</p> |

| | |
|--|--|
| | <p>Soliciting feedback from participants is crucial for understanding their experiences and perspectives. Feedback can be gathered through feedback forms, which can be distributed online or in person. Organizing focus group discussions allows for in-depth conversations about specific aspects of the geocaching experience. Additionally, monitoring online forums and social media platforms provides informal yet valuable feedback. This input helps assess participant satisfaction, skill development, community engagement, and environmental impact, as well as gather suggestions for improvement.</p> <p>5. Analyze the Results</p> <p>Analyzing the results involves interpreting both quantitative and qualitative data to assess the effectiveness of geocaching activities. Quantitative analysis can be performed using statistical methods on survey data and participation rates. Qualitative analysis involves reviewing and categorizing feedback from interviews, focus groups, and open-ended survey responses. Comparing results against established evaluation criteria helps measure success and identify areas needing improvement. This analysis highlights trends, assesses impacts, and uncovers specific issues that require attention.</p> <p>6. Iterate and Improve</p> <p>Using the evaluation results, it is essential to iterate and improve geocaching activities. This involves developing action plans to address identified issues and implementing changes based on feedback and data analysis. Changes may include enhancing cache quality, adjusting event formats, strengthening community engagement strategies, and reinforcing environmental conservation practices. Monitoring the effectiveness of these changes ensures that they produce the desired impact. This iterative process fosters continuous improvement and adaptation to enhance the geocaching experience.</p> <p>7. Communicate Results</p> <p>Effective communication of evaluation results is vital for maintaining transparency and fostering continued engagement. Detailed reports should be prepared and distributed, summarizing findings, improvements made, and future plans. Sharing highlights and key insights with the geocaching community through newsletters, forums, and social media helps keep participants informed and involved. Additionally, presenting findings at geocaching events or meetings provides direct feedback to participants and stakeholders. This open communication reinforces commitment to enhancing the geocaching experience and acknowledges participant contributions.</p> |
| Bank of resources: <i>additional materials</i> | https://www.youtube.com/watch?v=1YTqitVK-Ts |
| Resources/references: <i>(if available)</i> | https://www.youtube.com/watch?v=jJqjfNE9nbs |
| Photos: <i>(if available)</i> | https://simple.wikipedia.org/wiki/Geocaching https://www.vsnorthstar.com/articles/geocaching- |

Healthy active lifestyle project, Annual plan

| Title of the module: | Rock Climbing |
|---|--|
| <p>Objectives: <i>General and Specific Objectives</i></p> | <ol style="list-style-type: none"> 3. Enhance Physical Health and Well-being - Encourage participants to engage in regular physical activity by walking, hiking, and exploring different outdoor environments while searching for geocaches. 4. Promote Environmental Stewardship - Educate participants about the importance of protecting natural environments and local ecosystems. This includes promoting the “Cache In, Trash Out” (CITO) initiative, where participants clean up trash during their geocaching adventures. 5. Foster Learning and Education - Utilize geocaching as an educational tool to teach participants about geography, navigation, technology (using GPS), and local history through location-based clues and challenges. 6. Encourage Family and Community Bonding - Provide a platform for families, friends, and community groups to engage in a shared activity, strengthening relationships and promoting teamwork. 7. Support Local Tourism and Cultural Awareness - Highlight significant cultural, historical, and natural sites through geocache placements, thus supporting local tourism and raising awareness of local heritage. 8. Develop Problem-Solving and Critical Thinking Skills - Challenge participants to solve puzzles, decipher clues, and navigate varied terrains, enhancing their problem-solving abilities and critical thinking skills. 8. Create a Sustainable Outdoor Recreation Activity - Establish geocaching as a long-term, sustainable outdoor activity that participants can enjoy across different seasons and locations. |
| <p>Stakeholders of the project: <i>People and entities contributing or contributed to the implementation of the project/programme</i></p> | <ol style="list-style-type: none"> 1. Program Organizers and Coordinators These are the individuals or teams responsible for designing, planning, and overseeing the rock-climbing program. They ensure that the program’s objectives are met, coordinate logistics, and manage day-to-day operations. 2. Climbing Instructors and Coaches Certified climbing instructors provide training, guidance, and support to participants. They ensure that safety protocols are followed and teach the necessary skills to both beginners and advanced climbers. 3. Equipment Suppliers and Sponsors These entities provide the necessary climbing gear such as harnesses, ropes, helmets, and shoes. Sponsors may also fund the program, reducing costs for participants and covering other expenses. 4. Venue Providers These are the organizations or landowners who provide access to climbing locations, whether indoor climbing gyms or outdoor natural rock formations. 5. Environmental Organizations Environmental groups help ensure that the program adheres to sustainable practices, particularly for outdoor climbing activities. They may provide education on environmental stewardship and work to preserve climbing sites. 6. Community and Volunteer Groups Volunteers often assist with event coordination, participant support, and environmental clean-up efforts during climbing activities. Community groups may also help with outreach to ensure diverse participation. 7. Health and Safety Experts |

| | |
|---|---|
| | <p>These professionals ensure that all activities comply with health and safety regulations. They may conduct risk assessments, provide first aid training, and develop emergency response plans.</p> <p>8. Educational Institutions Schools, colleges, and universities may integrate rock climbing into their physical education or outdoor education curricula, providing students with access to climbing experiences.</p> <p>9. Participants and Their Families The participants and their families are central to the program’s success. Their engagement, feedback, and participation ensure that the program meets its objectives.</p> <p>10. Local Government and Policy Makers Local governments may support the program through funding, policy support, or by providing access to public lands and facilities for climbing activities.</p> <p>11. Media and Public Relations Media outlets help raise awareness of the program, promote events, and highlight the benefits of rock climbing. Public relations efforts ensure that the program reaches a wider audience.</p> |
| <p>Beneficiaries: <i>Which target group was involved</i></p> | <p>1. Youth and Children Programs often target children and teenagers, providing them with opportunities to develop physical fitness, confidence, and teamwork skills. Youth-focused programs may include school groups, scouts, or community youth clubs.</p> <p>2. Families Family-oriented rock-climbing activities are designed to engage parents and children together, fostering bonding through shared experiences. These programs accommodate participants of all ages and skill levels within a family unit.</p> <p>3. Beginners Individuals with little to no climbing experience are a key target group. These participants are often interested in trying a new sport or hobby and require basic instruction and guidance.</p> <p>4. Experienced Climbers Experienced or advanced climbers seeking to refine their skills, take on more challenging routes, or participate in competitive climbing may also be targeted. These programs may include advanced techniques, lead climbing, or endurance training.</p> <p>5. Outdoor Enthusiasts People who are already interested in outdoor activities, such as hiking, camping, or adventure sports, are often drawn to rock climbing. This group may include adults and young adults who enjoy being active in nature.</p> <p>6. School and University Groups Educational institutions often include rock climbing as part of their physical education curriculum or extracurricular activities. Programs may be tailored to students of various ages, from elementary school to college.</p> <p>7. Community Groups and Clubs Local community groups, sports clubs, and special interest organizations are often involved. These groups might include members of all ages who are interested in health, fitness, and adventure.</p> <p>8. Individuals with Disabilities Adaptive rock-climbing programs are designed for individuals with physical or cognitive disabilities. These programs use specialized equipment and techniques to make climbing accessible to all.</p> <p>9. Corporate and Professional Groups Companies and organizations may use rock climbing as part of team-building exercises or wellness programs. These activities focus on improving teamwork, communication, and trust within the workplace.</p> |
| <p>Content: <i>Describe the contents of the modules</i></p> | <p>1. Physical Skills Strength and Endurance:</p> |

Rock climbing requires significant muscle strength, particularly in the arms, legs, and core. Climbers develop the ability to support their body weight while moving vertically. Over time, climbing builds muscular endurance, allowing climbers to sustain effort over long periods.

Balance and Coordination:

Climbing involves carefully positioning the body and maintaining stability on the wall. Climbers develop fine motor skills, coordination, and the ability to balance on small footholds, which improves overall body control.

Flexibility:

Many climbing routes require flexibility to reach distant holds or move through challenging positions. Regular climbing helps increase joint flexibility, especially in the hips, shoulders, and legs.

Agility:

Climbers must often make quick, precise movements, especially when transitioning between holds. This enhances their agility and reaction time.

Grip Strength:

The ability to hold onto small or awkwardly shaped holds is essential in climbing. Over time, climbers develop strong fingers and hand muscles, which are crucial for maintaining grip.

2. Mental Skills

Problem-solving:

Each climbing route (or “problem” in bouldering) is like a puzzle that needs to be solved. Climbers develop strategic thinking as they plan and execute their movements, considering the best sequence of holds and body positions.

Focus and Concentration:

Climbing requires intense focus and concentration, as even small distractions can lead to mistakes. Climbers learn to maintain mental clarity under pressure, focusing on each move while staying aware of their surroundings.

Risk Assessment and Decision-making:

Climbers must continuously assess risks, such as the difficulty of the route, potential falls, and safety measures. This sharpens their decision-making skills, teaching them to evaluate situations quickly and make informed choices.

Resilience and Patience:

Climbing can be mentally challenging, especially when facing difficult routes or repeated failures. Climbers develop resilience, learning to persist through setbacks, and patience as they work toward gradual improvement.

Self-confidence:

Successfully completing climbs, particularly challenging ones, builds self-confidence. Climbers learn to trust in their abilities and judgment, which can extend to other areas of life.

3. Social and Interpersonal Skills

Teamwork and Communication:

In roped climbing, climbers must work closely with their belayers, requiring clear communication and trust. Climbers develop teamwork skills and learn how to give and receive instructions effectively.

Trust and Responsibility:

Belaying, the act of managing the rope for a climber, is a significant responsibility. Climbers learn to trust others with their safety and take responsibility for the safety of their partners.

Leadership and Mentorship:

Experienced climbers often guide beginners, teaching them techniques and safety practices. This fosters leadership and mentorship skills, as climbers learn to support and instruct others.

Adaptability and Creativity:

Climbing routes often require creative solutions, especially when standard techniques don’t work. Climbers develop adaptability by thinking outside the box and finding new ways to overcome obstacles.

4. Environmental and Ethical Skills

Environmental Awareness:

| | |
|--|--|
| | <p>Outdoor climbing fosters a deep connection with nature. Climbers learn to respect and protect natural environments, following principles like Leave No Trace to minimize their impact on climbing areas.</p> <p>Ethical Decision-making:</p> <p>Climbers often face ethical decisions, such as respecting other climbers' routes, protecting fragile ecosystems, and adhering to local regulations. This helps them develop a strong sense of ethics and responsibility.</p> |
| <p>Activities:</p> <p><i>Describe the activities of the module</i></p> | <p>1. Indoor Climbing</p> <p>Top-Rope Climbing:</p> <p>In top rope climbing, the rope is anchored at the top of the climbing wall and runs down to the climber, with a belayer managing the rope from the ground. This is a common method for beginners as it provides a high level of safety.</p> <p>Bouldering:</p> <p>Bouldering is climbing on shorter walls without the use of ropes. Climbers focus on solving short, intense routes (called “problems”) that require strength and technique. Thick mats on the floor provide protection from falls.</p> <p>Lead Climbing:</p> <p>In lead climbing, the climber clips the rope into fixed anchors on the wall as they ascend. This is more advanced than top rope climbing and involves greater risk and complexity.</p> <p>Speed Climbing:</p> <p>This competitive format focuses on climbing a standardized route as quickly as possible. It is often part of indoor climbing competitions.</p> <p>2. Outdoor Climbing</p> <p>Traditional (Trad) Climbing:</p> <p>In trad climbing, climbers place and remove their own protective gear (like cams and nuts) as they ascend a natural rock face. This requires knowledge of gear placement and route finding.</p> <p>Sport Climbing:</p> <p>Sport climbing involves ascending routes with pre-placed bolts for protection. Climbers clip their ropes into these bolts as they climb. This activity is focused more on athleticism and less on gear placement.</p> <p>Multi-Pitch Climbing:</p> <p>Multi-pitch climbing involves climbing longer routes that require several stages (pitches) to complete. Climbers must establish belay stations as they ascend.</p> <p>Alpine Climbing:</p> <p>Alpine climbing combines rock climbing with mountaineering, often in remote and high-altitude environments. It involves varied terrain, including snow, ice, and rock.</p> <p>3. Climbing Training and Conditioning</p> <p>Strength and Conditioning Workouts:</p> <p>These sessions focus on building the physical strength required for climbing, particularly in the core, upper body, and fingers. Exercises may include pull-ups, deadlifts, core workouts, and grip training.</p> <p>Technique Drills:</p> <p>Climbers practice specific techniques such as foot placement, balance, and dynamic movement. Drills might involve repeating a move or sequence until it becomes second nature.</p> <p>Mental Training:</p> <p>Climbers engage in activities that build mental resilience, such as visualization, meditation, and controlled breathing techniques. This helps them manage fear and focus during climbs.</p> |
| <p>Results:</p> <p><i>Describe the expected results from the activities</i></p> | <p>1. Physical Fitness and Health Improvements</p> <p>Increased Strength and Endurance:</p> <p>Participants will exhibit improved muscular strength, particularly in the upper body, core, and legs. Endurance will also increase, allowing them to sustain physical activity for longer periods.</p> |

Enhanced Flexibility and Coordination:

Regular climbing will lead to greater flexibility, particularly in the hips, shoulders, and legs. Participants will also develop better coordination and balance, improving their overall physical agility.

Better Cardiovascular Health:

As a result of the aerobic demands of climbing, participants are expected to experience improved cardiovascular health, including better circulation and heart function.

2. Development of Mental Skills**Improved Problem-solving and Strategic Thinking:**

Participants will enhance their ability to analyze situations, plan routes, and make quick decisions, both in climbing and in other areas of life. These problem-solving skills are a direct result of navigating challenging climbing routes.

Increased Focus and Concentration:

Through climbing, participants will learn to maintain focus and concentration for extended periods, helping them to manage stress and distractions more effectively.

Boosted Confidence and Self-efficacy:

Successfully overcoming climbing challenges is expected to significantly boost participants' self-confidence. This newfound confidence often translates to other areas of life, such as work, school, and personal relationships.

Enhanced Resilience and Perseverance:

Climbing teaches persistence in the face of difficulty. Participants are likely to develop greater mental resilience, helping them to overcome setbacks and challenges in their daily lives.

3. Social and Interpersonal Outcomes**Strengthened Teamwork and Communication:**

As climbing often requires cooperation between climbers and belayers, participants will develop better communication and teamwork skills. This can lead to stronger relationships both within and outside the climbing community.

Increased Social Connection and Community Engagement:

Participation in group climbs, competitions, and community events will foster a sense of belonging and camaraderie. This is expected to lead to lasting friendships and a supportive social network.

Leadership and Mentorship Development:

Experienced climbers may take on leadership or mentorship roles, helping beginners develop their skills. This fosters personal growth in leadership and the ability to guide and support others.

4. Environmental Awareness and Stewardship**Heightened Environmental Responsibility:**

Through activities that emphasize Leave No Trace principles and sustainable practices, participants are expected to develop a strong sense of environmental stewardship. They will become more aware of their impact on natural areas and motivated to protect them.

Increased Appreciation for Nature:

Regular exposure to outdoor climbing environments will likely foster a deep appreciation for nature, leading to a lifelong commitment to preserving natural spaces.

5. Safety and Preparedness**Improved Safety Awareness and Practices:**

Participants will develop a thorough understanding of climbing safety, including the proper use of equipment, risk assessment, and emergency response. This knowledge reduces the likelihood of accidents and injuries.

Enhanced Risk Management Skills:

Climbing teaches participants to assess risks and make informed decisions, skills that are transferable to many other aspects of life, including work and personal safety.

6. Personal Growth and Lifelong Learning**Ongoing Skill Development:**

| | |
|--|--|
| | <p>Climbing encourages a mindset of continuous improvement. Participants are expected to engage in lifelong learning, always seeking to refine their skills and take on new challenges.</p> <p>Personal Fulfillment and Well-being:</p> <p>The sense of achievement from completing climbs and the overall experience of being part of the climbing community contribute to greater personal fulfillment and well-being.</p> |
| <p>Innovation: <i>Describe the innovative aspects of the activities</i></p> | <p>1. Combination of Physical and Mental Challenges</p> <ul style="list-style-type: none">• Integrated Problem-Solving:<ul style="list-style-type: none">○ Unlike many sports that focus primarily on physical exertion, rock climbing requires participants to solve complex problems as they climb. Each route is a puzzle, requiring strategic thinking, adaptability, and quick decision-making. This combination of mental and physical challenges in real-time is a distinctive feature of climbing.• Dynamic Goal Setting:<ul style="list-style-type: none">○ Climbing routes, known as "problems" in bouldering, offer varying levels of difficulty, allowing climbers to set personal goals that match their skill level. This dynamic approach to goal setting encourages continuous improvement and fosters a growth mindset. <p>2. Inclusive and Adaptive Activities</p> <ul style="list-style-type: none">• Adaptive Climbing for All Abilities:<ul style="list-style-type: none">○ Innovations in climbing equipment and techniques have made the sport more accessible to individuals with physical or cognitive disabilities. Adaptive climbing programs use specialized gear and personalized instruction, allowing people of all abilities to participate and enjoy the benefits of climbing.• Scalable Difficulty Levels:<ul style="list-style-type: none">○ Climbing walls and routes can be designed to accommodate a wide range of skill levels, from beginners to advanced climbers. This scalability ensures that everyone, regardless of experience, can engage meaningfully with the activity, making it a truly inclusive sport. <p>3. Environmental and Ethical Focus</p> <ul style="list-style-type: none">• Sustainability and Leave No Trace Practices:<ul style="list-style-type: none">○ Climbing activities emphasize environmental stewardship through the adoption of Leave No Trace principles. This focus on sustainability is integrated into both outdoor and indoor climbing practices, teaching participants to minimize their impact on natural environments.• Eco-Friendly Climbing Gyms:<ul style="list-style-type: none">○ Some modern climbing gyms incorporate sustainable design features, such as recycled materials, energy-efficient lighting, and waste reduction initiatives. These eco-friendly practices promote environmental consciousness among participants and set a new standard for recreational facilities. <p>4. Social and Community Integration</p> <ul style="list-style-type: none">• Community Building through Shared Experiences:<ul style="list-style-type: none">○ Climbing activities are designed to foster strong social bonds. The trust required between climber and belayer, the collaborative spirit of group climbs, and the supportive atmosphere of climbing gyms create a unique community dynamic. This emphasis on social connection is innovative in how it builds a sense of belonging and mutual support.• Cross-Generational Engagement:<ul style="list-style-type: none">○ Rock climbing is an activity that can be enjoyed by people of all ages, from young children to seniors. Family-oriented programs and events encourage cross-generational participation, making climbing a shared experience that strengthens family and community ties. <p>5. Use of Technology and Data-Driven Training</p> |

| | |
|--|---|
| | <ul style="list-style-type: none">• Route Setting with Technology:<ul style="list-style-type: none">◦ Advanced route-setting techniques, often involving 3D modeling and data analysis, allow climbing gyms to create routes that are not only challenging but also tailored to specific skill levels. This technology-driven approach enhances the training experience and keeps climbers engaged with constantly evolving challenges.• Wearable Tech and Performance Tracking:<ul style="list-style-type: none">◦ The use of wearable technology, such as fitness trackers or smart climbing gear, allows climbers to monitor their performance, track progress, and optimize their training. This data-driven approach to climbing is innovative in how it personalizes the experience and helps climbers achieve their goals more effectively. <p>6. Holistic Approach to Wellness</p> <ul style="list-style-type: none">• Mental Health Integration:<ul style="list-style-type: none">◦ Climbing activities are increasingly recognized for their mental health benefits. Programs that incorporate mindfulness, stress management, and resilience training alongside climbing are innovative in their holistic approach to well-being. This integration of physical activity and mental health support is a forward-thinking aspect of modern climbing.• Focus on Lifelong Learning:<ul style="list-style-type: none">◦ The sport encourages a culture of continuous learning and self-improvement. Whether it's mastering new techniques, understanding safety protocols, or exploring environmental ethics, the emphasis on lifelong learning makes climbing a dynamic and evolving pursuit. |
| <p>Impact: <i>Describe the specific impact expected by the activities</i></p> | <p>1. Physical Health and Fitness</p> <ul style="list-style-type: none">• Improved Overall Fitness:<ul style="list-style-type: none">◦ Participants are expected to experience significant improvements in their overall physical health, including enhanced muscle strength, cardiovascular fitness, flexibility, and endurance. This results from the rigorous physical demands of climbing, which engages multiple muscle groups and promotes aerobic conditioning.• Reduction in Sedentary Lifestyles:<ul style="list-style-type: none">◦ Regular participation in climbing activities encourages a more active lifestyle, helping to counteract the negative effects of prolonged sitting and sedentary behavior. This is particularly impactful for children and adults who may struggle to find engaging forms of physical exercise.• Injury Prevention and Physical Resilience:<ul style="list-style-type: none">◦ As participants develop stronger muscles, improved flexibility, and better coordination, they are less prone to injuries, both in climbing and daily life. The focus on proper technique and conditioning in climbing also contributes to long-term physical resilience. <p>2. Mental and Emotional Growth</p> <ul style="list-style-type: none">• Enhanced Problem-solving Abilities:<ul style="list-style-type: none">◦ Climbing challenges participants to think critically and solve problems in real-time. This experience strengthens cognitive functions such as strategic thinking, spatial awareness, and decision-making. These skills are transferable to academic, professional, and personal contexts.• Increased Self-confidence and Self-efficacy:<ul style="list-style-type: none">◦ Successfully overcoming climbing challenges, especially those that initially seem insurmountable, leads to a boost in self-confidence. Participants develop |

a strong sense of self-efficacy, believing in their ability to achieve goals and handle challenges in other areas of life.

- **Stress Reduction and Emotional Resilience:**

- The focus and concentration required in climbing help participants manage stress and develop emotional resilience. The meditative aspect of climbing, coupled with the physical exertion, provides a healthy outlet for managing anxiety and stress.

3. Social and Community Development

- **Strengthened Social Connections:**

- Climbing activities foster a sense of community and belonging. Participants are likely to form strong social bonds through shared experiences, teamwork, and mutual support. This is especially impactful for individuals seeking social interaction or those who struggle with loneliness.

- **Enhanced Communication and Teamwork Skills:**

- The trust and cooperation required between climbers and belayers enhance participants' communication and teamwork skills. These skills are valuable not only in climbing but also in professional and personal relationships.

- **Increased Engagement in Community Activities:**

- Many climbing activities, especially group climbs, competitions, and outdoor trips, encourage participants to engage with their local and global climbing communities. This leads to greater participation in community events, volunteerism, and social initiatives.

4. Environmental Awareness and Stewardship

- **Heightened Environmental Responsibility:**

- Through exposure to natural climbing environments and the principles of Leave No Trace, participants develop a deep respect for nature. This increased environmental awareness is expected to lead to more responsible behaviors, such as reducing waste, protecting natural habitats, and advocating for environmental conservation.

- **Promotion of Sustainable Practices:**

- Participants who engage in outdoor climbing are more likely to adopt and promote sustainable practices in their everyday lives. This includes everything from reducing their carbon footprint to supporting conservation efforts.

5. Personal Development and Lifelong Learning

- **Cultivation of a Growth Mindset:**

- Climbing inherently encourages continuous learning and improvement. Participants are expected to develop a growth mindset, embracing challenges as opportunities to learn and grow. This mindset can lead to lifelong learning and personal development beyond climbing.

- **Leadership and Mentorship Opportunities:**

- As participants progress in their climbing abilities, they may take on leadership roles within the climbing community, such as mentoring beginners or leading group climbs. This fosters leadership skills and a sense of responsibility towards others.

6. Long-term Behavioral Changes

- **Adoption of Healthy Lifestyle Habits:**

- The positive experiences and benefits gained from climbing are likely to inspire participants to adopt healthier lifestyle habits, including regular exercise, proper nutrition, and stress management techniques. This can lead to lasting changes that improve overall well-being.

- **Commitment to Safety and Risk Management:**

- The emphasis on safety in climbing teaches participants the importance of assessing risks and making informed decisions. This mindset extends beyond

| | |
|--|---|
| | <p>climbing, leading to safer behaviors in other areas of life, such as driving, work, and outdoor activities.</p> <p>7. Contribution to Mental Health and Well-being</p> <ul style="list-style-type: none"> Improvement in Mental Health: <ul style="list-style-type: none"> Regular climbing can contribute to improved mental health, particularly in reducing symptoms of anxiety, depression, and stress. The combination of physical activity, focus, and social interaction provides a holistic approach to mental well-being. Increased Happiness and Fulfillment: <ul style="list-style-type: none"> The sense of achievement, the joy of overcoming challenges, and the connection with nature and others can lead to greater happiness and personal fulfillment. Climbing offers participants a meaningful and rewarding experience that enhances their quality of life. |
| Evaluation: | <p>1. Set Evaluation Criteria: Establish clear and measurable criteria to assess the success of the rock-climbing activities. These criteria might include physical improvements (e.g., strength, endurance), skill development (e.g., climbing techniques, problem-solving), participant satisfaction, safety adherence, and environmental impact. The criteria should align with the objectives of the program and be both qualitative and quantitative.</p> <p>2. Gather Data During Activities: Collect data continuously throughout the climbing activities. This can include observations, participant performance metrics (such as completion of routes or improvements in climbing grades), safety incident reports, and participation rates. Utilize tools like surveys, video analysis, and wearable technology to gather detailed and accurate data.</p> <p>3. Conduct Periodic Evaluations: Schedule regular evaluations to assess progress against the set criteria. These evaluations could be conducted weekly, monthly, or at key milestones of the program. Periodic evaluations help track short-term outcomes and ensure that the activities are on track to meet the desired long-term goals.</p> <p>4. Solicit Feedback from Participants: Engage participants in the evaluation process by gathering their feedback. This can be done through surveys, interviews, focus groups, or informal conversations. Understanding participants' perspectives on their experiences, challenges, and satisfaction levels provides valuable insights into the program's effectiveness and areas for improvement.</p> <p>5. Analyze the Results: Analyze the collected data to identify trends, strengths, and areas needing improvement. Compare the results against the established evaluation criteria to determine if the objectives are being met. Use both qualitative and quantitative analysis methods to gain a comprehensive understanding of the outcomes.</p> <p>6. Iterate and Improve: Based on the analysis, make adjustments to the activities, strategies, or resources as needed. This iterative process ensures that the program remains responsive to participant needs and continues to improve over time. It might involve refining climbing routes, enhancing safety protocols, or introducing new challenges.</p> <p>7. Communicate Results: Share the evaluation findings with stakeholders, including participants, instructors, sponsors, and community members. Communicate both the successes and the areas for improvement transparently. Use the results to celebrate achievements, make informed decisions, and build support for future activities.</p> |
| Bank of resources: <i>additional materials</i> | <p>https://www.youtube.com/watch?v=gJTccYifmRY</p> |

| | |
|---|---|
| Resources/references: <i>(if available)</i> | https://rockbusters.net/event-date/category/sport-climbing/?gad_source=2&gclid=CjwKCAjwxNW2BhAkEiwA24Cm9HNKKTMrqugYcu3T-w17-HsxHaf0pgEZJqCLR07rMU5_CujXJF58axoCHNkQAvD_BwE |
| Photos: <i>(if available)</i> | https://alpineairadventures.com/how-to-experience-the-great-outdoors-through-rock-climbing/ |

Healthy active lifestyle project, Annual plan

| Title of the module: | Kayaking |
|--|---|
| <p>Objectives: <i>General and Specific Objectives</i></p> | <p>1. Mastering Paddling Techniques: Teach and refine paddling techniques such as forward strokes, reverse strokes, and turning strokes to enhance efficiency and control on the water.</p> <p>2. Safety and Risk Management: Equip participants with the knowledge and skills to manage risks effectively, including understanding weather conditions, navigating currents, and performing self-rescue techniques.</p> <p>3. Building Endurance and Strength: Through regular practice, increase participants' physical endurance and muscular strength, particularly in the arms, shoulders, back, and core.</p> <p>4. Enhancing Environmental Responsibility: Educate participants on the impact of human activities on aquatic ecosystems and promote responsible practices, such as Leave No Trace principles and minimizing pollution.</p> <p>5. Encouraging Personal Growth: Challenge participants to overcome personal fears, build confidence, and develop resilience through tackling new and increasingly difficult kayaking challenges.</p> <p>6. Fostering Teamwork and Leadership: In group settings, encourage participants to work together, develop teamwork skills, and take on leadership roles within their kayaking group.</p> <p>7. Expanding Navigational Skills: Teach participants how to read maps, use compasses, and understand the basics of waterway navigation to safely explore new areas.</p> <p>8. Promoting Cultural and Historical Awareness: Use kayaking as a tool to explore and learn about the cultural and historical significance of different waterways and coastal regions.</p> |
| <p>Stakeholders of the project: <i>People and entities contributing or contributed to the implementation of the project/programme</i></p> | <p>1. Project Organizers and Coordinators: These individuals or teams are responsible for the overall planning, organization, and execution of the kayaking program. They oversee all aspects of the project, including scheduling, logistics, participant coordination, and program delivery, ensuring that everything runs smoothly.</p> <p>2. Instructors and Coaches: Professional kayaking instructors and coaches provide essential training and guidance to participants. They are tasked with teaching paddling techniques, safety procedures, and environmental ethics, helping participants develop their skills in a safe and effective manner.</p> <p>3. Environmental and Conservation Organizations: These entities play a vital role in promoting environmental stewardship and sustainability within the kayaking program. They ensure that the program</p> |

| | |
|---|---|
| | <p>adheres to environmental protection guidelines and may also offer educational materials and workshops on conservation.</p> <p>6. Community Organizations and Schools: Community organizations, schools, and educational institutions often collaborate in promoting and facilitating participation in the kayaking program. They help recruit participants and integrate the program into broader educational or recreational initiatives.</p> <p>7. Volunteers: Volunteers assist with various aspects of the program, from logistics to participant supervision. Their involvement is essential in supporting the smooth operation of activities, especially in larger programs.</p> <p>8. Participants and Their Families: The participants themselves, along with their families, are central to the program's success. Their active engagement and commitment to learning and practicing kayaking contribute to the program's dynamic and its ongoing improvement.</p> <p>9. Media and Public Relations: Media outlets and PR teams help raise awareness of the kayaking program, attracting participants and sponsors. They highlight the program's benefits and successes, aiding in its promotion and broader reach.</p> <p>10. Health and Safety Experts: Health and safety experts ensure that all activities are conducted safely, minimizing risks associated with kayaking. They develop safety protocols and train instructors and participants in emergency procedures to maintain the well-being of all involved.</p> |
| <p>Beneficiaries: <i>Which target group was involved</i></p> | <p>1. Children and Youth: Programs often focus on children and teenagers, aiming to introduce them to outdoor activities, build physical fitness, teach water safety, and foster a love for nature and adventure from a young age.</p> <p>2. Families: Family-oriented kayaking programs are designed to bring families together for shared outdoor experiences, promoting bonding, teamwork, and healthy recreational activities.</p> <p>3. Adults and Young Adults: These programs target adults and young adults looking for recreational opportunities, physical fitness, stress relief, and social interaction. They may also appeal to those interested in adventure sports or seeking new hobbies.</p> <p>4. Schools and Educational Institutions: School groups, including students and teachers, often participate in kayaking programs as part of physical education, outdoor education, or environmental studies curricula. These programs aim to educate students about water safety, ecology, and teamwork.</p> <p>5. Outdoor Enthusiasts: These programs target individuals who are already interested in outdoor activities and seek new challenges. They may include more advanced kayaking courses, expeditions, or competitions.</p> <p>6. Environmental and Conservation Groups: Targeted at individuals and groups interested in environmental conservation, these programs often include elements of ecological education, clean-up initiatives, and advocacy for sustainable practices.</p> <p>7. Community Members: Local community members, including those from underserved or marginalized groups, may be involved in kayaking programs aimed at</p> |

| | |
|---|--|
| | providing access to outdoor activities, promoting physical and mental health, and fostering community engagement. |
| <p>Content: <i>Describe the contents of the modules</i></p> | <p>Technical skills Are form the foundation of kayaking, starting with paddling techniques. Participants learn various strokes, such as forward, reverse, sweep, and draw strokes, which are essential for efficient movement and precise maneuvering of the kayak. Handling and control of the kayak, including maintaining balance, steering, and edging, are also key skills that enable participants to navigate different water conditions, from calm lakes to flowing rivers. In addition, modules cover the proper techniques for launching and landing, ensuring participants can safely enter and exit the kayak in various environments. For those in advanced modules, skills such as the Eskimo roll and self-rescue techniques are introduced, which are vital for maintaining safety in challenging conditions.</p> <p>Safety skills They are another critical component of the kayaking curriculum. Participants are trained in water safety and awareness, learning to assess water conditions, understand weather patterns, and recognize potential hazards like strong currents or obstacles. The proper use of personal safety equipment, such as personal flotation devices (PFDs) and helmets, is emphasized to ensure participants are always equipped for safe kayaking. Additionally, rescue techniques, including the T-rescue or assisted re-entry, are taught, along with methods for signaling for help and using rescue equipment effectively.</p> <p>Environmental skills Focus on responsible interaction with the natural world. Modules on Leave No Trace principles teach participants how to minimize their environmental impact, including waste management, avoiding disturbance of wildlife, and protecting sensitive habitats. Kayakers also gain ecological awareness, learning about local ecosystems, the importance of preserving water quality, and their role in environmental conservation while on the water.</p> <p>Navigational skills are essential for exploring new areas safely. Participants are taught to read waterway maps, use compasses, and navigate using natural landmarks. For more advanced kayakers, GPS devices and other digital tools are introduced, complementing traditional navigation methods. These skills are crucial for planning routes and ensuring safe exploration during kayaking trips.</p> <p>Interpersonal and teamwork skills They are developed through activities that emphasize effective communication, leadership, and cooperation. On the water, clear communication is vital for safety and coordination, especially in group settings. Participants learn hand signals, whistle codes, and verbal commands used in kayaking. Leadership and decision-making are fostered through scenarios where participants must take on leadership roles, making decisions about routes and group dynamics. Teamwork is essential, particularly in tandem kayaks or group challenges, ensuring everyone's safety and enhancing the overall experience.</p> <p>Physical conditioning It is addressed through exercises and drills that improve the strength, endurance, and flexibility needed for effective paddling. Participants work on their coordination and balance, crucial for maintaining control and avoiding capsizing. These physical skills are developed progressively throughout the program, ensuring that participants build the fitness required for longer or more challenging kayaking trips.</p> |

| | |
|---|--|
| <p>Activities: <i>Describe the activities of the module</i></p> | <p>1. Introduction and Safety Briefing: The module begins with an introduction to kayaking equipment, such as kayaks, paddles, and personal flotation devices (PFDs). Participants also receive a detailed safety briefing covering essential safety protocols, emergency procedures, and basic water safety concepts.</p> <p>2. Paddling Technique Drills: Participants practice various paddling techniques, including forward and reverse strokes, sweep strokes, and draw strokes. These drills are usually conducted in calm water, allowing participants to focus on mastering each technique.</p> <p>3. Kayak Handling and Control Exercises: Participants engage in exercises that involve maneuvering the kayak, practicing edging, turning, and maintaining balance. These exercises often include navigating through a series of buoys or markers to improve steering and directional control.</p> <p>4. Launching and Landing Practice: Participants learn and practice techniques for launching their kayak from shore and landing it safely. This practice may involve different types of terrain, such as sandy beaches, rocky shores, or docks.</p> <p>5. Capsize and Self-Rescue Drills: In a controlled environment, participants practice capsizing and performing self-rescue techniques, such as the wet exit and re-entry. Advanced sessions may include learning the Eskimo roll, a technique for righting a capsized kayak without exiting.</p> <p>6. Group Paddling and Navigation Exercises: Participants work in groups to practice paddling together, communicating effectively, and coordinating their movements. They may also engage in navigation exercises using maps and compasses to follow a set course on the water.</p> <p>7. Environmental Awareness Activities: These activities might involve guided paddles through environmentally sensitive areas, with discussions about local wildlife, ecosystems, and conservation practices. Participants may also take part in waterway clean-up efforts.</p> <p>8. Endurance and Strength-Building Exercises: Depending on the participants' skill level, modules may include longer paddling trips or timed circuits designed to build endurance and strength. These activities challenge participants to apply their skills over extended periods and in varied water conditions.</p> <p>9. Scenario-Based Challenges: Participants face real-world scenarios, such as rescuing a capsized teammate, navigating through rough water, or handling unexpected weather changes. They must apply their skills and make quick decisions to successfully overcome these challenges.</p> <p>10. Reflection and Feedback Sessions: At the end of each session or module, participants gather to reflect on their experiences, discuss what they learned, and receive feedback from instructors. This may include reviewing video footage of their technique or discussing areas for improvement.</p> |
| <p>Results: <i>Describe the expected results from the activities</i></p> | <p>1. Introduction and Safety Briefing: Participants are expected to gain a solid understanding of the essential kayaking equipment and safety protocols. They should become familiar with kayaks, paddles, and personal flotation devices (PFDs) and understand the</p> |

| | |
|--------------------|--|
| | <p>importance of following safety procedures. This foundation will help them approach subsequent activities with confidence and a clear focus on safety.</p> <p>2. Paddling Technique Drills:</p> <p>Through focused practice in calm water, participants should achieve proficiency in key paddling techniques, such as forward and reverse strokes, sweep strokes, and draw strokes. Mastering these skills will enhance their ability to maneuver the kayak effectively, setting the stage for more advanced techniques and challenges later in the module.</p> <p>3. Kayak Handling and Control Exercises:</p> <p>As a result of these exercises, participants are expected to improve their ability to handle and control the kayak. This includes better balance, steering, and the ability to navigate through obstacles like buoys. The increased control will give them greater confidence when kayaking in varied conditions.</p> <p>4. Launching and Landing Practice:</p> <p>Participants should become adept at launching and landing their kayaks from various terrains, such as sandy beaches, rocky shores, and docks. This skill will ensure they can safely enter and exit their kayak in different environments, reducing the risk of accidents during these critical moments.</p> <p>5. Capsize and Self-Rescue Drills:</p> <p>By practicing capsize and self-rescue techniques, participants are expected to gain confidence in their ability to recover from a capsize situation. They should be able to perform a wet exit and re-entry effectively, and, in advanced cases, execute an Eskimo roll, which will significantly enhance their safety and self-reliance on the water.</p> <p>6. Group Paddling and Navigation Exercises:</p> <p>These activities are designed to improve participants' teamwork and communication skills. As they practice paddling in groups and navigating using maps and compasses, they should become more coordinated and capable of working together effectively, which is essential for group kayaking trips.</p> <p>7. Environmental Awareness Activities:</p> <p>Participants are expected to develop a deeper understanding of the natural environment through these activities. By learning about local ecosystems, wildlife, and conservation practices, they should become more environmentally conscious and committed to minimizing their impact on the waterways they explore.</p> <p>8. Endurance and Strength-Building Exercises:</p> <p>These exercises are intended to build participants' physical endurance and strength. As they engage in longer paddling trips or timed circuits, they should notice improvements in their physical conditioning, enabling them to handle more demanding kayaking experiences with greater ease.</p> <p>9. Scenario-Based Challenges:</p> <p>Participants will develop their problem-solving and decision-making skills by tackling real-world scenarios. Successfully navigating challenges like rescuing a teammate or handling unexpected weather changes will boost their confidence and prepare them for unpredictable situations in the future.</p> <p>10. Reflection and Feedback Sessions:</p> <p>Through reflection and feedback, participants should gain insights into their strengths and areas for improvement. These sessions will help reinforce what they have learned, encourage continuous development, and ensure they leave the module with a clear understanding of how to further hone their skills.</p> |
| Innovation: | 1. Integrated Safety and Skills Development: |

| | |
|---|--|
| <p><i>Describe the innovative aspects of the activities</i></p> | <p>The combination of introduction, safety briefing, and hands-on practice ensures that participants are not only learning kayaking techniques but are also ingraining safety protocols from the very beginning. This integrated approach reduces the risk of accidents and builds a strong foundation of safety consciousness, which is critical for beginners and advanced kayakers alike.</p> <p>2. Progressive Skill Building: The module is designed to progressively build skills, starting from basic paddling drills to more complex handling exercises and advanced techniques like the Eskimo roll. This step-by-step progression is innovative in that it allows participants to develop confidence gradually, ensuring they are fully prepared for each new challenge before moving on.</p> <p>3. Real-World Scenario-Based Challenges: The inclusion of scenario-based challenges, such as rescuing a capsized teammate or navigating in rough waters, adds a dynamic and practical element to the training. These scenarios simulate real-life situations that kayakers may encounter, helping participants apply their skills in a controlled yet realistic environment. This prepares them better for actual kayaking adventures.</p> <p>4. Emphasis on Environmental Stewardship: The module goes beyond just physical skills by incorporating environmental awareness activities. By including guided paddles through environmentally sensitive areas and discussions on conservation practices, the module encourages participants to become stewards of the environment. This aspect is innovative in its focus on creating responsible kayakers who are conscious of their impact on natural ecosystems.</p> <p>5. Holistic Fitness and Endurance Training: The endurance and strength-building exercises are designed to not only improve participants' kayaking abilities but also enhance their overall physical fitness. This holistic approach to fitness ensures that participants are well-prepared for more strenuous kayaking trips, promoting long-term health benefits beyond the immediate scope of the module.</p> <p>6. Use of Reflection and Feedback for Continuous Improvement: The incorporation of reflection and feedback sessions after each activity is a key innovative aspect. These sessions allow participants to assess their progress, identify areas for improvement, and receive personalized guidance from instructors. This continuous loop of learning and improvement is crucial for developing both technical skills and self-awareness.</p> <p>7. Adaptive Learning to Different Terrains: The practice of launching and landing from various types of terrain, such as sandy beaches and rocky shores, equips participants with versatile skills applicable in different environments. This adaptive learning approach ensures that participants are not just confined to one type of kayaking environment but are prepared for diverse conditions they may encounter in the real world.</p> <p>8. Group Dynamics and Communication Focus: Group paddling and navigation exercises place a strong emphasis on teamwork and communication. This focus on group dynamics is innovative as it teaches participants the importance of coordination and cooperation, which are essential skills not only in kayaking but in many aspects of life.</p> <p>9. Personalized Skill Reinforcement: Using video footage and detailed feedback, participants receive personalized insights into their technique. This innovative use of technology and</p> |
|---|--|

| | |
|--|---|
| | <p>personalized coaching ensures that each participant can make targeted improvements, enhancing their overall learning experience.</p> <p>10. Multi-Faceted Learning Experience: The module combines physical, mental, and environmental learning in a way that is both engaging and comprehensive. Participants are not only learning a sport but are also developing life skills such as problem-solving, resilience, environmental stewardship, and teamwork. This multi-faceted approach ensures that the module delivers value far beyond the immediate context of kayaking.</p> |
| <p>Impact: <i>Describe the specific impact expected by the activities</i></p> | <p>1. Enhanced Technical Proficiency: Participants are expected to achieve a high level of technical skill in kayaking, including effective paddling techniques, precise kayak handling, and advanced maneuvering. This improved proficiency enables participants to handle different water conditions confidently and safely, enhancing their overall kayaking experience and performance.</p> <p>2. Improved Safety Awareness and Preparedness: By mastering safety protocols and rescue techniques, participants are better prepared to prevent and respond to emergencies on the water. This increased safety awareness reduces the likelihood of accidents and ensures that participants can handle unexpected situations with competence, contributing to their overall safety and that of others.</p> <p>3. Increased Physical Fitness and Endurance: The focus on endurance and strength-building exercises is expected to improve participants' physical fitness. Enhanced fitness levels not only make kayaking easier but also contribute to better overall health. Participants may experience increased stamina, strength, and flexibility, which can positively affect other areas of their lives.</p> <p>4. Greater Environmental Responsibility: Through environmental awareness activities, participants are likely to develop a stronger commitment to conservation and environmental stewardship. Understanding the impact of human activities on natural ecosystems fosters a sense of responsibility and encourages participants to practice environmentally friendly behaviors while kayaking and in their daily lives.</p> <p>5. Strengthened Teamwork and Communication Skills: Group paddling and navigation exercises are designed to enhance participants' ability to work effectively in teams. Improved communication and coordination skills not only contribute to successful group kayaking experiences but also translate into better interpersonal skills and teamwork in other areas of life.</p> <p>6. Enhanced Problem-Solving and Decision-Making Abilities: Scenario-based challenges help participants develop critical thinking and problem-solving skills. By facing realistic situations that require quick decision-making, participants build resilience and the ability to handle stress, which can be beneficial in various real-life situations beyond kayaking.</p> <p>7. Boosted Confidence and Self-Efficacy: Mastering new skills, successfully completing challenges, and receiving constructive feedback lead to increased self-confidence. Participants are expected to gain a sense of accomplishment and self-efficacy, which can enhance their motivation and willingness to tackle new challenges, both in kayaking and other areas of life.</p> <p>8. Personal Growth and Well-Being:</p> |

| | |
|--------------------|---|
| | <p>The combination of physical activity, time spent in nature, and achievement of personal goals contributes to overall well-being. Participants may experience reduced stress, improved mood, and a greater sense of personal satisfaction, promoting mental and emotional health.</p> <p>9. Preparation for Independent Kayaking Adventures: By the end of the module, participants are expected to feel well-prepared for independent kayaking. This preparation includes having the skills, knowledge, and confidence to explore new waterways safely and enjoyably, leading to a more fulfilling and autonomous kayaking experience.</p> <p>10. Long-Term Engagement with the Sport: The comprehensive and engaging nature of the module is likely to foster a lasting interest in kayaking. Participants who find the module enjoyable and rewarding are more likely to continue kayaking as a regular activity, contributing to a lifelong passion for the sport and an active lifestyle.</p> |
| Evaluation: | <p>1. Set Evaluation Criteria: To effectively evaluate the kayaking module, establish clear criteria that will be used to measure participants' performance and the success of the activities. These criteria should include skill proficiency (e.g., paddling techniques, kayak handling), safety awareness (e.g., emergency response), physical fitness (e.g., endurance and strength), environmental knowledge (e.g., conservation practices), and personal development (e.g., confidence and teamwork). The criteria should be specific, measurable, and aligned with the objectives of the module.</p> <p>2. Gather Data During Activities: Collect data throughout the kayaking module to monitor progress and assess performance. This can be achieved through various methods, such as direct observation of participants' techniques, completion of skill drills, and adherence to safety protocols. Additionally, use tools like performance checklists, timed exercises, and video recordings to capture detailed information on participants' abilities and areas for improvement.</p> <p>3. Conduct Periodic Evaluations: Implement regular evaluations to assess participants' progress and the effectiveness of the module. These evaluations should occur at key milestones, such as after completing specific skill drills, during mid-module reviews, and at the end of the module. The periodic evaluations help identify strengths and areas needing adjustment, allowing for timely interventions to enhance learning outcomes.</p> <p>4. Solicit Feedback from Participants: Regularly seek feedback from participants regarding their experiences and perceptions of the module. This feedback can be gathered through surveys, interviews, or group discussions. Ask participants about the clarity of instructions, the effectiveness of activities, their comfort level with the material, and any suggestions for improvement. Their insights provide valuable information for refining the module.</p> <p>5. Analyse the Results: Examine the data collected from evaluations and participant feedback to identify patterns, trends, and areas of concern. Analyze participants' performance against the set criteria to determine if the objectives are being met. Consider both quantitative data (e.g., scores on skill assessments) and qualitative data (e.g., participant comments) to get a comprehensive view of the module's effectiveness.</p> <p>6. Iterate and Improve:</p> |

| | |
|--|---|
| | <p>Based on the analysis, make necessary adjustments to the module to address any identified gaps or weaknesses. This might involve refining instructional methods, modifying activities, or enhancing support materials. Iterative improvements ensure that the module continues to evolve and better meet the needs of participants, leading to more effective learning experiences.</p> <p>7. Communicate Results:</p> <p>Share the results of the evaluations with relevant stakeholders, including participants, instructors, and program administrators. Provide a summary of findings, highlight successes, and outline any changes made as a result of the feedback. Effective communication ensures transparency, fosters a collaborative approach to improvement, and helps build trust and engagement among all involved parties.</p> |
| Bank of resources: <i>additional materials</i> | https://www.youtube.com/watch?v=TAEkR13ChPs https://www.youtube.com/watch?v=tDQzCsaYau4 |
| Resources/references: <i>(if available)</i> | https://www.youtube.com/watch?v=KV2OWycvsew https://www.youtube.com/watch?v=tDQzCsaYau4 |
| Photos: <i>(if available)</i> | https://www.canoe-shops.co.uk/blogs/faqs-how-to-guide/what-to-wear-guide |

Healthy active lifestyle project, Annual plan

| | |
|--|--|
| Title of the module: | Capture the flag |
| Objectives: <i>General and Specific Objectives</i> | <ol style="list-style-type: none"> 1. Promote Physical Activity: Encourage participants to engage in vigorous physical exercise through running, strategy, and teamwork. 2. Enhance Teamwork and Communication: Foster collaboration among team members as they strategize and work together to achieve their goals. 3. Develop Strategic Thinking: Enhance participants' ability to plan and execute strategies to outwit the opposing team. 4. Encourage Healthy Competition: Provide a fun, competitive environment that motivates participants to perform their best while learning sportsmanship. |
| Stakeholders of the project: <i>People and entities contributing or contributed to the implementation of the project/programme</i> | <p>Project Organizers and Coordinators: These individuals or teams are responsible for the overall planning, organization, and execution of the Capture the Flag game. They manage all aspects of the event, including setting up the playing field, scheduling, and ensuring smooth operations throughout the game.</p> <p>Game Coordinators: Game coordinators oversee the day-to-day management of the Capture the Flag game. They are in charge of explaining the rules, monitoring gameplay, and addressing any issues that arise to ensure a fair and enjoyable experience for all participants.</p> <p>Participants: The players who actively engage in the game, form teams, and compete to capture the flag. Their involvement and enthusiasm drive the dynamics and competitive spirit of the game.</p> <p>Team Leaders: Team leaders guide their teams through the game, strategize, and make decisions. They play a crucial role in coordinating team efforts and facilitating communication among team members.</p> <p>Volunteers: Volunteers assist with various logistical tasks, such as setting up the playing area, managing equipment, and helping with registration. Their support is vital for the smooth execution of the event.</p> <p>Community Groups: Local community organizations may provide resources like playing fields or equipment and support the event's logistics. Their involvement helps in facilitating the game and engaging the community.</p> <p>Schools and Educational Institutions: Schools and educational institutions may be involved in organizing and promoting the game as part of educational or recreational programs. They help integrate the game into broader initiatives and encourage participation.</p> <p>Media and Public Relations: Media outlets and public relations teams help raise awareness of the Capture the Flag game. They promote the event through various channels, attracting participants and increasing its visibility.</p> |

| | |
|--|---|
| <p>Beneficiaries: Which target group was involved</p> | <p>1. Youth and Adolescents: Youth and adolescents are often the primary participants in Capture the Flag games, as the activity caters to their high energy levels and love for competitive, physically engaging games. The dynamic nature of the game helps them develop key skills such as teamwork, strategic thinking, and physical coordination. By participating in Capture the Flag, they get an opportunity to engage in vigorous exercise while having fun with their peers.</p> <p>2. Families: Families can participate together in Capture the Flag, making it a great activity for family bonding. Parents and children can form teams, strategize, and compete together, which not only provides a fun way to spend time together but also helps strengthen family relationships. This involvement allows families to combine physical activity with quality time, enhancing their overall well-being and cohesion.</p> <p>3. Schools and Educational Institutions: Schools and educational institutions often incorporate Capture the Flag into their physical education programs, sports days, or extracurricular activities. This integration helps students learn the importance of physical fitness, teamwork, and strategy in a structured and educational setting. The game serves as an engaging way for students to apply and enhance their physical and social skills in a supportive environment.</p> <p>4. Community Groups and Organizations: Local community groups and recreational organizations may host Capture the Flag events to promote community engagement and provide recreational opportunities. These events bring together community members of all ages, fostering social interaction and a sense of belonging. The game contributes to building stronger community ties and encouraging an active, healthy lifestyle among participants.</p> <p>5. Sports Teams and Clubs: Sports teams and clubs may use Capture the Flag as a team-building exercise or as part of their training regimen. The game offers a less formal environment where members can develop strategic skills, enhance team dynamics, and improve physical fitness. It serves as a valuable tool for building camaraderie and cooperation among team members outside of regular practice sessions.</p> <p>6. Corporate Teams: Companies may incorporate Capture the Flag into team-building activities or corporate retreats to enhance employee collaboration and communication. The game provides a fun and interactive way for employees to work together, solve problems, and strengthen their team dynamics. By participating in such activities, employees can improve their interpersonal skills and build a more cohesive and effective work environment.</p> |
| <p>Content: Describe the contents of the modules</p> | <p>1. Physical Skills: Agility and Speed: Participants develop agility and speed as they navigate the playing field, dodge opponents, and sprint to capture the flag or evade capture. The game requires quick reflexes and rapid movement, which enhance overall physical fitness. Endurance: Playing Capture the Flag involves continuous movement and occasional bursts of intense activity, helping participants build cardiovascular endurance and stamina over time.</p> |

| | |
|--|--|
| | <p>Coordination: The game improves hand-eye coordination and spatial awareness as participants need to track the movement of the flag, their teammates, and opponents while executing various strategies.</p> <p>2. Strategic Skills:</p> <p>Planning and Strategy: Participants learn to devise and execute strategies to capture the opposing team's flag while protecting their own. This includes creating plans for offense and defense, and adapting strategies based on the game's progress.</p> <p>Problem-Solving: The game challenges participants to solve problems on the fly, such as figuring out how to break through the opponent's defenses or how to evade capture. Quick thinking and decision-making are crucial.</p> <p>Team Coordination: Participants develop skills in coordinating with their team, including dividing responsibilities, communicating effectively, and synchronizing actions to achieve common goals.</p> <p>3. Social Skills:</p> <p>Teamwork: Effective teamwork is central to the game, as players must work together to execute strategies, communicate clearly, and support each other in capturing the flag and defending their own.</p> <p>Leadership: Team leaders develop leadership skills by guiding their teams, making strategic decisions, and motivating team members. This role involves delegating tasks and managing group dynamics.</p> <p>Communication: Participants enhance their verbal and non-verbal communication skills by discussing strategies, giving and receiving instructions, and coordinating movements with teammates.</p> <p>4. Emotional Skills:</p> <p>Resilience: The competitive nature of the game helps participants develop resilience as they cope with setbacks, such as losing a round or being tagged. They learn to stay motivated and focus on improvement.</p> <p>Sportsmanship: Participants learn to handle both victory and defeat gracefully, fostering a sense of fair play and respect for opponents. The game emphasizes the importance of playing with integrity and respecting the rules.</p> <p>5. Cognitive Skills:</p> <p>Spatial Awareness: The game requires participants to be aware of their surroundings, including the positions of teammates, opponents, and the flag. This enhances their ability to navigate and strategize effectively.</p> <p>Memory and Recall: Participants use memory and recall remembering the locations of the flag, safe zones, and opponents' movements. This cognitive skill is essential for planning and executing successful strategies.</p> <p>Overall, Capture the Flag helps participants develop a wide range of skills that contribute to physical fitness, strategic thinking, effective teamwork, and personal growth. These skills are valuable both within the context of the game and in broader life situations.</p> |
| <p>Activities: <i>Describe the activities of the module</i></p> | <p>1. Introduction and Briefing: Participants begin with a comprehensive introduction to the game, including an explanation of the rules, objectives, and safety protocols. This briefing ensures that everyone understands the gameplay, the layout of the field, and the importance of sportsmanship and teamwork. It sets the stage for a successful and safe game.</p> <p>2. Warm-Up Exercises: Before diving into the game, participants engage in warm-up exercises to prepare their bodies for physical activity. These exercises typically include stretching, jogging, and agility drills. Warming up helps reduce the risk of injuries and improves overall performance.</p> <p>3. Team Formation and Strategy Sessions: Participants are divided into teams, and each team spends time developing their strategies. This activity</p> |

| | |
|--|---|
| | <p>involves discussing roles, planning offensive and defensive tactics, and deciding on specific game plans. Teams may practice coordinated movements and set up initial positions.</p> <p>4. Practice Runs: Teams participate in practice runs where they simulate various game scenarios. These practice sessions help teams refine their strategies, improve coordination, and adapt their tactics based on the feedback and observations during these runs.</p> <p>5. Game Play: The core activity of the module is the actual Capture the Flag game. Teams compete against each other to capture the opponent's flag and return it to their own base while defending their own flag. This activity involves running, hiding, strategizing, and collaborating with team members to achieve the game's objectives.</p> <p>6. Mid-Game Adjustments: During the game, teams have opportunities to adjust their strategies based on the evolving dynamics of play. Teams may regroup, alter their tactics, or make real-time decisions to respond to the opponents' moves and changing conditions on the field.</p> <p>7. Safe Zone Drills: To reinforce safety, participants practice drills related to the game's safe zones. This includes understanding where they can take breaks or regroup without being tagged and learning how to effectively use these zones as part of their strategy.</p> <p>8. Capture and Rescue Drills: Teams practice specific scenarios where they must capture the flag and return it to their base while dealing with opponents attempting to intercept them. This drill emphasizes strategic thinking, coordination, and effective execution of tactics.</p> <p>9. Cool-Down and Reflection: After the game, participants engage in cool-down exercises to help their bodies recover. This includes stretching and gentle movements to relax muscles. Following the physical activity, participants gather to reflect on the game, discussing what went well, what could be improved, and how strategies worked in practice.</p> <p>10. Debriefing and Feedback: The final activity involves a debriefing session where participants provide and receive feedback on their performance. This discussion includes insights on team dynamics, strategic decisions, and individual contributions. It offers an opportunity for participants to learn from the experience and enhance their skills for future games.</p> |
| <p>Results: <i>Describe the expected results from the activities</i></p> | <p>1. Introduction and Briefing: Expected Result: Participants gain a clear understanding of the rules, objectives, and safety protocols of the game. This ensures that everyone starts on the same page and is aware of the expectations, leading to a more organized and enjoyable game experience.</p> <p>2. Warm-Up Exercises: Expected Result: Participants prepare their bodies for the physical demands of the game, reducing the risk of injuries and improving overall performance. Proper warm-up enhances flexibility, strength, and cardiovascular readiness, contributing to a more effective and safe gameplay experience.</p> <p>3. Team Formation and Strategy Sessions: Expected Result: Teams develop coherent strategies and roles, which fosters better teamwork and coordination during the game. This planning phase enables participants to approach the game with a clear plan, improving their chances of success and enhancing their strategic thinking skills.</p> <p>4. Practice Runs: Expected Result: Teams refine their strategies and improve their execution through practice. Participants gain a better understanding of their roles, enhance their teamwork, and adapt their tactics</p> |

| | |
|---|--|
| | <p>based on real-time feedback, leading to improved performance in the actual game.</p> <p>5. Game Play: Expected Result: Participants engage in active gameplay, applying their strategies in a real-time setting. This activity promotes physical fitness, teamwork, and problem-solving skills. It also provides a fun and competitive environment that drives participants to apply what they've learned in practice.</p> <p>6. Mid-Game Adjustments: Expected Result: Teams demonstrate flexibility and adaptability by making real-time adjustments to their strategies. This enhances their ability to think on their feet, respond to changing dynamics, and effectively manage game scenarios, leading to better overall performance.</p> <p>7. Safe Zone Drills: Expected Result: Participants become familiar with the safe zones and learn how to use them effectively as part of their strategy. This practice helps ensure that participants can play safely and strategically, reducing the risk of injury and improving game strategy.</p> <p>8. Capture and Rescue Drills: Expected Result: Teams improve their ability to capture the flag and navigate the field effectively while managing opposition. These drills enhance participants' tactical skills, coordination, and execution, which translates into more successful gameplay during the actual game.</p> <p>9. Cool-Down and Reflection: Expected Result: Participants aid their recovery through cool-down exercises, which helps prevent muscle soreness and promotes flexibility. The reflection period allows participants to evaluate their performance, understand their strengths and areas for improvement, and internalize learning points.</p> <p>10. Debriefing and Feedback: Expected Result: Participants gain insights from the feedback and discussion, which helps them understand what worked well and what could be improved. This process fosters continuous learning and development, enhances future game strategies, and improves overall team dynamics.</p> |
| <p>Innovation: <i>Describe the innovative aspects of the activities</i></p> | <p>1. Gamified Learning: The Capture the Flag game incorporates elements of gamification, where traditional physical activities are combined with strategic thinking and problem-solving. This approach not only makes the game more engaging but also helps participants learn valuable skills in a fun and interactive way.</p> <p>2. Dynamic Strategy Development: Unlike static games, Capture the Flag requires teams to develop and adapt strategies in real-time. This dynamic aspect encourages participants to think critically and make decisions quickly, fostering cognitive flexibility and adaptive problem-solving skills.</p> <p>3. Integration of Physical and Cognitive Challenges: The game integrates physical activity with cognitive challenges, requiring participants to balance speed and agility with strategic planning and teamwork. This combination promotes holistic development, engaging both the body and mind in a comprehensive manner.</p> <p>4. Real-Time Tactical Adjustments: During gameplay, participants are encouraged to make tactical adjustments based on the evolving dynamics of the game. This real-time adaptation fosters quick thinking and responsiveness, skills that are applicable in various real-world situations.</p> <p>5. Safe Zone Utilization: The concept of safe zones, where players can regroup and strategize without the risk of being tagged, introduces an innovative strategic element. It allows participants to incorporate safety into</p> |

| | |
|--|--|
| | <p>their gameplay strategies, adding a layer of complexity and encouraging thoughtful planning.</p> <p>6. Practice-Based Learning: The module emphasizes practice runs and drills, where participants can experiment with different strategies and refine their skills before engaging in the full game. This approach ensures that participants are well-prepared and able to apply their learning effectively.</p> <p>7. Inclusive and Adaptable Gameplay: Capture the Flag can be adapted to suit various group sizes, age ranges, and skill levels, making it a versatile activity that can be customized for different participants. This inclusivity ensures that everyone can participate and benefit from the game, regardless of their background or abilities.</p> <p>8. Feedback-Driven Improvement: The incorporation of feedback sessions and reflections allows participants to learn from their experiences and continuously improve their performance. This iterative process encourages self-assessment and fosters a growth mindset, enhancing both individual and team development.</p> <p>9. Community and Social Integration: By involving community groups, schools, and families, the game promotes social interaction and community engagement. The innovative aspect lies in its ability to bring together diverse groups of people, fostering a sense of community and collective enjoyment.</p> <p>10. Holistic Skill Development: The activities are designed to develop a range of skills, including physical fitness, strategic thinking, teamwork, and leadership. This holistic approach ensures that participants gain a well-rounded set of abilities, contributing to their overall personal and social development.</p> |
| <p>Impact: <i>Describe the specific impact expected by the activities</i></p> | <p>1. Enhanced Physical Fitness: Participants can expect improved physical fitness as a direct result of engaging in Capture the Flag. The game involves running, agility drills, and continuous movement, which contributes to better cardiovascular health, increased stamina, and overall physical conditioning.</p> <p>2. Improved Strategic Thinking: The game encourages participants to develop and implement strategies in real-time, fostering enhanced strategic thinking and problem-solving skills. Participants learn to plan, adapt, and make quick decisions, which are valuable in various life and professional situations.</p> <p>3. Strengthened Teamwork and Collaboration: Capture the Flag requires effective teamwork and collaboration, leading to strengthened interpersonal relationships and improved group dynamics. Participants learn to work together towards common goals, communicate effectively, and support one another, which enhances their ability to function as a cohesive unit.</p> <p>4. Increased Cognitive Flexibility: The need for real-time tactical adjustments and decision-making during the game helps develop cognitive flexibility. Participants become better at adapting to changing situations and thinking on their feet, which translates to improved problem-solving abilities in other contexts.</p> <p>5. Enhanced Leadership Skills: Team leaders and participants involved in guiding others can develop and refine their leadership skills. They learn to motivate team members, delegate tasks, and make strategic decisions, which enhances their leadership abilities and confidence.</p> <p>6. Greater Social Interaction and Community Engagement:</p> |

| | |
|--------------------|--|
| | <p>The game fosters social interaction among participants, including family members, peers, and community members. This increased social engagement contributes to a stronger sense of community, improved social skills, and a greater sense of belonging.</p> <p>7. Heightened Self-Awareness and Reflection: Reflection and feedback sessions allow participants to gain insights into their performance, strengths, and areas for improvement. This self-awareness contributes to personal growth and helps participants set goals for future development.</p> <p>8. Enhanced Problem-Solving Skills: Participants develop problem-solving skills as they navigate challenges and devise strategies during the game. This ability to tackle complex problems and find effective solutions is beneficial in both personal and professional settings.</p> <p>9. Improved Physical and Mental Resilience: The physical demands of the game, combined with the need to handle setbacks and adapt strategies, contribute to increased resilience. Participants learn to persevere through challenges and maintain a positive attitude, which builds mental and emotional strength.</p> <p>10. Enjoyment and Motivation: The engaging and competitive nature of Capture the Flag ensures that participants have fun while participating in the activities. This enjoyment enhances motivation and encourages continued involvement in physical and recreational activities, contributing to a healthy and active lifestyle.</p> |
| Evaluation: | <p>1. Set Evaluation Criteria: The first step involves establishing clear and measurable criteria to evaluate the success of the Capture the Flag activities. These criteria could include participant engagement, skill development, teamwork, safety adherence, and overall enjoyment. Setting these benchmarks ensures that evaluations are objective and focused on key outcomes.</p> <p>2. Gather Data During Activities: Data collection is conducted throughout the activities, capturing both quantitative and qualitative information. This may involve observing participant behavior, recording completion times, monitoring teamwork dynamics, and noting any challenges encountered. Surveys, feedback forms, and direct observation are common methods used to gather data.</p> <p>3. Conduct Periodic Evaluations: Evaluations are conducted periodically to assess progress and make any necessary adjustments. This might happen after each session or at specific milestones within the module. Periodic evaluations help ensure that activities remain on track and allow for the identification of areas needing improvement.</p> <p>4. Solicit Feedback from Participants: Participants are encouraged to provide feedback on their experiences. This feedback is crucial for understanding their perspectives, learning about any difficulties they faced, and identifying aspects of the game they enjoyed or found challenging. Feedback can be collected through surveys, interviews, or informal discussions.</p> <p>5. Analyze the Results: Once data and feedback are collected, the next step is to analyze the results. This analysis looks for trends, successes, and areas where the activities may not be meeting the set criteria. It involves comparing the gathered data against the established benchmarks to determine the effectiveness of the activities.</p> |

| | |
|--|--|
| | <p>6. Iterate and Improve: Based on the analysis, adjustments and improvements are made to the activities. This iterative process ensures that the module is continuously refined and enhanced, addressing any issues identified and building on successes. Changes might include altering the game structure, adjusting team sizes, or introducing new challenges.</p> <p>7. Communicate Results: Finally, the results of the evaluation are communicated to all stakeholders, including participants, instructors, and any involved organizations. Sharing these findings helps ensure transparency and can contribute to further improvements. It also provides an opportunity to celebrate successes and acknowledge participant achievements.</p> |
| Bank of resources: <i>additional materials</i> | https://www.youtube.com/watch?v=AwQKf5Mn5Zc |
| Resources/references: <i>(if available)</i> | https://www.parents.com/capture-the-flag-rules-and-strategies-8607203 |
| Photos: <i>(if available)</i> | https://www.topendsports.com/sport/list/capture-the-flag.htm#google_vignette |

Healthy active lifestyle project, Annual plan

| | |
|--|---|
| Title of the module: | Kickball |
| Objectives: <i>General and Specific Objectives</i> | <p>Physical Fitness The objective of kickball is to promote physical activity and enhance overall fitness. By engaging in running, kicking, and agility exercises, participants improve their cardiovascular health, coordination, strength, and endurance. The sport offers a fun way to stay active and develop essential physical skills.</p> <p>Teamwork and Collaboration Kickball aims to foster teamwork and collaboration among players. The game encourages participants to work together towards a common goal—winning the match. Through this cooperation, players develop vital communication skills, build trust, and learn to strategize effectively as a team.</p> <p>Skill Development One of the key objectives of kickball is to improve individual and group skills, particularly in kicking, catching, running, and game strategy. Participants work on enhancing their hand-eye coordination, reflexes, and overall game understanding, leading to better performance both individually and as a team.</p> <p>Social Interaction Kickball provides an inclusive and enjoyable environment for social interaction. The game brings together players of all ages and skill levels, encouraging positive interactions and the development of friendships. This social aspect helps create a sense of community and promotes good sportsmanship.</p> <p>Recreation and Enjoyment A primary objective of kickball is to offer a fun and engaging activity that everyone can enjoy. The game serves as a recreational outlet that helps participants unwind, reduce stress, and cultivate a positive attitude towards physical activity.</p> |
| Stakeholders of the project: <i>People and entities contributing or contributed to the implementation of the project/programme</i> | <p>1. Organizers and Coordinators Project/Program Manager: Responsible for overall planning, execution, and management of the kickball program. Event Coordinators: Handle logistics, scheduling, and day-to-day management of kickball events and activities.</p> <p>3. Community and Participants Local Community Members: Residents who participate in or volunteer for the kickball events. Participants: Children, youth, or adults who join the kickball program as players. Volunteers: Individuals who assist with coaching, refereeing, organizing, or other tasks without compensation.</p> <p>4. Facilities and Equipment Providers</p> |

| | |
|---|---|
| | <p>Sports Facility Owners: Schools, parks, or community centers that provide space for kickball games.</p> <p>Equipment Suppliers: Companies or organizations that donate or supply kickball equipment like balls, bases, and uniforms.</p> <p>5. Coaches and Trainers</p> <p>Coaches: Individuals who train and mentor the players, often volunteers or hired professionals.</p> <p>Physical Education Instructors: Teachers or professionals who integrate kickball into school or community sports programs.</p> <p>6. Media and Public Relations</p> <p>Local Media: Newspapers, radio stations, or TV channels that cover kickball events, raising awareness and promoting participation.</p> <p>Social Media Managers: Individuals or teams who manage the online presence and promotion of the kickball program.</p> |
| <p>Beneficiaries: <i>Which target group was involved</i></p> | <p>1. Youth</p> <p>Elementary and Middle School Students: Often the primary participants in school-based or community youth leagues.</p> <p>High School Students: May participate in organized leagues or apart of school sports programs.</p> <p>2. Adults</p> <p>Recreational Leagues: Adults participating in casual or competitive kickball leagues for fun and fitness.</p> <p>Corporate Teams: Employees from businesses who form teams for company-sponsored kickball events or leagues.</p> <p>3. Families</p> <p>Family-Friendly Events: Programs designed to include family members of all ages, encouraging family participation and bonding.</p> <p>4. Community Members</p> <p>Residents: Individuals from the local community who participate in or support community kickball events and leagues.</p> <p>Volunteers: Community members who volunteer their time to help organize, coach, or manage kickball activities.</p> <p>5. Educational Institutions</p> <p>Students: From elementary to college level, participating in kickball as part of physical education classes or extracurricular activities.</p> <p>Teachers and Coaches: School staff involved in organizing, coaching, or promoting kickball programs.</p> <p>6. Sports Enthusiasts</p> <p>Amateur Athletes: Individuals with a general interest in sports who join kickball leagues or participate in tournaments.</p> <p>7. Community Organizations</p> <p>Local Clubs and Associations: Groups that support or organize kickball events, such as youth sports clubs or community recreation centers.</p> <p>Non-Profit Organizations: Entities that may focus on promoting physical activity and community engagement through sports.</p> <p>8. Sponsors and Partners</p> <p>Businesses and Corporations: Organizations that sponsor or partner with kickball programs, providing funding, equipment, or facilities.</p> |
| <p>Content: <i>Describe the contents of the modules</i></p> | <p>Kicking Skills</p> <p>Kicking skills are fundamental to kickball. Accuracy involves directing the ball to specific areas of the field, whether aiming for gaps or targeting a particular base. Power refers to generating enough force to kick the ball</p> |

| | |
|--------------------|---|
| | <p>effectively, whether for a long distance or a short, strategic kick. Timing is crucial for making contact with the ball at the right moment to optimize both power and placement.</p> <p>Running Skills</p> <p>Running skills are essential for advancing around the bases. Speed enables players to run quickly between bases, helping them to score and avoid being tagged out. Agility is the ability to make sharp turns and quick changes in direction while running the bases. Base Running Techniques involve knowing when to run, when to stay, and how to round bases efficiently to maximize scoring opportunities.</p> <p>Catching Skills</p> <p>Catching skills are critical for fielding. Hand-Eye Coordination involves tracking and catching the ball with precision, whether it's a fly ball or a grounder. Positioning is about getting into the correct stance and location to make the catch. Receiving refers to handling the ball cleanly upon catching it, ensuring a secure grip and minimizing the risk of dropping it.</p> <p>Throwing Skills</p> <p>Throwing skills impact defensive effectiveness. Accuracy involves throwing the ball to teammates with precision, aiming for specific bases or players. Strength is about developing the power to throw the ball over longer distances. Technique refers to using proper throwing mechanics to increase accuracy and reduce the risk of injury.</p> <p>Fielding Skills</p> <p>Fielding skills are crucial for defensive plays. Ground Fielding includes techniques for fielding ground balls, such as staying low and using the glove correctly. Fly Ball Fielding involves tracking and catching balls hit in the air, including judging the trajectory and positioning oneself correctly. Quick Reflexes are necessary for reacting swiftly to balls hit or thrown in various directions to make plays.</p> <p>Baseball Fundamentals</p> <p>Understanding basic baseball fundamentals enhances gameplay. Tagging involves the technique for tagging runners out, including proper positioning and timing. Double Plays require understanding how to execute double plays, including coordination between fielders and precise timing.</p> <p>Game Strategy</p> <p>Game strategy involves understanding and executing plays. Situational Awareness means recognizing the game's context, such as knowing when to bunt or steal a base. Teamwork requires coordinating with teammates on strategies, positioning, and communication during plays.</p> <p>Mental Skills</p> <p>Mental skills are crucial for maintaining performance. Focus involves staying concentrated on the game, keeping track of the ball, and anticipating plays. Resilience is about staying positive and motivated, even when facing challenges or making mistakes. Decision-Making involves quickly making strategic choices based on the game's evolving circumstances.</p> <p>Sportsmanship and Etiquette</p> <p>Good sportsmanship and etiquette are essential for a positive game environment. Respect means showing respect for opponents, teammates, and officials. Fair Play involves adhering to the rules and playing with integrity, regardless of the outcome.</p> |
| Activities: | Kickball Games |

| | |
|---|--|
| <p><i>Describe the activities of the module</i></p> | <p>Kickball games are the central activity of the sport, where teams compete to score runs. The game is played over several innings, with each team alternating between kicking and fielding. Players kick a rubber ball and run around bases to score, while the opposing team tries to get them out by catching the ball or touching the bases. The game involves strategic kicking, swift running, and effective fielding to win.</p> <p>Practice Drills</p> <p>Practice drills are designed to hone players' skills. Kicking Drills focus on improving accuracy, power, and timing when making contact with the ball. Running Drills help players enhance their speed, agility, and base-running techniques. Catching Drills are aimed at boosting hand-eye coordination and positioning for successful catches. Throwing Drills develop accuracy and strength in throwing the ball to teammates or bases.</p> <p>Warm-Ups</p> <p>Warm-ups are crucial for preparing players for physical activity and preventing injuries. They typically include Stretching exercises to increase flexibility, jogging to get the blood flowing, and Dynamic Drills such as high knees or butt kicks to activate the muscles used in kickball. These activities help players transition from rest to game-ready condition.</p> <p>Team Strategy Sessions</p> <p>Team strategy sessions focus on planning and improving team performance. During these sessions, teams discuss Game Planning to strategize for upcoming matches, including offensive and defensive plays. They also engage in Reviewing Plays to analyze past games or practices, identifying areas for improvement and refining strategies based on previous performance.</p> <p>Team-Building Activities</p> <p>Team-building activities enhance team cohesion and morale. Group Challenges are designed to foster teamwork and problem-solving skills through fun and engaging tasks. Social Events, such as team dinners or outings, help build relationships and strengthen the sense of community within the team, contributing to a positive team dynamic.</p> <p>Fundraising and Community Events</p> <p>Fundraising and community events support the kickball program and engage with the local community. Charity Games are special matches where proceeds benefit a cause or organization, creating a positive impact beyond the game. Community Outreach events promote the kickball program, attract new players or volunteers, and strengthen ties with the community.</p> <p>Skills Competitions</p> <p>Skills competitions showcase individual and team abilities in a fun and competitive environment. Home Run Derbies test players' power and distance in kicking the ball. Fielding Challenges assess catching and fielding skills in various scenarios, providing opportunities for players to demonstrate their talents and compete in different aspects of the game.</p> <p>Officiating and Scoring</p> <p>Officiating and scoring are essential for ensuring fair play and accurate game records. Umpiring involves refereeing the game, making calls on plays, and enforcing the rules to maintain fairness. Scorekeeping tracks runs, outs, and other statistics, ensuring that the game's progress and results are accurately recorded.</p> <p>Post-Game Review</p> <p>Post-game reviews help teams assess their performance and make improvements. Debriefing sessions involve discussing what went well and identifying areas for improvement. Feedback Sessions gather input from</p> |
|---|--|

| | |
|---|---|
| | <p>players and coaches to refine strategies, techniques, and overall team performance for future games.</p> |
| <p>Results: <i>Describe the expected results from the activities</i></p> | <p>Kickball Games The expected result of kickball games is to foster a competitive and enjoyable environment where teams can showcase their skills. Players are expected to develop their game strategies, improve their physical conditioning, and enhance their teamwork. Ultimately, the result of each game is to score more runs than the opposing team, leading to victory and contributing to team standings or league rankings.</p> <p>Practice Drills Practice drills aim to improve individual and team performance. The expected result is enhanced kicking accuracy, power, and timing for better gameplay. Improved running speed and agility help players advance around the bases more effectively. Enhanced catching skills and throwing accuracy led to better fielding and defensive play. Overall, players should become more proficient in their kickball skills, contributing to better game performance.</p> <p>Warm-Ups Warm-ups are intended to prepare players physically and mentally for the game or practice. The expected results include increased flexibility, reduced risk of injury, and improved muscle activation. Players should feel more ready and less prone to muscle strains or injuries, leading to better performance and safer play during games and practices.</p> <p>Team Strategy Sessions Team strategy sessions are designed to enhance tactical understanding and team coordination. The expected result is a clearer game plan and better execution of strategies during games. Teams should develop effective offensive and defensive strategies, improve their ability to adapt to different game situations, and enhance overall team cohesion and decision-making.</p> <p>Team-Building Activities The expected result of team-building activities is improved team cohesion and morale. Players should develop stronger relationships with teammates, leading to better communication and cooperation on and off the field. Enhanced team spirit and trust can contribute to a more positive and supportive team environment, which can improve overall performance and enjoyment.</p> <p>Fundraising and Community Events Fundraising and community events aim to support the kickball program and strengthen community ties. The expected result is increased funding for program resources and activities, as well as heightened community engagement. These events can help attract new players or volunteers, raise awareness about the program, and create a positive impact in the local community.</p> <p>Skills Competitions Skills competitions are intended to showcase and enhance players' abilities in specific areas. The expected result is improved individual skill levels, such as kicking distance or fielding accuracy. Players can gain recognition for their talents, and the competitions can foster a sense of achievement and motivation to continue developing their skills.</p> <p>Officiating and Scoring The expected results from officiating and scoring are fair play and accurate game records. Effective umpiring ensures that games are conducted</p> |

| | |
|---|--|
| | <p>according to the rules, maintaining fairness and integrity. Accurate scorekeeping provides a reliable record of game outcomes and statistics, which is essential for tracking progress and making informed decisions about team performance.</p> <p>Post-Game Review</p> <p>Post-game reviews aim to analyze and improve team performance. The expected results include a better understanding of what strategies and techniques worked well and identifying areas needing improvement. Teams should gain valuable insights into their performance, leading to more effective strategies and adjustments for future games, ultimately enhancing overall team performance.</p> |
| <p>Innovation: <i>Describe the innovative aspects of the activities</i></p> | <p>Kickball Games</p> <p>Kickball games feature adaptive rules that can include unique variations to keep the gameplay exciting, such as special "power plays" or restrictions like "no bunting." Technology integration is also becoming common, with apps and software providing live scoring and detailed game statistics. Additionally, inclusive play practices are being adopted, incorporating mixed-gender teams or adaptive rules to ensure that the game is accessible to a broader range of participants.</p> <p>Practice Drills</p> <p>Innovative practice drills use interactive technology like virtual reality (VR) to simulate game scenarios, enhancing skill development through immersive experiences. Gamification techniques are employed by introducing game-like elements, such as competitive challenges or point systems, to make drills more engaging. Furthermore, personalized training utilizes data analytics to create customized skill improvement plans tailored to each player's specific strengths and weaknesses.</p> <p>Warm-Ups</p> <p>Dynamic warm-ups incorporate stretches, and mobility exercises that mimic game movements, preparing players more effectively for the physical demands of kickball. Wearable technology is used to monitor physical conditions, providing real-time feedback on metrics such as heart rate and muscle readiness. Interactive warm-up games combine physical benefits with fun activities, making the preparation process more enjoyable and engaging for players.</p> <p>Team Strategy Sessions</p> <p>Digital strategy tools allow teams to visualize and analyze game plans using software that creates play diagrams and reviews game footage in real-time. Simulation exercises employ technology to model various game scenarios, helping teams prepare for different situations. Additionally, collaborative platforms facilitate remote meetings and strategy discussions, enabling continuous refinement and adaptation of tactics.</p> <p>Team-Building Activities</p> <p>Virtual team-building activities are utilized to strengthen team cohesion, especially for members who cannot be physically present, through online challenges and exercises. Customized activities are designed specifically to address the unique needs and dynamics of the team, improving engagement and effectiveness. Skill-based challenges are incorporated into team-building exercises to enhance coordination and communication while building team spirit.</p> <p>Fundraising and Community Events</p> |

| | |
|--|---|
| | <p>Crowdfunding campaigns leverage online platforms to raise funds, broadening community support and engagement. Community partnerships involve collaborating with local businesses to create unique fundraising events and sponsorships, benefiting both the program and the partners. Interactive fundraisers such as charity kickball tournaments or virtual runs offer fun ways to support the program while involving the community.</p> <p>Skills Competitions</p> <p>Skill-based tournaments focus on specific abilities like accuracy or speed, featuring innovative formats and scoring systems. Technology integration includes tools like radar guns and digital scoreboards to measure performance metrics in real-time. Virtual competitions allow players from different locations to participate, expanding the reach and inclusivity of these events.</p> <p>Officiating and Scoring</p> <p>Automated scoring systems streamline the process and reduce errors, making game management more efficient. Instant replay technology is used to review controversial calls, ensuring accurate and fair officiating. Real-time analytics provide insights into game performance through digital platforms, aiding both teams and officials in making informed decisions.</p> <p>Post-Game Review</p> <p>Video analysis tools are used to review game footage in detail, offering teams the ability to assess performance and make data-driven adjustments. Feedback apps facilitate quick and efficient gathering of player and coach insights after games. Interactive reports with visualizations provide actionable insights, helping teams understand their performance and target areas for improvement.</p> |
| <p>Impact: <i>Describe the specific impact expected by the activities</i></p> | <p>Kickball Games</p> <p>Specific Impact: Kickball games are expected to foster a competitive and engaging environment that improves players' game skills and teamwork. Players develop a deeper understanding of game strategies, enhance their physical fitness, and experience the thrill of competition. The impact extends to community involvement, as games often draw spectators and create a sense of local pride and connection. Winning games and achieving high performance can boost team morale and individual confidence.</p> <p>Practice Drills</p> <p>Specific Impact: Practice drills are designed to significantly enhance individual and team skills. The expected impact includes improved kicking accuracy, running speed, and fielding abilities, which directly translate to better game performance. Players develop more refined techniques and gain a competitive edge through repetitive practice and skill refinement. Additionally, players build muscle memory and confidence, leading to more effective and efficient gameplay during actual matches.</p> <p>Warm-Ups</p> <p>Specific Impact: Warm-ups are crucial for injury prevention and optimal performance. The expected impact includes reduced risk of muscle strains and injuries, allowing players to participate safely and effectively. Proper warm-ups improve flexibility and muscle readiness, leading to enhanced physical performance during games. Players are expected to experience fewer injuries and recover more quickly from physical exertion, contributing to overall better health and game readiness.</p> <p>Team Strategy Sessions</p> |

| | |
|--------------------|---|
| | <p>Specific Impact: Team strategy sessions aim to improve game tactics and overall team coordination. The expected impact includes a more cohesive team approach, with players understanding their roles and strategies better. This leads to more effective game execution and adaptability to different opponents. Teams are likely to see enhanced performance in games due to better-prepared strategies and clearer communication, ultimately resulting in improved game outcomes and team success.</p> <p>Team-Building Activities</p> <p>Specific Impact: Team-building activities are expected to strengthen team relationships and boost overall morale. The impact includes improved team cohesion, better communication, and increased trust among players. These activities foster a supportive and positive team environment, leading to enhanced collaboration and a more enjoyable team experience. As a result, players are more motivated and engaged, which can translate into better performance and a more unified team effort.</p> <p>Fundraising and Community Events</p> <p>Specific Impact: Fundraising and community events are expected to generate necessary resources and enhance community support for the kickball program. The impact includes increased funding for program development, equipment, and facilities. Additionally, these events strengthen community engagement and visibility, fostering a positive image of the program. Successful events can attract new participants and volunteers, expanding the program's reach and impact within the community.</p> <p>Skills Competitions</p> <p>Specific Impact: Skills competitions are designed to showcase and enhance player abilities. The expected impact includes improved individual skills, such as kicking distance or fielding accuracy, through focused practice and competition. Players gain recognition for their talents, which can boost motivation and confidence. Competitions also provide opportunities for players to challenge themselves and measure their progress against others, contributing to personal and athletic growth.</p> <p>Officiating and Scoring</p> <p>Specific Impact: Effective officiating and scoring have a significant impact on the fairness and accuracy of the game. The expected impact includes improved game integrity and accuracy in game records. Automated and accurate scoring systems reduce errors and disputes, ensuring fair play. Instant replay and real-time analytics enhance decision-making and accountability, leading to a more transparent and trustworthy game environment.</p> <p>Post-Game Review</p> <p>Specific Impact: Post-game reviews are aimed at enhancing future performance through detailed analysis. The expected impact includes a better understanding of game performance, identifying strengths and areas for improvement. Teams and players receive actionable insights from video analysis and feedback, leading to targeted improvements and strategic adjustments. This continuous evaluation helps teams refine their tactics, address weaknesses, and enhance overall performance in future games.</p> |
| Evaluation: | <p>1. Set Evaluation Criteria: Begin by establishing specific criteria to assess the effectiveness of the kickball activities. These criteria might include player participation rates, teamwork and collaboration, adherence to rules and sportsmanship, skill improvement, and overall enjoyment. Clear criteria will guide the evaluation process and provide measurable outcomes.</p> |

| | |
|--|--|
| | <p>2. Gather Data During Activities: Collect data throughout the kickball sessions to capture both the quantitative and qualitative aspects of the game. This could include tracking the number of successful kicks, runs, defensive plays, and noting player interactions and communication. Observations, video recordings, and participant feedback forms can be useful tools for gathering data.</p> <p>3. Conduct Periodic Evaluations: Evaluate the kickball activities at regular intervals, such as after each game or at designated checkpoints during a series of games. These periodic evaluations help monitor progress, ensure the activities align with objectives, and identify any issues early on that may need addressing.</p> <p>4. Solicit Feedback from Participants: Engage participants in providing feedback on their experiences with kickball. This can be done through surveys, informal conversations, or group discussions. Feedback should cover their enjoyment of the game, perceived improvements in skills, team dynamics, and any challenges they encountered.</p> <p>5. Analyze the Results: Analyze the collected data and participant feedback to assess how well the kickball activities met the established criteria. Look for patterns or trends that indicate success, as well as areas where the activities might need adjustment. Compare results across different sessions to identify any consistent issues or improvements.</p> <p>6. Iterate and Improve: Use the analysis to make informed adjustments to the kickball activities. This might involve modifying the rules, changing team compositions, introducing new drills or exercises, or addressing specific challenges identified during the evaluations. The goal is to enhance the overall experience and effectiveness of the activities.</p> <p>7. Communicate Results: Share the evaluation findings with all stakeholders, including participants, coaches, and any supporting organizations. This communication should highlight successes, acknowledge areas for improvement, and outline the steps being taken to enhance future sessions. Transparent communication fosters trust and encourages continued participation and engagement.</p> |
| Bank of resources: <i>additional materials</i> | https://www.youtube.com/watch?v=9O-O0hZGsWM |
| Resources/references: <i>(if available)</i> | https://www.youtube.com/watch?v=vvukFoXudy4 |
| Photos: <i>(if available)</i> | https://kickballzone.com/basic-guide-how-to-play-kickball/ |

Healthy active lifestyle project, Annual plan

| | |
|--|---|
| Title of the module: | Frisbee Golf (Disc Golf) |
| Objectives: <i>General and Specific Objectives</i> | <p>1. Complete the Course with Fewest Throws The primary objective of disc golf is to navigate a course and complete each hole using the fewest number of throws. Players aim to get the disc into the target basket (the “hole”) in as few throws as possible. This mirrors the traditional golf goal of completing a course with the fewest strokes.</p> <p>2. Accurate Throwing Players strive to improve their accuracy in throwing the disc. This involves mastering various throwing techniques to navigate obstacles, control distance, and place the disc precisely where needed. Accurate throwing helps in minimizing the number of throws required to complete each hole.</p> <p>3. Strategic Play Effective strategic planning is crucial in disc golf. Players must assess the layout of the course, including obstacles and hazards, and choose appropriate throwing techniques and disc types to achieve the best possible result. Strategy involves planning throws to avoid hazards, optimize distance, and position the disc effectively for subsequent throws.</p> <p>4. Course Navigation Successfully navigating the course is essential. Disc golf courses often feature a variety of terrain and obstacles, such as trees, water hazards, and elevation changes. Players must adapt to these challenges and plan their throws to handle the course’s unique features.</p> <p>5. Skill Development Disc golf emphasizes the development of various skills, including different types of throws (e.g., backhand, forehand, putts), disc control, and distance management. Continuous skill improvement helps players perform better and achieve lower scores.</p> <p>6. Competitive Play In organized settings, players aim to perform well in competitive play. This includes participating in tournaments, leagues, and events, where players compete against others to achieve the best scores. Competitive play often involves tracking performance, setting personal and competitive goals, and striving to improve rankings.</p> <p>7. Enjoyment and Recreation Disc golf also focuses on enjoyment and recreation. Players aim to have fun while playing, whether they are competing or just casually enjoying the sport. The game provides an opportunity for outdoor exercise, social interaction, and relaxation.</p> <p>8. Sportsmanship and Etiquette Practicing good sportsmanship and etiquette is a key objective. This involves respecting fellow players, adhering to the rules, and maintaining a positive attitude, whether in casual play or competition. Good sportsmanship contributes to a respectful and enjoyable game environment.</p> <p>9. Course Design and Maintenance</p> |

| | |
|--|---|
| | <p>For those involved in organizing and maintaining courses, objectives include creating and maintaining challenging and enjoyable course layouts. This involves designing courses that are fair, varied, and engaging for players of all skill levels.</p> <p>10. Community Engagement Promoting and growing the sport through community engagement is another objective. This involves organizing events, clinics, and outreach programs to introduce new players to disc golf and build a strong, supportive community around the sport.</p> |
| <p>Stakeholders of the project: <i>People and entities contributing or contributed to the implementation of the project/programme</i></p> | <p>1. Course Designers and Builders Course designers and builders are responsible for creating and setting up disc golf courses. They design layouts that incorporate natural terrain, obstacles, and strategic elements to challenge players. Their work ensures that courses are both functional and enjoyable, often involving the placement of baskets, tees, and signage.</p> <p>2. Disc Golf Associations and Organizations Disc golf associations and organizations, such as the Professional Disc Golf Association (PDGA) and regional or local disc golf clubs, play a critical role in governing the sport. They set rules, organize tournaments, and promote the sport through various initiatives. They also provide resources, support, and guidance for players and course designers.</p> <p>3. Tournament Directors Tournament directors organize and manage disc golf tournaments and events. They handle logistics such as scheduling, registration, and coordination of the event. Their work ensures that competitions run smoothly and that players have a positive experience.</p> <p>4. Sponsors and Partners Sponsors and partners provide financial support and resources for disc golf events, courses, and development projects. This support can come from companies specializing in disc golf equipment, local businesses, or larger corporate sponsors. Their contributions help fund events, improve course infrastructure, and promote the sport.</p> <p>5. Local Government and Parks Departments Local government and parks departments often collaborate on the development and maintenance of disc golf courses. They may provide land, permit approvals, and support for course construction and upkeep. Their involvement ensures that disc golf courses are integrated into public recreational areas.</p> <p>6. Players and Volunteers Players and volunteers are essential for the growth and success of disc golf. Players, ranging from casual enthusiasts to competitive athletes, contribute by participating in events and promoting the sport. Volunteers assist with course maintenance, event setup, and other community activities, helping to foster a supportive disc golf community.</p> <p>7. Disc Golf Manufacturers and Retailers Disc golf manufacturers and retailers produce and sell disc golf equipment, including discs, baskets, and accessories. Their innovations and products are vital for the sport, providing players with the tools they need to play effectively. Retailers also help by making equipment accessible to new and existing players.</p> <p>8. Media and Public Relations</p> |

| | |
|--|---|
| | <p>Media and public relations professionals help raise awareness of disc golf through coverage in newspapers, magazines, online platforms, and social media. They play a role in promoting events, sharing player stories, and increasing the sport's visibility to a broader audience.</p> <p>9. Educational Institutions and Programs Educational institutions and programs may introduce disc golf as part of their physical education curriculum or extracurricular activities. They contribute by educating students about the sport and providing opportunities for young players to learn and compete.</p> <p>10. Community Organizations and Nonprofits Community organizations and nonprofits may work to introduce disc golf to underserved areas or support its growth through community engagement. They often help with organizing local events, fundraising, and providing resources to expand the sport's reach.</p> <p>11. Course Maintenance Crews Course maintenance crews, including both professional landscapers and dedicated volunteers, are responsible for the ongoing upkeep of disc golf courses. Their work includes clearing debris, maintaining baskets and tees, and ensuring that the course remains in good condition for players.</p> |
| <p>Beneficiaries: <i>Which target group was involved</i></p> | <p>1. Disc Golf Enthusiasts and Players Disc golf enthusiasts and players, from casual participants to competitive athletes, are directly involved in the sport. They actively engage in playing, practicing, and competing in disc golf events. Their participation helps drive the demand for new courses, events, and improvements in the sport.</p> <p>2. Course Designers and Builders Professional course designers and builders focus on creating and setting up disc golf courses. They work with various stakeholders to ensure the course is well-designed, challenging, and enjoyable for players. This group includes landscape architects, civil engineers, and experienced disc golfers who contribute their expertise to course development.</p> <p>3. Tournament Organizers and Directors Tournament organizers and directors are responsible for planning and executing disc golf tournaments and events. They handle logistical aspects such as scheduling, registration, and event management. This group includes both volunteers and professionals who ensure that competitions run smoothly and meet the needs of participants.</p> <p>4. Disc Golf Associations and Governing Bodies Organizations like the Professional Disc Golf Association (PDGA) and regional disc golf clubs are involved in governing the sport. They set rules, promote events, and provide resources and support for players and course designers. These bodies play a critical role in maintaining the standards and growth of disc golf.</p> <p>5. Local Governments and Parks Departments Local government agencies and parks departments are key players in the development and maintenance of disc golf courses. They provide land, approve permits, and support infrastructure projects. Their involvement ensures that disc golf courses are integrated into public recreational areas and maintained properly.</p> <p>6. Sponsors and Partners Sponsors and corporate partners provide financial support and resources for disc golf events and initiatives. This target group includes companies that manufacture disc golf equipment, local businesses, and larger corporations</p> |

| | |
|--|--|
| | <p>that invest in the sport. Their support helps fund tournaments, course development, and promotional activities.</p> <p>7. Media and Public Relations Professionals Media and public relations professionals work to increase the visibility of disc golf through various channels. This group includes journalists, social media influencers, and marketing experts who promote the sport, cover events, and share stories about players and achievements.</p> <p>8. Educational Institutions and Students Educational institutions, including schools and universities, may introduce disc golf as part of their physical education programs or extracurricular activities. Students and educators involved in these programs help grow the sport by introducing it to young people and fostering new talent.</p> <p>9. Volunteers and Community Members Volunteers and community members are crucial for the day-to-day operations and support of disc golf activities. They assist with course maintenance, event setup, and community outreach. Their involvement helps build and sustain local disc golf communities and events.</p> <p>10. Disc Golf Equipment Manufacturers and Retailers Manufacturers and retailers of disc golf equipment, such as discs, baskets, and accessories, cater to the needs of players and course designers. They contribute by providing high-quality products and innovations that enhance the playing experience.</p> <p>11. Community Organizations and Nonprofits Community organizations and nonprofits often work to promote disc golf in underserved areas or support its growth through outreach programs. They help by organizing local events, fundraising, and providing resources to make the sport more accessible to a broader audience.</p> |
| <p>Content: <i>Describe the contents of the modules</i></p> | <p>Throwing Techniques Mastering throwing techniques is crucial in disc golf. Players need to be proficient in different types of throws, including the backhand, forehand (sidearm), and overhand (thumber or tomahawk) throws. Each technique requires specific motions and grips to achieve the desired distance and accuracy, making versatility in throwing methods essential for navigating various course challenges.</p> <p>Disc Control Disc control involves managing how the disc flies through the air. This skill includes mastering the grip, release timing, and angle of release to influence the disc's trajectory. Effective disc control allows players to navigate obstacles and execute precise shots, significantly impacting their overall performance on the course.</p> <p>Distance Management Distance management is about controlling the power and technique of each throw to cover the right amount of distance. Players need to gauge how much force to apply based on the type of throw and the distance to the target. Understanding the disc's flight characteristics helps in making accurate throws, whether it's a long drive or a short approach shot.</p> <p>Accuracy Accuracy is essential for placing the disc in the intended spot. This skill involves precise targeting and consistent execution of throws. Being accurate helps players land the disc close to the basket or landing area, which is crucial for achieving lower scores and managing challenging holes.</p> <p>Course Management and Strategy</p> |

| | |
|--|--|
| | <p>Course management and strategy require players to plan their shots based on the course layout and conditions. This includes selecting the best type of throw for each hole, assessing obstacles, and making strategic decisions to avoid penalties. Effective course management helps players optimize their performance and score.</p> <p>Putting</p> <p>Putting is a specialized skill focused on short-range throws aimed at getting the disc into the basket. It involves developing a stable stance, proper form, and a reliable routine. Consistent and accurate putting is vital for completing holes and scoring well during a round.</p> <p>Reading the Course and Conditions</p> <p>Reading the course and conditions involves evaluating the layout and environmental factors. Players must understand terrain features, such as obstacles and elevation changes, and adapt their throws based on wind and weather conditions. This skill helps in making informed decisions and adjusting strategies during play.</p> <p>Mental Toughness and Focus</p> <p>Mental toughness and focus are key for maintaining performance under pressure. This skill includes managing stress, staying composed during critical moments, and concentrating on each shot. Mental resilience helps players handle the challenges of the game and maintain their performance throughout a round.</p> <p>Physical Fitness</p> <p>Physical fitness supports overall disc golf performance. Players benefit from strength and flexibility to execute powerful and controlled throws, as well as endurance to sustain their game through long rounds. A good level of fitness contributes to better performance and reduced risk of injury.</p> <p>Course Maintenance Skills</p> <p>For those involved in course upkeep, course maintenance skills are important. This includes landscaping tasks such as managing vegetation and clearing debris, as well as repairing damaged course equipment like baskets and tees. Effective maintenance ensures that the course remains playable and enjoyable for all players.</p> |
| <p>Activities: <i>Describe the activities of the module</i></p> | <p>1. Course Play</p> <p>Course play involves navigating through a disc golf course from hole to hole, aiming to complete each hole with the fewest number of throws. Players start at the tee pad and throw their disc towards a basket, located at the end of each hole. The goal is to get the disc into the basket with as few throws as possible, managing obstacles and terrain variations along the way.</p> <p>2. Practice Drills</p> <p>Practice drills focus on improving specific disc golf skills. These drills might include exercises to enhance throwing techniques, such as backhand and forehand throws, or drills to improve putting accuracy. Practice sessions also often include distance control drills to help players develop a better understanding of how much power to apply for different throws.</p> <p>3. Putting Practice</p> <p>Putting practice is dedicated to honing the short-range throws aimed at getting the disc into the basket from close distances. This activity typically involves setting up a series of putts from various distances and angles, focusing on consistency, form, and accuracy. Players work on developing a reliable putting routine and improving their confidence under pressure.</p> <p>4. Throwing Technique Workshops</p> |

| | |
|--|--|
| | <p>Throwing technique workshops are designed to teach and refine various throwing styles and techniques. These workshops cover different types of throws, including backhand, forehand, and overhand, and provide instruction on grip, stance, and release. Participants receive hands-on coaching and feedback to improve their throwing mechanics and overall performance.</p> <p>5. Course Design and Maintenance Course design and maintenance activities involve the planning, building, and upkeep of disc golf courses. This includes designing course layouts, installing baskets and tees, and performing regular maintenance to keep the course in good condition. Maintenance tasks may include clearing debris, managing vegetation, and repairing any damaged equipment.</p> <p>6. Tournaments and Competitions Tournaments and competitions are organized events where players compete against each other in disc golf. These events are structured with scheduled rounds, scorekeeping, and often feature different divisions based on skill levels. Tournaments provide opportunities for players to test their skills, gain recognition, and engage with the broader disc golf community.</p> <p>7. Community Engagement Events Community engagement events aim to introduce new players to disc golf and promote the sport within the local community. Activities might include introductory clinics, demonstrations, and casual play events. These events are designed to be welcoming and informative, helping to build interest and participation in disc golf.</p> <p>8. Fundraising and Promotional Activities Fundraising and promotional activities support the growth and development of disc golf programs and courses. These activities might include organizing charity events, selling merchandise, or seeking sponsorships. The goal is to generate funds and raise awareness about the sport, enabling improvements and expansion.</p> <p>9. Educational Clinics and Seminars Educational clinics and seminars offer in-depth instruction on various aspects of disc golf. These sessions might cover topics such as advanced throwing techniques, mental strategies for competitive play, or rules and etiquette. Participants gain valuable insights and knowledge to enhance their understanding and performance in the sport.</p> <p>10. Social Play and Casual Rounds Social play and casual rounds involve playing disc golf in a relaxed and informal setting. These activities often include friendly games among friends or family, where the focus is on enjoyment and social interaction rather than competition. Social play provides an opportunity to practice skills in a low-pressure environment and foster a love for the game.</p> |
| <p>Results: <i>Describe the expected results from the activities</i></p> | <p>1. Course Play Expected Result: Players are expected to develop a deeper understanding of course management and improve their overall game strategy. Successful completion of a course with fewer throws enhances players' skills in shot selection, accuracy, and navigating obstacles. It also contributes to a greater appreciation of the sport and its challenges.</p> <p>2. Practice Drills Expected Result: Practice drills are designed to enhance specific disc golf skills, leading to improved throwing techniques, distance control, and consistency. Players should see measurable progress in their ability to execute precise throws and better overall performance during actual rounds of play.</p> |

| | |
|---|--|
| | <p>3. Putting Practice Expected Result: Through focused putting practice, players are expected to increase their accuracy and confidence in making putts from various distances. Improved putting skills result in more successful completion of holes and a reduction in the number of throws required to finish each round, directly impacting overall scores.</p> <p>4. Throwing Technique Workshops Expected Result: Participants in throwing technique workshops are anticipated to gain a better understanding of different throwing styles and improve their mechanics. The workshops should lead to enhanced throwing power, accuracy, and consistency, contributing to improved performance on the course.</p> <p>5. Course Design and Maintenance Expected Result: Effective course design and maintenance result in well-constructed, challenging, and enjoyable disc golf courses. Players benefit from well-maintained courses that offer a fair and engaging playing experience. Additionally, well-designed courses attract more players and contribute to the sport's growth.</p> <p>6. Tournaments and Competitions Expected Result: Tournaments and competitions are expected to foster a competitive environment that encourages skill development and community engagement. Players gain experience and recognition through competition, and events help to elevate the profile of disc golf, drawing attention from both local and broader audiences.</p> <p>7. Community Engagement Events Expected Result: Community engagement events are designed to introduce new players to disc golf and increase participation in the sport. The expected outcome is a growing number of new players who are inspired to take up disc golf, as well as strengthened community support for the sport.</p> <p>8. Fundraising and Promotional Activities Expected Result: Fundraising and promotional activities are aimed at generating resources and increasing visibility for disc golf programs and courses. Successful activities result in additional funding for course improvements, event support, and expanded outreach efforts, as well as heightened awareness and interest in the sport.</p> <p>9. Educational Clinics and Seminars Expected Result: Educational clinics and seminars are expected to provide players with valuable knowledge and skills to enhance their game. Participants should gain a deeper understanding of advanced techniques, strategies, and the rules of the sport, leading to improved performance and strategic thinking during play.</p> <p>10. Social Play and Casual Rounds Expected Result: Social play and casual rounds are anticipated to promote enjoyment and engagement with the sport in a relaxed setting. The expected outcome is increased participation and enjoyment among players, fostering a positive community atmosphere and encouraging continued involvement in disc golf.</p> |
| <p>Innovation: <i>Describe the innovative aspects of the activities</i></p> | <p>1. Course Play Innovative Aspect: Modern disc golf courses often incorporate unique design elements such as elevated baskets, multi-tee setups, and varied terrain challenges. This innovative course design keeps the game fresh and engaging by introducing new obstacles and strategic elements, enhancing the overall playing experience and skill development.</p> |

2. Practice Drills

Innovative Aspect: Advanced practice drills now utilize technology such as disc golf simulators and video analysis tools. These innovations allow players to track their throws, analyze their form in detail, and receive real-time feedback, significantly improving the efficiency and effectiveness of practice sessions.

3. Putting Practice

Innovative Aspect: The use of putting aids such as adjustable target baskets, electronic scoring systems, and interactive putting stations represents innovation in putting practice. These tools help players simulate game conditions, set specific goals, and monitor progress, leading to more focused and productive practice.

4. Throwing Technique Workshops

Innovative Aspect: Throwing technique workshops increasingly incorporate video analysis and motion capture technology to provide detailed feedback on players' throwing mechanics. This allows for precise adjustments and personalized coaching, helping players refine their techniques more effectively than traditional methods.

5. Course Design and Maintenance

Innovative Aspect: Innovations in course design include the use of 3D modeling and GIS (Geographic Information Systems) technology to plan and map courses. These tools help designers create more complex and enjoyable courses while optimizing maintenance routines with data-driven insights to improve course longevity and playability.

6. Tournaments and Competitions

Innovative Aspect: Disc golf tournaments and competitions have adopted advanced scoring systems and live streaming technology. Real-time scoring apps and online coverage allow spectators to follow events closely, and players benefit from up-to-date statistics and analysis, enhancing the overall competitive experience.

7. Community Engagement Events

Innovative Aspect: Community engagement events often feature interactive clinics, mobile disc golf setups, and virtual reality experiences to introduce new players to the sport. These innovative approaches make the sport more accessible and engaging, encouraging broader participation and community involvement.

8. Fundraising and Promotional Activities

Innovative Aspect: Fundraising and promotional activities now leverage crowdfunding platforms, social media campaigns, and digital marketing strategies. These modern approaches enhance outreach and engagement, making it easier to gather support, promote events, and raise funds for disc golf initiatives.

9. Educational Clinics and Seminars

Innovative Aspect: Educational clinics and seminars increasingly use online platforms and interactive webinars to reach a wider audience. The integration of virtual learning tools, such as instructional videos and live Q&A sessions, provides players with flexible and accessible learning opportunities, enhancing their skills and knowledge.

10. Social Play and Casual Rounds

Innovative Aspect: Social play has been enhanced through the development of app-based game management tools and social platforms that connect players. These innovations facilitate organizing casual rounds, tracking scores, and engaging with the disc golf community, making it easier for players to stay connected and involved in the sport.

| | |
|--|---|
| <p>Impact: <i>Describe the specific impact expected by the activities</i></p> | <p>1. Course Play Specific Impact: Course play enhances players' skills and strategic thinking as they navigate various challenges on the course. It fosters a deeper understanding of game dynamics and encourages skill improvement. For the sport, well-designed courses attract more players and contribute to the growth of the disc golf community.</p> <p>2. Practice Drills Specific Impact: Practice drills lead to significant improvements in individual performance by targeting specific skills. Players can expect enhanced throwing accuracy, better distance control, and more consistent results during actual rounds. The development of these skills contributes to overall better performance and a more enjoyable playing experience.</p> <p>3. Putting Practice Specific Impact: Regular putting practice results in increased accuracy and confidence on the greens. Players experience improved scoring ability by reducing the number of missed putts, leading to lower overall scores and better tournament results. This also boosts player satisfaction and retention in the sport.</p> <p>4. Throwing Technique Workshops Specific Impact: Throwing technique workshops provide players with advanced knowledge and techniques to refine their throws. Participants can expect enhanced throw mechanics, greater distance, and improved shot accuracy. This leads to more effective play on the course and a deeper appreciation for technical aspects of the game.</p> <p>5. Course Design and Maintenance Specific Impact: Effective course design and maintenance result in high-quality, challenging, and enjoyable courses. Players benefit from a better playing experience with well-maintained facilities, while the sport benefits from increased player engagement and the attraction of new players. High-quality courses also support local disc golf communities and events.</p> <p>6. Tournaments and Competitions Specific Impact: Tournaments and competitions provide players with opportunities to test their skills, gain recognition, and engage with the broader disc golf community. These events stimulate local interest, increase participation, and elevate the profile of the sport. They also foster competitive spirit and camaraderie among players.</p> <p>7. Community Engagement Events Specific Impact: Community engagement events introduce new players to disc golf and stimulate interest in the sport. The expected outcome is a larger, more diverse player base and increased community support. These events also help in building local disc golf networks and promoting the sport's benefits to new audiences.</p> <p>8. Fundraising and Promotional Activities Specific Impact: Fundraising and promotional activities generate essential resources for disc golf programs and courses. Successful campaigns lead to improved facilities, more organized events, and expanded outreach efforts. Increased visibility and financial support help drive the sport's growth and sustainability.</p> <p>9. Educational Clinics and Seminars Specific Impact: Educational clinics and seminars provide players with valuable knowledge and skills, leading to improved performance and strategic understanding of the game. Participants gain insights into advanced techniques and strategies, which contribute to their growth as players and enhance the overall level of play.</p> |
|--|---|

| | |
|---------------------------|--|
| | <p>10. Social Play and Casual Rounds</p> <p>Specific Impact: Social play and casual rounds promote enjoyment and participation in disc golf in a relaxed setting. This fosters a welcoming atmosphere for new and existing players, encourages ongoing involvement in the sport, and strengthens community bonds. Social play also helps to build a supportive and engaging disc golf community.</p> |
| Evaluation: | <p>1. Set Evaluation Criteria</p> <p>Set evaluation criteria involves defining specific metrics to measure the success of disc golf activities. This includes criteria such as skill improvement, participant engagement, course quality, event success, and community impact. Establishing these criteria provides a clear framework for assessing the effectiveness of each activity and setting goals for future improvements.</p> <p>2. Gather Data During Activities</p> <p>Gather data during activities means collecting relevant information through observations, records, and technology. This involves tracking player performance, attendance, and other metrics in real time. By systematically capturing data, you can ensure a comprehensive understanding of how well the activities are functioning and where adjustments might be needed.</p> <p>3. Conduct Periodic Evaluations</p> <p>Conduct periodic evaluations involves reviewing collected data at regular intervals, such as mid-season, post-event, or annually. This ongoing assessment helps identify trends and areas needing improvement. Regular evaluations ensure that any issues are addressed promptly and that the program remains on track to meet its goals.</p> <p>4. Solicit Feedback from Participants</p> <p>Solicit feedback from participants involves actively seeking input from those involved through surveys, interviews, and feedback forms. Gathering opinions and suggestions from players, volunteers, and spectators provides valuable insights into their experiences and helps identify areas for improvement. This feedback is crucial for making informed adjustments to enhance future activities.</p> <p>5. Analyze the Results</p> <p>Analyze the results involves interpreting the data and feedback to understand the effectiveness of the activities. By using statistical methods and reviewing qualitative feedback, you can identify strengths, weaknesses, and overall performance against the set criteria. This analysis is key to understanding how well the activities are meeting their objectives.</p> <p>6. Iterate and Improve</p> <p>Iterate and improve means making adjustments based on the evaluation findings to enhance future activities. Developing action plans and implementing changes ensures that issues are addressed and improvements are made. Monitoring the impact of these changes helps ensure that they lead to the desired outcomes and continuous enhancement of the activities.</p> <p>7. Communicate Results</p> <p>Communicate results involves sharing the evaluation findings with stakeholders and participants. Preparing reports, delivering presentations, and providing regular updates help inform everyone involved about the successes, challenges, and planned improvements. Effective communication fosters transparency and keeps all parties engaged and informed about the progress and impact of the activities.</p> |
| Bank of resources: | <p>https://www.youtube.com/watch?v=T7Buk1Hn8jM</p> |

| | |
|---|---|
| <i>additional materials</i> | |
| Resources/references: <i>(if available)</i> | https://www.youtube.com/watch?v=RgVGkgnBxuM&list=PLseaHGCza-oxugbwZYPG7Rc3OeWosAkJS |
| Photos: <i>(if available)</i> | https://www.dgpt.com/news/a-beginners-guide-to-disc-golf-terminology/ |

Healthy active lifestyle project, Annual plan

| | |
|--|---|
| Title of the module: | Orienteering |
| Objectives: <i>General and Specific Objectives</i> | <p>1. Develop Navigation Skills To enhance participants' ability to navigate using a map and compass. Orienteering challenges individuals to interpret detailed topographic maps, use a compass to determine directions, and make quick decisions based on terrain features and landmarks.</p> <p>2. Improve Physical Fitness To promote physical health and endurance through the sport. Orienteering involves various levels of physical exertion, from light jogging to intense running, which helps improve cardiovascular fitness, strength, and agility.</p> <p>3. Enhance Problem-Solving Abilities To foster critical thinking and problem-solving skills. Participants must plan their routes efficiently, make strategic decisions under time pressure, and adapt their plans based on changing conditions or unexpected obstacles.</p> <p>4. Encourage Outdoor Exploration To inspire a connection with nature and encourage outdoor activity. Orienteering takes place in diverse natural environments, allowing participants to explore forests, parks, and rural areas, promoting an appreciation for the outdoors.</p> <p>5. Build Teamwork and Communication To strengthen teamwork and communication skills in team orienteering events. Teams must collaborate, share information, and make joint decisions to successfully navigate and complete the course, enhancing group dynamics and cooperation.</p> <p>6. Promote Personal Achievement To provide a sense of accomplishment and personal growth. Orienteering challenges individuals to set and achieve personal goals, overcome difficulties, and improve their skills, contributing to a sense of achievement and self-confidence.</p> <p>7. Increase Spatial Awareness To improve spatial awareness and orientation. Participants develop a better understanding of their position relative to their surroundings, which helps with navigation and enhances spatial reasoning abilities.</p> <p>8. Foster Competitive Spirit To cultivate a competitive spirit and drive for improvement. Orienteering events often include competitive elements where participants can compare their performance with others, setting personal and competitive goals to strive for excellence.</p> <p>9. Support Environmental Awareness To promote environmental stewardship and awareness. Orienteering encourages participants to respect natural landscapes and follow guidelines for minimizing environmental impact, fostering a sense of responsibility towards nature.</p> <p>10. Facilitate Social Interaction</p> |

| | |
|---|---|
| | <p>To encourage social interaction and community building. Orienteering events often bring together people from various backgrounds, providing opportunities for socializing, networking, and forming new friendships within the orienteering community.</p> |
| <p>Stakeholders of the project: <i>People and entities contributing or contributed to the implementation of the project/programme</i></p> | <p>1. Event Organizers Event organizers are responsible for the overall planning, execution, and management of orienteering events. They handle logistics such as course design, registration, and scheduling. Their role ensures that the event runs smoothly and meets the objectives set for the participants.</p> <p>2. Course Planners and Designers Course planners and designers create and map out the orienteering courses. They use topographic maps and terrain knowledge to design routes that challenge participants while ensuring safety. Their work includes setting control points and ensuring the course is well-marked and navigable.</p> <p>3. Volunteers Volunteers play a crucial role in supporting orienteering events. They assist with various tasks such as setting up control points, managing registration desks, providing assistance at checkpoints, and helping with event cleanup. Their contributions are vital for the smooth operation of the event.</p> <p>4. Mapmakers Mapmakers are responsible for creating accurate and detailed maps used in orienteering. They use specialized mapping techniques to produce high-quality maps that reflect the terrain and features of the orienteering area. Their work ensures that participants have reliable navigation aids.</p> <p>5. Event Sponsors Event sponsors provide financial support, equipment, and resources for orienteering events. They may include local businesses, sports brands, and community organizations. Sponsors help cover costs associated with organizing and promoting events, contributing to their success.</p> <p>6. Local Authorities Local authorities include city or municipal departments that may be involved in approving permits, ensuring safety regulations, and providing access to public lands. Their cooperation is essential for the legal and operational aspects of hosting orienteering events in various locations.</p> <p>7. Coaches and Trainers Coaches and trainers offer instruction and guidance to participants, helping them improve their orienteering skills. They conduct training sessions, workshops, and clinics that cover navigation techniques, map reading, and physical conditioning, contributing to skill development.</p> <p>8. Participants Participants are the individuals who take part in orienteering events. Their involvement drives the success of the events and provides feedback for future improvements. Participants include recreational orienteers, competitive athletes, and newcomers to the sport.</p> <p>9. Community Groups Community groups such as local outdoor clubs or schools may collaborate in organizing orienteering events. They provide local knowledge, volunteer support, and help in promoting orienteering within the community. Their involvement strengthens community engagement and support for the sport.</p> <p>10. Media and Public Relations Teams Media and public relations teams help promote orienteering events through various channels such as social media, local newspapers, and</p> |

| | |
|---|---|
| | community bulletins. They raise awareness, attract participants, and increase the visibility of orienteering activities, contributing to the sport's growth. |
| Beneficiaries: <i>Which target group was involved</i> | <p>1. Competitive Orienteers This group consists of individuals who participate in orienteering as a competitive sport. They often include experienced athletes who are focused on improving their performance, participating in local, regional, or national competitions, and achieving high rankings.</p> <p>2. Recreational Orienteers Recreational orienteers engage in the sport primarily for leisure and personal enjoyment. They might participate in casual events or practice sessions, seeking a fun outdoor activity that combines physical exercise with navigation skills.</p> <p>3. Beginners and Newcomers Beginners and newcomers to orienteering are individuals who are new to the sport and are looking to learn the basics of navigation, map reading, and course strategy. They are typically targeted through introductory clinics, workshops, and beginner-friendly events.</p> <p>4. Schools and Educational Institutions Schools and educational institutions often integrate orienteering into their physical education programs or extracurricular activities. This group includes students who participate in orienteering as part of their curriculum, learning about navigation and teamwork in an outdoor setting.</p> <p>5. Families and Youth Groups Families and youth groups participate in orienteering as a group activity that promotes outdoor fun and family bonding. Events designed for this group typically feature easier courses and family-oriented challenges that encourage participation from all age groups.</p> <p>6. Outdoor Enthusiasts Outdoor enthusiasts who enjoy various outdoor activities such as hiking, trail running, and camping may be drawn to orienteering as an extension of their interests. This group values the opportunity to combine navigation skills with their love for nature.</p> <p>7. Community and Volunteer Groups Community and volunteer groups, including local clubs and organizations, are involved in supporting and organizing orienteering events. They contribute through volunteer work, course setup, and community outreach, helping to promote and sustain the sport.</p> <p>8. Fitness and Wellness Enthusiasts Individuals focused on fitness and wellness may be attracted to orienteering to combine physical exercise with mental challenges. This group values the sport for its health benefits and the opportunity to engage in a physically demanding activity in a natural setting.</p> <p>9. Corporate Teams and Organizations Corporate teams and organizations may use orienteering events for team-building exercises, corporate retreats, or employee wellness programs. These events often focus on fostering teamwork, problem-solving skills, and improving employee morale.</p> <p>10. Environmental and Conservation Groups Environmental and conservation groups are involved in orienteering to promote environmental awareness and encourage responsible use of natural spaces. These groups may collaborate on events that emphasize conservation efforts and respect for nature.</p> |

| | |
|--|--|
| <p>Content: <i>Describe the contents of the modules</i></p> | <p>1. Map Reading Map reading is fundamental in orienteering. It involves interpreting topographic maps, understanding symbols and contour lines, and translating map information into real-world navigation. Proficiency in map reading allows participants to determine their location and plan their route effectively.</p> <p>2. Compass Navigation Compass navigation involves using a compass to determine direction and orient the map. Competitors must be able to take accurate bearings, follow a course direction, and adjust their route based on compass readings. This skill is crucial for staying on track and making course corrections.</p> <p>3. Route Planning Route planning involves strategizing the most efficient path from one control point to the next. This requires assessing the terrain, choosing between different route options, and making decisions based on factors such as distance, elevation, and obstacles.</p> <p>4. Spatial Awareness Spatial awareness is the ability to understand and remember the layout of the terrain and one's position within it. This skill helps orienteers navigate through various landscapes, maintain orientation, and avoid getting lost by visualizing the relationship between map features and the environment.</p> <p>5. Decision-Making Decision-making involves making quick, informed choices based on map information, compass readings, and environmental conditions. Orienteers must assess the best routes, adapt to changing circumstances, and solve navigation problems in real-time.</p> <p>6. Physical Fitness Physical fitness is essential for orienteering, as the sport often involves running, climbing, and traversing challenging terrain. Good cardiovascular endurance, strength, and agility contribute to a participant's ability to move efficiently and complete courses within competitive time limits.</p> <p>7. Time Management Time management skills help participants pace themselves and manage their time effectively during a course. Orienteers must balance speed with accuracy, ensuring they maintain a fast pace while avoiding errors that could cost time.</p> <p>8. Concentration and Focus Concentration and focus are critical for maintaining accurate navigation and avoiding mistakes. Orienteers need to stay attentive to their map, compass, and surroundings, keeping their focus on the task despite physical exertion and environmental distractions.</p> <p>9. Adaptability Adaptability involves adjusting strategies and navigation plans based on real-time conditions such as weather changes, unexpected obstacles, or inaccuracies in the map. Flexibility allows orienteers to overcome challenges and stay on course.</p> <p>10. Problem-Solving Problem-solving skills are used to address navigational challenges, such as interpreting unclear map features or finding alternative routes when the planned path is obstructed. Effective problem-solving helps orienteers resolve issues quickly and continue progressing through the course.</p> |
| <p>Activities:</p> | <p>1. Course Navigation</p> |

Describe the activities of the module

Course navigation is the primary activity in orienteering, where participants use a map and compass to navigate through a series of checkpoints or control points. The goal is to find and visit these points in the correct order and as quickly as possible. This activity requires a combination of map reading, compass use, and route planning skills.

2. Map Reading

Map reading involves interpreting detailed topographic maps that show terrain features, such as hills, rivers, and paths. Participants need to understand map symbols, contour lines, and scale to accurately determine their location and plan their route. This skill is critical for effective navigation and successful completion of the course.

3. Compass Use

Using a compass is essential for determining direction and orienting the map. Participants take bearings to find their way and ensure they are moving in the right direction. Compass use includes aligning the map with the terrain, setting course directions, and adjusting navigation based on compass readings.

4. Route Planning

Route planning involves strategizing the most efficient path between control points. Participants analyze the terrain, consider various route options, and make decisions on the best route based on factors like distance, terrain difficulty, and potential obstacles. Effective route planning helps in minimizing travel time and energy expenditure.

5. Control Point Finding

Finding control points is a key activity where participants search for specific markers or flags placed at designated locations on the course. Control points are often identified by unique codes or symbols that participants must record or validate to complete their course. This activity tests both navigation accuracy and attention to detail.

6. Physical Endurance

Physical endurance is an integral part of orienteering, as the activity often involves running or walking over diverse and challenging terrain. Participants need to maintain stamina and strength to navigate effectively and complete the course within the allotted time, especially in competitive events.

7. Time Management

Time management is crucial for orienteering, particularly in competitive events. Participants must balance speed with accuracy, ensuring they navigate efficiently while avoiding errors that could lead to time penalties or longer course completion times. Effective time management helps in optimizing performance and achieving better results.

8. Technical Skills Practice

Technical skills practice includes drills and exercises designed to improve specific orienteering skills, such as map reading, compass use, and route planning. These practices help participants refine their techniques, enhance their navigation abilities, and become more proficient in orienteering.

9. Event Preparation

Event preparation involves organizing and setting up orienteering courses for competitions or practice sessions. This activity includes tasks such as designing the course, placing control points, and ensuring that all necessary equipment and materials are in place. Proper preparation is essential for a successful orienteering event.

10. Post-Event Review

| | |
|--|---|
| | <p>Post-event review involves analyzing the performance and outcomes of an orienteering event. This includes reviewing participants' times, routes taken, and any issues encountered. The review process helps in assessing the success of the event, identifying areas for improvement, and planning future activities.</p> |
| <p>Results: <i>Describe the expected results from the activities</i></p> | <p>1. Course Navigation Participants will develop improved navigation skills and a deeper understanding of map and compass use. Successful completion of the course will indicate proficiency in locating control points and efficiently traversing various terrains. In competitive events, it will also show participants' speed and accuracy in navigation.</p> <p>2. Map Reading Participants will gain enhanced map interpretation skills, allowing them to read and understand topographic maps with greater accuracy. They will be able to identify key terrain features and symbols, which will improve their overall navigation and route planning abilities.</p> <p>3. Compass Use Effective use of a compass will result in better directional accuracy and orientation. Participants will be able to take precise bearings, align their map with the terrain, and adjust their navigation based on compass readings, leading to more accurate and efficient route choices.</p> <p>4. Route Planning Improved route planning will lead to more efficient and strategic navigation, minimizing time and energy spent on the course. Participants will develop the ability to evaluate different route options, avoid obstacles, and select the best path based on terrain and distance.</p> <p>5. Control Point Finding Successfully finding control points will demonstrate participants' ability to navigate accurately and identify specific markers or flags. This will indicate attention to detail and effective use of navigation skills to complete the course as intended.</p> <p>6. Physical Endurance Enhanced physical endurance will result in improved performance during orienteering events, with participants able to navigate challenging terrain more effectively. Increased stamina and strength will support longer and more demanding courses, leading to better overall results.</p> <p>7. Time Management Effective time management will lead to optimized performance, with participants balancing speed and accuracy. In competitive settings, this will result in faster completion times and potentially higher rankings. Good time management will also contribute to better planning and execution during the course.</p> <p>8. Technical Skills Practice Regular technical skills practice will lead to improved proficiency in map reading, compass use, and route planning. Participants will become more adept at applying these skills in real-world scenarios, enhancing their overall orienteering performance.</p> <p>9. Event Preparation Proper event preparation will result in a well-organized and smoothly run orienteering event. This includes a clearly marked course, functional control points, and effective logistics, ensuring a positive experience for all participants and a successful event.</p> <p>10. Post-Event Review</p> |

| | |
|--|--|
| | <p>The post-event review will provide valuable insights into participants' performance, course design, and event execution. This will help identify areas for improvement, inform future event planning, and contribute to the continuous development of orienteering activities.</p> |
| <p>Innovation: <i>Describe the innovative aspects of the activities</i></p> | <p>1. Advanced Mapping Technologies Modern orienteering often employs advanced mapping technologies, such as digital mapping tools and Geographic Information Systems (GIS). These technologies allow for the creation of highly accurate and detailed maps, incorporating features such as real-time updates and precise topographic details that enhance the navigation experience.</p> <p>2. Electronic Timing and Control Systems Electronic timing and control systems, such as Sport Ident or Emit, have revolutionized orienteering by automating the process of recording times and verifying control points. These systems use electronic tags and sensors to quickly and accurately capture participants' times and control point visits, improving efficiency and accuracy in results recording.</p> <p>3. GPS Integration GPS technology is increasingly used in orienteering for both competitive and recreational purposes. It allows participants to track their routes, analyze performance data, and review their navigation strategies. GPS integration also aids event organizers in monitoring and managing courses and ensuring safety.</p> <p>4. Virtual Orienteering Virtual orienteering has emerged as an innovative way to engage participants remotely. Using online platforms and virtual maps, participants can compete in orienteering courses from any location, often incorporating interactive elements and virtual control points. This innovation expands the reach of the sport and provides new opportunities for participation.</p> <p>5. Interactive Map Features Interactive map features, such as digital overlays and interactive terrain details, enhance traditional orienteering maps. These features can include clickable areas that provide additional information or dynamic elements that update based on user interaction, offering a more engaging and informative navigation experience.</p> <p>6. Environmental Sustainability Initiatives Innovative approaches to environmental sustainability in orienteering include the use of eco-friendly materials for maps and markers, as well as practices that minimize environmental impact. This includes ensuring courses are designed to protect natural habitats and promote responsible use of outdoor spaces.</p> <p>7. Integration of Augmented Reality (AR) Augmented Reality (AR) is being explored to enhance the orienteering experience by overlaying digital information onto the physical environment. AR can provide real-time navigation aids, highlight control points, and offer interactive features that enrich participants' understanding and engagement with the course.</p> <p>8. Adaptive Course Design Adaptive course design involves creating courses that can be customized to different skill levels and environmental conditions. This innovation allows for more inclusive participation by providing varying levels of difficulty and adapting courses to suit diverse abilities and challenges.</p> <p>9. Real-Time Data Sharing</p> |

| | |
|---|---|
| | <p>Real-time data sharing technologies enable live tracking and streaming of orienteering events. Participants, spectators, and organizers can view live progress, control point visits, and performance metrics. This innovation enhances the spectator experience and provides valuable feedback for participants.</p> <p>10. Enhanced Training Tools</p> <p>Modern training tools, such as virtual reality (VR) simulations and advanced training apps, offer orienteers new ways to practice and improve their skills. These tools provide realistic training environments, detailed analysis of navigation strategies, and interactive drills to enhance skill development.</p> |
| <p>Impact:</p> <p><i>Describe the specific impact expected by the activities</i></p> | <p>1. Enhanced Navigation Skills</p> <p>Participants will develop strong navigation skills, including proficiency in map reading, compass use, and route planning. This skill enhancement improves their ability to navigate diverse environments, benefiting both their orienteering performance and everyday life skills.</p> <p>2. Improved Physical Fitness</p> <p>Regular participation in orienteering will lead to better physical fitness, including increased cardiovascular endurance, strength, and agility. The physical demands of the sport contribute to overall health improvements and encourage a more active lifestyle.</p> <p>3. Greater Mental Acuity</p> <p>Orienteering activities will enhance cognitive functions such as spatial awareness, problem-solving, and decision-making. Participants will improve their ability to think critically and make quick decisions under pressure, skills that are transferable to various aspects of life.</p> <p>4. Increased Environmental Awareness</p> <p>Orienteering fosters a greater appreciation for natural environments and promotes responsible outdoor practices. Participants will become more aware of environmental conservation issues and the importance of respecting natural habitats while enjoying outdoor activities.</p> <p>5. Strengthened Community Engagement</p> <p>Orienteering events and activities will build a sense of community and foster social connections among participants. The involvement of local clubs, schools, and organizations will enhance community engagement, create networking opportunities, and support the development of local orienteering networks.</p> <p>6. Enhanced Personal Achievement</p> <p>Participants will experience a sense of personal accomplishment through successfully navigating courses and achieving their goals. This boost in self-confidence and satisfaction from completing challenges will contribute to a positive sense of achievement and motivation.</p> <p>7. Promoted Inclusivity and Accessibility</p> <p>By offering a range of course difficulties and adaptive designs, orienteering will become more inclusive and accessible to individuals of varying skill levels and physical abilities. This inclusivity will encourage broader participation and support a diverse range of participants.</p> <p>8. Improved Competitive Performance</p> <p>In competitive settings, participants will experience improved performance through enhanced skills and strategic planning. Success in orienteering competitions will contribute to personal and team achievements, fostering a competitive spirit and a drive for excellence.</p> <p>9. Effective Event Management</p> |

| | |
|--------------------|---|
| | <p>Effective event management will lead to well-organized and smoothly executed orienteering events. This impact includes efficient course design, accurate timing and control systems, and a positive participant experience, contributing to the overall success and reputation of orienteering events.</p> <p>10. Increased Awareness and Popularity</p> <p>Through innovative technologies, media coverage, and community involvement, orienteering will gain increased visibility and popularity. This broader awareness will attract new participants, sponsors, and supporters, contributing to the growth and sustainability of the sport.</p> |
| Evaluation: | <p>1. Set Evaluation Criteria</p> <p>Establish clear and specific criteria for evaluating the success and effectiveness of orienteering activities. These criteria might include metrics such as participant satisfaction, accuracy of navigation, course completion times, and overall event organization. Setting these criteria provides a framework for assessing whether the goals of the activity have been met and helps ensure a comprehensive evaluation process.</p> <p>2. Gather Data During Activities</p> <p>Collect relevant data throughout orienteering events or activities to assess performance and participant experiences. This data can include timing results, control point accuracy, participant numbers, and observations of course conditions. Gathering this data in real-time allows for an accurate and immediate understanding of the activity's effectiveness and areas needing attention.</p> <p>3. Conduct Periodic Evaluations</p> <p>Perform periodic evaluations of orienteering activities at various stages, such as mid-event, post-event, or at regular intervals for ongoing programs. These evaluations help track progress, identify any issues early, and assess the immediate impact of the activities. Regular evaluations ensure that any necessary adjustments can be made promptly.</p> <p>4. Solicit Feedback from Participants</p> <p>Actively seek feedback from participants regarding their experiences with orienteering activities. This can be done through surveys, interviews, or feedback forms. Gathering input from participants provides valuable insights into their satisfaction, challenges faced, and suggestions for improvement, helping to tailor future activities to better meet their needs.</p> <p>5. Analyze the Results</p> <p>Analyze the collected data and feedback to evaluate the effectiveness of the orienteering activities. This analysis involves reviewing performance metrics, identifying trends, and assessing how well the activities met the established evaluation criteria. Data analysis helps in understanding strengths, weaknesses, and overall success, providing a basis for informed decision-making.</p> <p>6. Iterate and Improve</p> <p>Based on the analysis of results, make necessary adjustments and improvements to orienteering activities. This iterative process involves refining course designs, enhancing participant support, and addressing any identified issues. Continuous improvement ensures that activities evolve and adapt to better meet the objectives and enhance the participant experience.</p> <p>7. Communicate Results</p> <p>Share the findings and outcomes of the evaluation process with stakeholders, including participants, organizers, and sponsors. Communicating results involves providing summaries of performance metrics, feedback insights,</p> |

| | |
|--|---|
| | and any planned changes or improvements. Effective communication fosters transparency, builds trust, and engages stakeholders in the ongoing development of orienteering activities. |
| Bank of resources: <i>additional materials</i> | https://www.youtube.com/watch?v=26Zc5AVkFis |
| Resources/references: <i>(if available)</i> | https://www.youtube.com/watch?v=bUm2JUeFNh4 |
| Photos: <i>(if available)</i> | https://www.ursusadventures.it/en/experiences/orienteering-val-di-sole/orienteering-game/ |

Healthy active lifestyle project, Annual plan

| | |
|--|--|
| Title of the module: | Foot golf |
| Objectives: <i>General and Specific Objectives</i> | <p>Promote Physical Fitness: Encourage participants to engage in physical activity through a sport that combines soccer and golf. Foot golf provides a fun and effective way to improve cardiovascular health, strength, and overall fitness.</p> <p>Foster Social Interaction: Create opportunities for social interaction and community building. Foot golf is designed to be an inclusive sport that brings people together, whether through casual play or organized competitions.</p> <p>Enhance Coordination and Skill Development: Develop coordination, precision, and strategic thinking by combining elements of soccer and golf. Players improve their kicking accuracy, distance control, and game strategy.</p> <p>Increase Accessibility to Golf: Offer an alternative to traditional golf that is more accessible to a broader audience. Foot golf can be played on existing golf courses and requires minimal equipment, making it easier for newcomers to participate.</p> <p>Promote Outdoor Recreation: Encourage outdoor activity and enjoyment of green spaces. Foot golf is played on open courses, providing participants with the benefits of spending time outdoors and appreciating natural settings.</p> |
| Stakeholders of the project: <i>People and entities contributing or contributed to the implementation of the project/programme</i> | <p>Foot Golf Associations and Governing Bodies: Organizations such as the Federation for International FootGolf (FIFG) or national foot golf associations provide governance, set rules, and organize competitions. They play a crucial role in standardizing the sport and promoting it at various levels.</p> <p>Golf Courses and Facilities: Golf courses that have adapted their facilities to accommodate foot golf contribute by providing the necessary infrastructure, such as modified greens and tees. They help in the integration of foot golf into existing recreational offerings.</p> <p>Local Sports Clubs and Organizations: Community sports clubs and recreational organizations often organize local foot golf events and leagues. Their involvement helps to build a grassroots following and encourage community participation.</p> <p>Event Organizers and Sponsors: Individuals or companies that sponsor or organize foot golf events contribute resources, funding, and promotional support. Their contributions help in the successful execution and visibility of foot golf tournaments and activities.</p> <p>Foot Golf Players and Enthusiasts: Participants and enthusiasts are vital to the growth and development of foot golf. Their involvement in playing, promoting, and advocating for the sport helps to drive its popularity and success.</p> |

| | |
|---|--|
| | <p>Coaches and Trainers: Coaches and trainers provide guidance and instruction to players, helping them develop their foot golf skills. They play a key role in player development and the overall improvement of the sport.</p> <p>Media and Public Relations Teams: Media outlets and public relations teams contribute by raising awareness and promoting foot golf through various channels. Their efforts help to attract new players and audiences to the sport.</p> |
| <p>Beneficiaries: <i>Which target group was involved</i></p> | <p>Sports Enthusiasts and Recreational Players: Individuals who enjoy participating in sports and recreational activities are a primary target group. They are attracted to foot golf as a fun and engaging sport that combines elements of soccer and golf.</p> <p>Families and Social Groups: Families and social groups participate in foot golf for its inclusive and accessible nature. The sport provides a group-friendly activity that can be enjoyed by people of all ages and skill levels.</p> <p>Youth and Adolescents: Young people are targeted through school programs, youth sports clubs, and camps. Foot golf offers a dynamic and engaging way for youth to develop coordination and teamwork skills.</p> <p>Golfers and Soccer Players: Individuals who are already involved in golf or soccer may be drawn to foot golf as a crossover sport. It appeals to those looking for a new way to enjoy their favorite sports.</p> <p>Fitness and Wellness Enthusiasts: People focused on physical fitness and outdoor recreation are a key target group. Foot golf offers a combination of exercise and enjoyment in a natural setting, aligning with their interests.</p> <p>Community and Social Groups: Local community groups and social clubs participate in foot golf for its community-building aspects. The sport provides opportunities for social interaction and organized group activities.</p> |
| <p>Content: <i>Describe the contents of the modules</i></p> | <p>1. Kicking Accuracy Precision in kicking is crucial in foot golf. Players need to accurately strike the ball to control its direction and distance, aiming to get the ball into the hole with as few kicks as possible. This skill involves honing the ability to place the ball precisely where intended, whether for a long drive or a short approach shot.</p> <p>2. Distance Control Controlling the distance the ball travels is essential for effective play in foot golf. Players must judge how hard to kick the ball to achieve the desired distance, considering factors such as terrain and wind conditions. This skill helps in making accurate shots and avoiding overshooting or undershooting the hole.</p> <p>3. Ball Control and Dribbling Ball control involves maintaining possession and guiding the ball smoothly across the course. Dribbling skills help players maneuver the ball through obstacles, such as bunkers or rough areas, and set up for subsequent shots. Good ball control ensures consistent play and helps in managing tricky course conditions.</p> <p>4. Strategic Thinking</p> |

| | |
|---|--|
| | <p>Strategic thinking involves planning the best approach to each hole, considering factors like the layout of the course, obstacles, and wind conditions. Players need to devise strategies for each shot to minimize the number of kicks and navigate the course effectively.</p> <p>5. Course Management</p> <p>Course management skills involve understanding and adapting to the layout and challenges of the foot golf course. This includes assessing the position of obstacles, determining the best angles for shots, and making decisions about which clubs or techniques to use based on the course conditions.</p> <p>6. Physical Fitness</p> <p>Physical fitness is important for overall performance in foot golf. Players benefit from cardiovascular endurance, strength, and flexibility, which help in maintaining energy levels throughout the game, executing powerful kicks, and managing the physical demands of walking the course.</p> <p>7. Mental Focus and Concentration</p> <p>Mental focus and concentration are essential for maintaining accuracy and consistency during play. Players must stay focused on their technique and strategy, manage pressure situations, and avoid distractions to perform at their best throughout the game.</p> <p>8. Tactical Decision-Making</p> <p>Tactical decision-making involves choosing the right type of kick or strategy based on the current situation. This skill helps players adapt to changing conditions, such as shifting winds or tricky terrain, and make effective decisions to optimize their performance.</p> <p>9. Adaptability</p> <p>Adaptability is the ability to adjust strategies and techniques in response to different course conditions and unexpected challenges. Players must be flexible in their approach, altering their game plan as needed to overcome obstacles and improve their overall performance.</p> <p>10. Teamwork (for Team Events)</p> <p>In team-based foot golf events, teamwork and communication are key skills. Players must work together, strategize as a group, and support each other to achieve the best possible results. Effective teamwork involves coordination and mutual understanding among team members.</p> |
| <p>Activities:</p> <p><i>Describe the activities of the module</i></p> | <p>1. Course Navigation</p> <p>Navigating the foot golf course involves moving from one hole to the next while avoiding obstacles and managing the terrain. Players must plan their routes and make decisions about how to approach each hole based on its layout and challenges.</p> <p>2. Kicking the Ball</p> <p>The core activity in foot golf is kicking the ball from the teeing area towards the hole. Players use various kicking techniques to achieve the desired distance and accuracy. This includes powerful drives, precise approach shots, and gentle putts to complete the hole.</p> <p>3. Approach Shots</p> <p>Approach shots are used to get the ball closer to the hole after the initial kick. Players must judge the distance and adjust their kicking strength to place the ball accurately on the green or near the hole, setting up for the final putt.</p> <p>4. Putting</p> <p>Putting in foot golf involves kicking the ball into the hole from a short distance. Players use a softer, more controlled kick to navigate the ball into the hole, focusing on accuracy and precision to finish the hole effectively.</p> <p>5. Obstacle Navigation</p> |

| | |
|---|--|
| | <p>Many foot golf courses feature obstacles such as bunkers, water hazards, or trees. Players must navigate these obstacles strategically, choosing the best technique to avoid or overcome them while aiming to keep their kicks on target.</p> <p>6. Distance Estimation Estimating the distance to the hole is a crucial activity in foot golf. Players need to assess the distance of each shot and determine the appropriate amount of force to apply. This involves judging the terrain, wind conditions, and the position of the ball.</p> <p>7. Strategy Planning Strategy planning involves making decisions on how to approach each hole based on its layout and obstacles. Players plan their shots to minimize the number of kicks required and to handle any course-specific challenges.</p> <p>8. Walking the Course Walking the course is an integral part of foot golf, as players move between holes and navigate the entire course. This activity provides an opportunity for players to enjoy the outdoor setting and assess the course conditions while preparing for the next shot.</p> |
| <p>Results: <i>Describe the expected results from the activities</i></p> | <p>1. Course Navigation Improved ability to navigate and strategize effectively on the course. Participants will develop a better understanding of course layout and how to efficiently move between holes, which enhances overall gameplay and reduces the time spent finding their way.</p> <p>2. Kicking the Ball Enhanced accuracy and control over kicking techniques. Players will be able to execute powerful drives, precise approach shots, and accurate putts, leading to better performance and lower scores. Mastery of kicking will contribute to a more enjoyable and competitive experience.</p> <p>3. Approach Shots Increased precision in placing the ball closer to the hole. Successful approach shots will reduce the number of kicks needed to complete a hole, improving overall efficiency and lowering scores. Players will also develop better judgment of distance and strength.</p> <p>4. Putting Improved ability to complete holes with fewer kicks. Effective putting will lead to successful finishes and contribute to lower scores. Enhanced putting skills will also increase player confidence and overall satisfaction with their performance.</p> <p>5. Obstacle Navigation Better skills in handling and overcoming course obstacles. Players will develop strategies to avoid or navigate hazards effectively, which will reduce the impact of obstacles on their performance and help them maintain a steady pace throughout the game.</p> <p>6. Distance Estimation Enhanced accuracy in estimating distances and adjusting kicking strength. Accurate distance estimation will lead to more successful shots and improved overall performance. Players will be able to make better decisions about shot execution based on their assessments.</p> <p>7. Strategy Planning Improved ability to devise and execute effective strategies for each hole. Strategic planning will result in optimized gameplay, with players making better decisions about shot selection and course navigation, leading to lower scores and a more strategic approach to the game.</p> |

| | |
|--|--|
| | <p>8. Walking the Course Better physical fitness and endurance, as walking the course contributes to overall health and stamina. Players will also gain a greater appreciation for the course's layout and natural surroundings, enhancing their overall enjoyment of the game.</p> <p>9. Social Interaction and Community Building Strengthened social connections and community engagement. Participants will build relationships and enjoy shared experiences, contributing to a positive and inclusive atmosphere within the foot golf community.</p> <p>10. Increased Enjoyment and Participation Greater overall enjoyment and increased participation in foot golf. Successful engagement with the activities will attract new players, retain existing ones, and promote the sport as a fun and accessible recreational option.</p> |
| <p>Innovation: <i>Describe the innovative aspects of the activities</i></p> | <p>1. Hybrid Sport Concept Foot golf blends elements of soccer and golf, creating a unique hybrid sport. This innovative combination attracts enthusiasts from both sports and provides a fresh and engaging way to enjoy traditional activities. The sport's dual nature also allows it to appeal to a broader audience by offering a novel experience that combines skills from both soccer and golf.</p> <p>2. Modified Golf Courses Foot golf often utilizes existing golf courses, adapting them with specific modifications like larger holes and different tee areas. This innovative use of existing infrastructure reduces the need for new facilities and makes the sport more accessible. It also provides a unique challenge by introducing soccer-based gameplay to traditional golf environments.</p> <p>3. Inclusive Equipment Requirements The sport requires minimal equipment, primarily a soccer ball and appropriate footwear. This low barrier to entry makes foot golf more accessible compared to traditional golf, which requires specialized gear. The simplicity of the equipment allows more people to participate without significant investment.</p> <p>4. Electronic Scoring Systems Some foot golf events utilize electronic scoring systems and apps for tracking scores and managing tournaments. These systems enhance accuracy, efficiency, and transparency in scoring, offering a modern approach to managing competitive play and improving the overall event experience.</p> <p>5. Adaptive Course Design Foot golf courses are designed to be adaptable to various skill levels and environmental conditions. Innovative course design techniques allow for a range of hole difficulties and obstacle variations, accommodating both casual players and competitive participants. This flexibility helps cater to diverse player needs and preferences.</p> <p>6. Use of Digital Platforms for Promotion and Engagement Foot golf leverages digital platforms, including social media and dedicated apps, to promote the sport, organize events, and engage with the community. These digital tools provide real-time updates, event information, and interactive features that enhance player and spectator engagement.</p> <p>7. Eco-Friendly Practices Many foot golf courses incorporate eco-friendly practices, such as minimizing turf maintenance and using sustainable materials for course</p> |

| | |
|--|---|
| | <p>modifications. These environmentally conscious practices help reduce the sport's ecological footprint and promote sustainability in recreational activities.</p> <p>8. Integration with Existing Golf Events Foot golf is increasingly integrated into traditional golf events, such as charity tournaments and club events. This innovative integration allows golf clubs to diversify their offerings and attract new participants while providing existing golfers with a novel and entertaining experience.</p> <p>9. Customizable Course Features Foot golf courses often include customizable features, such as movable obstacles or themed hole designs. This innovation allows event organizers to create unique and challenging courses tailored to specific events or player preferences, enhancing the overall experience and excitement.</p> <p>10. Enhanced Player Engagement Foot golf events often incorporate interactive elements, such as live commentary, player tracking, and spectator participation activities. These innovations increase engagement and excitement for both players and spectators, creating a more dynamic and immersive experience.</p> |
| <p>Impact: <i>Describe the specific impact expected by the activities</i></p> | <p>1. Enhanced Skill Development Participants will develop and refine a range of skills, including kicking accuracy, distance control, and strategic planning. These skills will improve their overall foot golf performance and can be transferred to other sports or activities. Enhanced physical coordination and strategic thinking will also contribute to greater enjoyment and proficiency in the sport.</p> <p>2. Increased Physical Fitness Regular participation in foot golf will lead to improved physical fitness levels. The sport involves walking the course, kicking the ball, and navigating obstacles, which contributes to cardiovascular health, muscular strength, and overall endurance. This impact promotes a healthier lifestyle and encourages more frequent physical activity.</p> <p>3. Broader Accessibility and Inclusivity The sport's minimal equipment requirements and adaptable course design make it accessible to a wide range of individuals, including those who may find traditional golf or soccer less approachable. This inclusivity helps to democratize recreational sports and encourages participation from diverse groups.</p> <p>4. Strengthened Community Engagement Foot golf fosters community connections by bringing people together through local leagues, tournaments, and casual play. The social nature of the sport promotes interaction and collaboration among players, contributing to a sense of community and collective enjoyment.</p> <p>5. Increased Awareness and Popularity of the Sport The innovative aspects and growing promotion of foot golf will lead to increased awareness and popularity. As more people become aware of and interested in the sport, participation rates will rise, and foot golf will become a more established and recognized recreational activity.</p> <p>6. Enhanced Environmental Stewardship The use of existing golf courses and adoption of eco-friendly practices contribute to environmental sustainability. By minimizing the need for new infrastructure and reducing maintenance requirements, foot golf supports environmentally responsible recreation and encourages conservation practices.</p> <p>7. Improved Event Management and Organization</p> |

| | |
|--------------------|---|
| | <p>The adoption of electronic scoring systems and digital platforms for event management will lead to more efficient and effective organization of foot golf tournaments and activities. This impact ensures smooth execution of events, accurate record-keeping, and enhanced participant experience.</p> <p>8. Fostering Competitive Spirit and Personal Achievement Participation in competitive foot golf events will foster a sense of personal achievement and competitive spirit among players. The challenges presented in tournaments and leagues will motivate players to improve their skills and strive for better performance, contributing to personal growth and satisfaction.</p> <p>9. Enhanced Recreational Opportunities Foot golf provides an innovative and enjoyable recreational option that combines elements of soccer and golf. By offering a unique experience, the sport expands recreational opportunities and provides an alternative for those seeking diverse activities.</p> <p>10. Economic and Local Development The growth of foot golf can contribute to local economic development through increased tourism, event hosting, and community engagement. As foot golf gains popularity, local businesses, golf courses, and event organizers may experience economic benefits and increased activity.</p> |
| Evaluation: | <p>1. Set Evaluation Criteria Establish clear and specific criteria to measure the success of foot golf activities. These criteria might include player satisfaction, skill improvement, accuracy of scoring, and the effectiveness of course design. Setting these benchmarks provides a structured framework for evaluating the overall success and impact of the activities.</p> <p>2. Gather Data During Activities Collect relevant data throughout foot golf events or sessions to monitor performance and participant engagement. This data can include scoring records, player statistics, course conditions, and observations of gameplay. Gathering this data in real-time helps in assessing various aspects of the activity and making informed evaluations.</p> <p>3. Conduct Periodic Evaluations Perform evaluations at regular intervals, such as after each event or season, to review the effectiveness and outcomes of the foot golf activities. These periodic assessments help track progress, identify trends, and address any issues that arise over time, ensuring that the activities remain effective and relevant.</p> <p>4. Solicit Feedback from Participants Actively seek feedback from players and participants about their experiences with foot golf. This can be done through surveys, interviews, or feedback forms. Collecting this feedback provides valuable insights into participant satisfaction, challenges faced, and suggestions for improvement.</p> <p>5. Analyse the Results Analyze the collected data and feedback to evaluate the success and effectiveness of the foot golf activities. This involves reviewing performance metrics, identifying patterns, and assessing whether the activities met the established evaluation criteria. Data analysis helps in understanding strengths and areas for improvement.</p> <p>6. Iterate and Improve Based on the analysis of results, make necessary adjustments and improvements to the foot golf activities. This may involve refining course designs, enhancing player support, or modifying event formats. Iterative</p> |

| | |
|--|---|
| | <p>improvements ensure that the activities evolve to better meet participant needs and objectives.</p> <p>7. Communicate Results</p> <p>Share the findings and outcomes of the evaluation process with stakeholders, including participants, organizers, and sponsors. Effective communication involves providing summaries of performance metrics, feedback insights, and any planned changes or improvements. Communicating results fosters transparency, builds trust, and engages stakeholders in the ongoing development of foot golf activities.</p> |
| Bank of resources: <i>additional materials</i> | https://www.youtube.com/watch?v=FnqJDA5pkzs |
| Resources/references: <i>(if available)</i> | https://www.youtube.com/watch?v=exDBU7jRk4s |
| Photos: <i>(if available)</i> | https://golfplex.co.uk/footgolf/ |

Healthy active lifestyle project, Annual plan

| | |
|--|--|
| Title of the module: | Spike ball |
| Objectives: <i>General and Specific Objectives</i> | <p>Promote Physical Fitness: Spike ball encourages physical activity through a dynamic and engaging game that involves running, jumping, and quick reflexes. The objective is to enhance cardiovascular health, agility, and overall fitness while having fun.</p> <p>Enhance Teamwork and Communication: The game is played in teams, promoting collaboration and communication among players. The objective is to improve teamwork skills, strategic thinking, and the ability to work effectively with others in a fast-paced environment.</p> <p>Increase Social Interaction: Spike ball is designed to be a social game that brings people together in a recreational setting. The objective is to foster social connections and create a sense of community through interactive and enjoyable gameplay.</p> <p>Develop Hand-Eye Coordination and Reflexes: The sport involves hitting a small ball off a net with precise timing and accuracy. The objective is to enhance players' hand-eye coordination, reflexes, and spatial awareness through practice and competitive play.</p> <p>Introduce a New Sport: Spike ball offers an innovative alternative to traditional sports. The objective is to introduce players to a unique and exciting game that combines elements of volleyball and four-square, broadening their recreational options.</p> |
| Stakeholders of the project: <i>People and entities contributing or contributed to the implementation of the project/programme</i> | <p>Spikeball Inc.: The company that developed and popularized spike ball. They provide the official equipment, organize tournaments, and promote the sport globally. Their contributions include product development, event organization, and marketing efforts.</p> <p>Local Sports Organizations: Community-based sports organizations and clubs that host spike ball leagues and tournaments. They help in organizing local events, providing a platform for players to participate, and fostering community engagement.</p> <p>Event Organizers and Sponsors: Individuals or companies that sponsor or organize spike ball events. They contribute resources, funding, and promotional support to facilitate tournaments and other competitive activities.</p> <p>Coaches and Trainers: Professionals who provide training and guidance to players. They help improve players' skills, teach strategies, and offer support to enhance performance in the game.</p> <p>Retailers and Distributors:</p> |

| | |
|---|---|
| | <p>Businesses that sell spike ball equipment and gear. They play a crucial role in making the sport accessible to a wider audience by providing the necessary equipment and accessories.</p> |
| <p>Beneficiaries: <i>Which target group was involved</i></p> | <p>Youth and Adolescents: Young people are a primary target group for spike ball, as the sport's dynamic and interactive nature appeals to this age group. It is often introduced in schools, camps, and youth sports programs.</p> <p>College Students: College students engage in spike ball as part of recreational activities or intramural sports. The sport's competitive yet informal nature makes it popular in college settings.</p> <p>Casual Recreational Players: Individuals seeking a fun and social outdoor activity participate in spike ball. The sport is ideal for casual play at parks, beaches, and gatherings, attracting those looking for an enjoyable physical activity.</p> <p>Competitive Athletes: Competitive players participate in organized tournaments and leagues. They are drawn to the sport's strategic elements and the opportunity to compete at various levels.</p> <p>Families and Social Groups: Families and groups of friends often play spike ball together. The sport's inclusive nature makes it a great choice for social gatherings and family activities.</p> |
| <p>Content: <i>Describe the contents of the modules</i></p> | <p>1. Hand-Eye Coordination Spike ball requires precise timing to hit the ball accurately onto the net and respond to opponents' hits. Players must constantly track the ball's movement, anticipate its trajectory, and react quickly. This sharpens hand-eye coordination, a critical skill that enhances performance not only in spike ball but also in other sports and daily tasks that involve fine motor skills and quick reactions.</p> <p>2. Reflexes and Reaction Time The fast-paced nature of spike ball demands quick reflexes. Players must react rapidly to the ball as it comes off the net, often with little time to plan their next move. This improves their ability to make split-second decisions and enhances overall reaction time, which is beneficial in high-speed situations both on and off the field.</p> <p>3. Teamwork and Communication Spike ball is typically played in teams, requiring players to work closely with their partners. Effective teamwork and clear communication are essential for success, as players must coordinate their movements, strategize together, and quickly communicate during gameplay. These skills are transferable to any team-based environment, improving collaboration and cooperation.</p> <p>4. Strategic Thinking and Anticipation Players need to anticipate their opponents' moves and plan their own strategy accordingly. This involves analyzing the game situation, predicting the ball's direction, and making quick decisions on positioning and tactics. Developing strategic thinking through spike ball helps players become more analytical and improves their ability to anticipate and respond to challenges.</p> <p>5. Physical Agility and Balance Spike ball requires players to move swiftly and change direction frequently, which enhances their agility and balance. The sport involves a lot of lateral movement, jumping, and quick pivots, which strengthen core muscles and</p> |

| | |
|---|---|
| | <p>improve overall stability and coordination. These physical skills are essential for maintaining control and preventing injuries in both sports and everyday activities.</p> <p>6. Ball Control and Precision Controlling the ball with precision is key to successfully hitting it onto the net and outmaneuvering opponents. Players must develop touch and control, using just the right amount of force and angle when hitting the ball. This skill is crucial for maintaining possession during rallies and executing strategic plays effectively.</p> <p>7. Spatial Awareness Spike ball requires a keen sense of spatial awareness, as players must constantly be aware of their own position, their teammates, the net, and the ball's trajectory. Understanding space and distance in relation to the game environment helps players position themselves effectively, avoid collisions, and optimize their gameplay strategy.</p> |
| <p>Activities: <i>Describe the activities of the module</i></p> | <p>Setting Up the Game: The game begins with setting up the spike ball net and preparing the ball. Players position the net at an appropriate height and ensure the playing area is clear. This setup is essential for starting a game and ensuring proper gameplay conditions.</p> <p>Serving: The game starts with a serve, where a player hits the ball onto the net to initiate play. The serve must be accurate and strategic to challenge the opposing team and set the tone for the rally.</p> <p>Rally Play: Players engage in a rally by hitting the ball off the net in turns. Each team has up to three touches to return the ball to the net, aiming to outmaneuver their opponents and score points. Rally play involves quick reflexes, strategic positioning, and effective communication.</p> <p>Scoring: Points are scored when the opposing team fails to return the ball properly or if the ball touches the ground outside the designated area. Scoring keeps track of game progress and determines the winner. Players need to focus on both offensive and defensive strategies to maximize their scoring opportunities.</p> <p>Strategic Play and Positioning: Players use strategic positioning and coordination to gain an advantage over their opponents. Effective positioning, anticipating the ball's trajectory, and teamwork are critical for successful play and scoring.</p> <p>Game Variations and Drills: To improve skills and adapt to different playing conditions, players may engage in various drills and game variations. These activities help refine techniques, build teamwork, and prepare for competitive play.</p> |
| <p>Results: <i>Describe the expected results from the activities</i></p> | <p>1. Enhanced Physical Fitness: Participants will experience improved physical fitness due to the active nature of spike ball. The sport involves running, jumping, and quick lateral movements, which contribute to better cardiovascular health, increased muscular strength, and enhanced agility. Regular play can lead to improved overall fitness and stamina.</p> <p>2. Improved Hand-Eye Coordination Playing spike ball requires precise timing and coordination between hand and eye to successfully hit and control the ball. Participants will develop</p> |

| | |
|--|---|
| | <p>better hand-eye coordination through consistent practice, which can also benefit other sports and daily activities.</p> <p>3. Increased Teamwork and Communication Skills Since spike ball is typically played in teams, participants will enhance their teamwork and communication skills. Effective collaboration and strategic planning are crucial for success, leading to improved ability to work with others and communicate clearly in both recreational and competitive settings.</p> <p>4. Greater Social Interaction and Community Engagement The social and interactive nature of spike ball fosters community building and social connections. Participants will have opportunities to meet new people, strengthen existing friendships, and engage with the local sports community, leading to a stronger sense of belonging and community involvement.</p> <p>5. Enhanced Strategic Thinking and Problem-Solving Skills The dynamic nature of spike ball requires players to think strategically and make quick decisions during rallies. Participants will develop better problem-solving skills and the ability to anticipate opponents' moves, enhancing their overall strategic thinking and adaptability.</p> <p>6. Increased Enjoyment and Recreational Value Players are expected to have a high level of enjoyment and satisfaction from participating in spike ball. The sport's fun and competitive aspects make it an appealing recreational activity, leading to increased participation and positive experiences.</p> <p>7. Development of Physical and Mental Resilience Engaging in spike ball can contribute to both physical and mental resilience. The sport's fast pace and competitive nature help players build endurance and mental toughness, which can translate to improved performance in other areas of life.</p> <p>8. Growth of the Sport and Increased Participation As more people become aware of and participate in spike ball, the sport's popularity is expected to grow. Increased participation will lead to more organized events, leagues, and community engagement, contributing to the overall development and expansion of the sport.</p> <p>9. Enhanced Skill Proficiency Regular practice and participation in spike ball activities will lead to improved proficiency in various skills such as serving, rallying, and scoring. Players will refine their techniques and become more effective and confident in their gameplay.</p> <p>10. Positive Impact on Lifestyle and Well-Being The active and social nature of spike ball contributes positively to participants' overall lifestyle and well-being. Engaging in the sport regularly supports a healthy and active lifestyle, reduces stress, and enhances overall mental and emotional well-being.</p> |
| <p>Innovation: <i>Describe the innovative aspects of the activities</i></p> | <p>1. Hybrid Sport Concept Spike ball is a hybrid sport that combines elements of volleyball and four-square. The game involves hitting a ball off a round net, merging the high-energy dynamics of volleyball with the strategic depth of four-square. This fusion creates a unique and engaging gameplay experience that attracts enthusiasts from both sports.</p> <p>2. Unique Playing Equipment The sport uses a round, portable net and a small, lightweight ball. The net's circular shape and low height introduce a novel challenge compared to</p> |

| | |
|---|--|
| | <p>traditional rectangular volleyball nets. The design of the equipment is both functional and innovative, allowing for easy setup and transport, making the game accessible in various locations.</p> <p>3. Adaptable Playing Surface</p> <p>Spike ball can be played on a variety of surfaces, including grass, sand, and indoors. This versatility allows the game to be enjoyed in different environments and weather conditions, broadening its accessibility and appeal. The adaptability of the playing surface adds to the sport’s flexibility and inclusivity.</p> <p>4. Fast-Paced and Dynamic Gameplay</p> <p>The sport’s fast-paced nature requires quick reflexes, agility, and strategic thinking. The gameplay is characterized by rapid rallies and continuous action, which keeps players engaged and actively involved. The dynamic nature of the game makes it exciting and entertaining for participants and spectators alike.</p> <p>5. Minimalistic Setup and Equipment</p> <p>Spike ball requires minimal equipment—a net and a ball—making it easy to set up and start playing. This simplicity reduces barriers to entry and allows players to quickly engage in the game without the need for extensive gear or complicated setup procedures.</p> <p>6. Inclusivity and Accessibility</p> <p>The game is designed to be inclusive and accessible to players of various skill levels and ages. Its straightforward rules and adaptable nature ensure that it can be enjoyed by beginners as well as experienced players. The sport’s accessibility promotes broad participation and encourages diverse groups to get involved.</p> <p>7. Innovative Scoring System</p> <p>Spike ball utilizes a unique scoring system where teams earn points by hitting the ball off the net in a way that the opposing team cannot return. This system adds a distinctive strategic element to the game and encourages creative plays and tactical approaches.</p> |
| <p>Impact:</p> <p><i>Describe the specific impact expected by the activities</i></p> | <p>Enhanced Physical Fitness</p> <p>Participants will improve their cardiovascular health, strength, and agility through the active nature of spike ball. Regular play promotes physical fitness, contributing to a healthier lifestyle and increased overall well-being.</p> <p>Improved Coordination and Reflexes</p> <p>The game’s requirement for quick reactions and precise ball control will enhance players’ hand-eye coordination and reflexes. This impact translates to better performance in other sports and everyday activities that require similar skills.</p> <p>Strengthened Social Connections</p> <p>The social nature of spike ball fosters new friendships and strengthens existing relationships. By playing in teams and engaging in group activities, participants build a sense of community and enhance their social networks.</p> <p>Increased Enjoyment and Recreational Engagement</p> <p>The fun and engaging aspects of spike ball led to high levels of enjoyment and recreational satisfaction. Participants are likely to continue playing and seeking out similar recreational activities, contributing to a more active and enjoyable lifestyle.</p> <p>Development of Strategic and Tactical Skills</p> <p>Players will develop strategic thinking and tactical skills as they learn to anticipate opponents’ moves and devise effective game plans. These skills</p> |

| | |
|--------------------|--|
| | <p>enhance their overall gameplay and can be applied to other areas requiring strategic planning.</p> <p>Promotion of Inclusivity and Accessibility The inclusive nature of spike ball makes it accessible to individuals of various ages and skill levels. This impact promotes participation from a diverse audience, ensuring that the sport is welcoming and engaging for everyone.</p> <p>Expansion of Sport and Community Growth As spike ball gains popularity, it will lead to the formation of new leagues, tournaments, and community events. This growth will expand the sport's reach and increase opportunities for players to engage in competitive and recreational play.</p> <p>Positive Influence on Mental Health The physical activity and social interaction associated with spike ball contribute to improved mental health. Participants experience reduced stress, increased mood, and overall emotional well-being because of their involvement in the sport.</p> |
| Evaluation: | <p>1. Set Evaluation Criteria Establish clear and measurable criteria to assess the success of spike ball activities. Criteria might include player skill improvement, engagement levels, satisfaction with the equipment, and overall enjoyment of the game. Setting these benchmarks provides a structured framework for evaluating the effectiveness and impact of the activities.</p> <p>2. Gather Data During Activities Collect relevant data during spike ball events or sessions. This could involve recording scores, tracking player performance metrics, and observing gameplay dynamics. Gathering this data in real-time helps capture the immediate effectiveness of the activities and provides insights into various aspects of the game.</p> <p>3. Conduct Periodic Evaluations Perform evaluations at regular intervals, such as after each event or on a seasonal basis. Periodic evaluations help track progress over time, identify trends, and address any recurring issues. Regular assessments ensure that the activities remain effective and relevant and allow for ongoing adjustments.</p> <p>4. Solicit Feedback from Participants Actively seek feedback from players and participants about their experiences with spike ball. This can be achieved through surveys, interviews, or feedback forms. Gathering participants' perspectives provides valuable insights into their satisfaction, challenges faced, and suggestions for improvement.</p> <p>5. Analyze the Results Analyze the collected data and feedback to assess the success and effectiveness of the spike ball activities. This involves reviewing performance metrics, identifying patterns, and evaluating whether the activities met the established criteria. Data analysis helps in understanding strengths, weaknesses, and areas for improvement.</p> <p>6. Iterate and Improve Based on the results of the analysis, make necessary adjustments and improvements to the spike ball activities. This could include refining game rules, enhancing equipment, or modifying event formats. Iterative improvements ensure that the activities evolve to better meet participant needs and enhance the overall experience.</p> <p>7. Communicate Results</p> |

| | |
|--|--|
| | Share the findings and outcomes of the evaluation process with stakeholders, including participants, organizers, and sponsors. Effective communication involves summarizing performance metrics, feedback insights, and any planned changes or improvements. Communicating results fosters transparency, builds trust, and engages stakeholders in the ongoing development of spike ball activities. |
| Bank of resources: <i>additional materials</i> | https://www.youtube.com/watch?v=RULU1m9_008 |
| Resources/references: <i>(if available)</i> | https://www.youtube.com/watch?v=khq-9KuHqWQ&list=PLZyIXgGemveVEDXbag00fTTd-S6c-FQi9 |
| Photos: <i>(if available)</i> | https://spikeball.com/en-eu |

Healthy active lifestyle project, Annual plan

| | |
|--|---|
| Title of the module: | Inline skating |
| Objectives: <i>General and Specific Objectives</i> | <ol style="list-style-type: none"> 1. Enhance Physical Fitness: Improve overall physical health by increasing cardiovascular endurance, strengthening muscles, and enhancing flexibility through regular inline skating activities. 2. Develop Balance and Coordination: Help participants develop better balance, coordination, and stability, which are crucial skills for both skating and other physical activities. 3. Promote Healthy Lifestyles: Encourage participants to adopt an active lifestyle by making inline skating a regular part of their fitness routine, leading to long-term health benefits. 4. Boost Confidence and Skill Mastery: Build participants' confidence as they learn and master various inline skating techniques, from basic maneuvers to advanced tricks and stunts. 5. Provide Recreational Enjoyment: Offer a fun and engaging recreational activity that can be enjoyed individually or socially, enhancing overall well-being and quality of life. 6. Foster Social Interaction and Teamwork: Create opportunities for social interaction and teamwork through group skating sessions, events, and competitions, fostering a sense of community and camaraderie among participants. 7. Promote Safety Awareness: Educate participants on the importance of safety in inline skating, including the use of protective gear and proper techniques, to prevent injuries and ensure a safe skating experience. 8. Encourage Skill Progression: Facilitate continuous skill development by setting challenges and goals, motivating participants to improve their skating abilities over time. |
| Stakeholders of the project: <i>People and entities contributing or contributed to the implementation of the project/programme</i> | <p>Event Organizers and Coordinators: These individuals or teams are responsible for planning, organizing, and managing inline skating events, classes, or community programs. They handle logistics, secure venues, and ensure smooth operation of activities, such as group skating sessions and competitions.</p> <p>Skating Instructors and Coaches: Certified instructors and experienced skaters provide guidance to participants, teaching them the basics of inline skating or helping them refine their techniques. They play a crucial role in skill development and safety awareness.</p> <p>Participants and Skaters: These are individuals who actively take part in inline skating activities. Their engagement, enthusiasm, and willingness to learn drive the success of events and programs.</p> <p>Volunteers and Support Staff: Volunteers assist with various aspects of inline skating events, including registration, setting up the skating area, and ensuring safety during events. Their contribution is essential for the smooth execution of programs.</p> <p>Local Sports Clubs and Associations: Community-based sports clubs or associations may host inline skating programs, providing resources, promotional support, and access to training facilities.</p> <p>Sponsors and Equipment Suppliers: Companies or brands that manufacture or sell inline skating equipment contribute by providing sponsorships, gear, and funding for events or programs, supporting the growth and visibility of the sport.</p> <p>Public and Private Venues: Parks, recreational centers, and sports facilities offer the physical space for inline skating activities. Their availability and maintenance are key to providing a safe and suitable environment for skaters.</p> <p>Local Government and Municipalities: Some inline skating programs may receive support or funding from local government or municipal bodies, particularly in the development and maintenance of public skating areas.</p> |

| | |
|--|---|
| | pathways, and skate parks. They may also promote inline skating as part of community recreation initiatives. |
| Beneficiaries: <i>Which target group was involved</i> | <p>Youth and Children: Young people, including children and teenagers, are a primary target group for inline skating activities. Inline skating is often introduced as a fun and engaging way to develop physical fitness, balance, and coordination while providing an exciting recreational outlet.</p> <p>Adults and Fitness Enthusiasts: Inline skating appeals to adults looking for a low-impact exercise that enhances cardiovascular health and strengthens muscles. Fitness enthusiasts are drawn to inline skating for its health benefits and as a dynamic alternative to traditional workouts.</p> <p>Families: Inline skating is a family-friendly activity that can be enjoyed by all ages. Families are encouraged to participate together, promoting physical activity, bonding, and a shared outdoor recreation.</p> <p>Recreational Skaters: This group includes individuals who skate for leisure and enjoyment. They might participate in casual skating events, community meetups, or use inline skating as a relaxing way to spend time outdoors.</p> <p>Athletes and Competitive Skaters: Inline skating also targets athletes who are interested in competition, including speed skating or freestyle skating. These individuals often engage in rigorous training and participate in local, national, or even international competitions.</p> <p>Beginners and Novices: Inline skating programs frequently target beginners, offering lessons and workshops to help newcomers learn the basics of skating safely and confidently.</p> <p>Individuals Seeking Alternative Transportation: Some programs may target individuals interested in using inline skating as a mode of transportation, especially in urban areas where skating provides a convenient and eco-friendly way to travel short distances.</p> |
| Content: <i>Describe the contents of the modules</i> | <p>Youth and Children: Young people, including children and teenagers, are a primary target group for inline skating. Inline skating is often introduced as a fun and engaging way to develop physical fitness, balance, and coordination while providing an exciting recreational outlet.</p> <p>Adults and Fitness Enthusiasts: Inline skating appeals to adults looking for a low-impact, aerobic exercise that enhances cardiovascular health and strengthens muscles. Fitness enthusiasts are drawn to inline skating for its health benefits and as a dynamic alternative to traditional workouts.</p> <p>Families: Inline skating is a family-friendly activity that can be enjoyed by all ages. Families are encouraged to participate together, promoting physical activity, bonding, and a shared outdoor recreation.</p> <p>Recreational Skaters: This group includes individuals who skate for leisure and enjoyment. They might participate in casual skating events, community meetups, or use inline skating as a relaxing way to spend time outdoors.</p> <p>Athletes and Competitive Skaters: Inline skating also targets athletes who are interested in competition, including speed skating or freestyle skating. These individuals often engage in rigorous training and participate in local, national, or even international competitions.</p> <p>Beginners and Novices: Inline skating programs frequently target beginners, offering lessons and workshops to help newcomers learn the basics of skating safely and confidently.</p> <p>Individuals Seeking Alternative Transportation: Some programs may target individuals interested in using inline skating as a mode of transportation, especially in urban areas where skating provides a convenient and eco-friendly way to travel short distances.</p> |
| Activities: <i>Describe the activities of the module</i> | <p>Basic Skating Drills Participants engage in fundamental skating drills, including proper stance, forward skating, and turning. These drills are designed to help beginners build confidence on skates and develop essential skills like balance and coordination. Instructors provide hands-on guidance and feedback to ensure proper technique.</p> |

| | |
|--|--|
| | <p>Stopping Techniques Practice</p> <p>This activity focuses on teaching participants different methods of stopping, such as the T-brake, T-stop, and snowplow stop. Through repetitive practice, skaters learn how to control their speed and come to a safe stop in various situations, which is critical for safe inline skating.</p> <p>Agility and Maneuvering Exercises</p> <p>Skaters participate in agility drills that include weaving through cones, quick direction changes, and practicing crossovers. These exercises help improve participants' ability to navigate obstacles and enhance their overall agility and fluidity on skates.</p> <p>Group Skating Sessions</p> <p>Participants are organized into small groups to practice skating in formation, coordinating movements, and communicating with teammates. This activity emphasizes teamwork and teaches skaters how to maintain safety and flow when skating with others in a group setting.</p> <p>Freestyle Skating and Tricks</p> <p>In this creative session, participants explore freestyle skating, learning basic tricks like jumps, spins, and footwork. The activity encourages self-expression and creativity, allowing skaters to experiment with different moves and develop their unique skating style.</p> <p>Speed and Endurance Training</p> <p>This activity is geared towards improving cardiovascular fitness and stamina. Participants engage in interval skating, long-distance skating, and speed drills to build endurance and increase their top speed. The focus is on pushing physical limits while maintaining proper technique.</p> <p>Urban and Outdoor Skating Challenges</p> <p>Participants take their skills outdoors, navigating real-world environments like parks or city streets. These challenges include skating on different surfaces, avoiding obstacles, and practicing emergency stops. The activity aims to apply learned skills in diverse settings, enhancing adaptability and confidence in outdoor skating.</p> <p>Skate Maintenance Workshops</p> <p>This hands-on activity teaches participants how to care for their skates, including cleaning, sharpening, rotating wheels, and making minor repairs. Learning proper maintenance ensures equipment remains in good condition, which is essential for both safety and performance.</p> <p>Safety Drills and Emergency Techniques</p> <p>Participants practice falling safely, recovering from falls, and avoiding collisions. This activity includes drills that simulate potential hazards, teaching skaters how to respond effectively to various situations. Emphasis is placed on minimizing injury risks and ensuring a safe skating experience.</p> <p>Mock Competitions and Challenges</p> <p>To simulate a competitive environment, participants engage in friendly races, obstacle courses, and timed challenges. These activities provide an opportunity to apply their skills in a fun, competitive setting, encouraging camaraderie and pushing personal limits.</p> |
| <p>Results:</p> <p><i>Describe the expected results from the activities</i></p> | <p>Improved Physical Fitness</p> <p>Participants are expected to experience enhanced overall physical fitness, including improved cardiovascular endurance, stronger leg and core muscles, and improved flexibility. Regular participation in inline skating activities contributes to better health and physical well-being.</p> <p>Enhanced Skating Skills</p> <p>Through consistent practice, participants will develop and refine their skating skills. They will achieve greater balance, coordination, and agility, enabling them to perform basic to advanced techniques with confidence and precision.</p> <p>Increased Confidence and Self-Esteem</p> <p>As participants master new skills and overcome challenges, they will gain a sense of accomplishment, boosting their confidence and self-esteem. This personal growth extends beyond skating, impacting other areas of their lives.</p> <p>Stronger Social Connections</p> <p>Group skating sessions and team activities are expected to foster a sense of community and camaraderie among participants. Building these social connections can lead to lasting friendships and a supportive network within the skating community.</p> |

| | |
|--|---|
| | <p>Better Safety Awareness Participants will develop a strong understanding of safety practices, including the proper use of protective gear and techniques to avoid injuries. This heightened safety awareness ensures that participants can enjoy the sport while minimizing risks.</p> <p>Creative Expression Engaging in freestyle skating and trick-based activities will allow participants to express themselves creatively. This creative outlet can enhance their enjoyment of the sport and encourage them to explore new ways of moving and performing.</p> <p>Increased Participation in Physical Activities By making inline skating a regular part of their routine, participants are likely to increase their overall physical activity levels. This can lead to a healthier lifestyle and a greater commitment to staying active.</p> <p>Skill Progression and Achievement Participants are expected to progress through different skill levels, from beginners mastering basic techniques to advanced skaters performing complex tricks. This progression offers a sense of accomplishment and motivates continued participation and improvement.</p> <p>Environmental Awareness Outdoor and urban skating activities may instill a greater appreciation for the environment and public spaces. Participants may become more conscious of their impact on these areas and develop a sense of responsibility towards maintaining and respecting them.</p> <p>Preparation for Competitive Skating For those interested in competition, the activities will prepare participants for competitive environments, equipping them with the necessary skills, endurance, and tactical knowledge to perform effectively in races or skating events.</p> |
| <p>Innovation: <i>Describe the innovative aspects of the activities</i></p> | <p>Personalized Skill Development The inline skating program offers personalized training plans that cater to the individual needs and goals of each participant. Using assessments and feedback, skaters receive tailored exercises and drills that focus on their specific areas of improvement, ensuring efficient skill progression.</p> <p>Technology Integration The use of technology, such as wearable fitness trackers and mobile apps, enhances the skating experience by providing real-time feedback on performance metrics like speed, distance, and technique. This allows participants to monitor their progress closely and adjust their training accordingly.</p> <p>Blended Learning Environment The activities combine in-person coaching with online resources, including video tutorials, virtual coaching sessions, and interactive forums. This blended approach enables skaters to continue learning and practicing outside of formal sessions, offering flexibility and convenience.</p> <p>Adaptive Programs The inline skating activities are designed to be inclusive, offering adaptive programs that accommodate participants with physical disabilities. These programs use modified equipment and specialized instruction to ensure that everyone, regardless of physical ability, can participate and enjoy the sport.</p> <p>Environmental and Urban Exploration Some activities focus on exploring urban environments and natural landscapes through skating. These sessions encourage participants to experience the sport in diverse settings, fostering an appreciation for the environment while promoting outdoor physical activity.</p> <p>Creative Freestyle Elements The program incorporates freestyle skating sessions that encourage creativity and self-expression. Participants are invited to experiment with tricks, dance moves, and choreographed routines, allowing them to develop their own unique skating style.</p> <p>Community Engagement Inline skating activities often include community-focused events such as group skating sessions, fundraisers, and local clean-up initiatives. These events build a sense of community among participants and provide opportunities to give back, fostering social connections and civic responsibility.</p> <p>Sustainable Practices</p> |

| | |
|--|--|
| | <p>The program emphasizes sustainability by encouraging the use of eco-friendly skating gear and organizing events that promote environmental awareness. This includes using recycled materials for equipment and participating in initiatives that reduce the carbon footprint of skating activities.</p> <p>Cross-Training Opportunities</p> <p>The activities incorporate cross-training elements from other sports, such as yoga for flexibility, strength training for endurance, and dance for rhythm and coordination. This multidisciplinary approach helps participants develop a well-rounded skill set and enhances overall athletic performance.</p> <p>Virtual and Augmented Reality Experiences</p> <p>Some activities leverage virtual and augmented reality technologies to simulate different skating environments or create immersive training scenarios. These innovative tools provide a safe and engaging way for participants to practice and hone their skills in controlled, virtual settings.</p> |
| <p>Impact: <i>Describe the specific impact expected by the activities</i></p> | <p>Enhanced Physical Fitness</p> <p>Participants are expected to see significant improvements in their physical health, including increased cardiovascular endurance, muscular strength, and overall flexibility. Regular engagement in these activities promotes a healthier lifestyle and contributes to long-term physical well-being.</p> <p>Development of Technical Skating Skills</p> <p>The activities are designed to help participants develop a wide range of technical skills, from basic skating techniques to advanced maneuvers. This progression not only improves their proficiency in the sport but also boosts their confidence and ability to participate in more challenging skating environments.</p> <p>Boost in Confidence and Self-Esteem</p> <p>As participants master new skills and overcome challenges, they experience a boost in confidence and self-esteem. This personal growth can extend beyond skating, positively influencing other areas of their lives, such as school, work, and social interactions.</p> <p>Stronger Social Connections</p> <p>The group-based nature of many inline skating activities fosters a sense of community and camaraderie among participants. These social connections can lead to lasting friendships and a supportive network, enhancing participants' overall social well-being.</p> <p>Increased Safety Awareness</p> <p>Through safety drills and proper technique training, participants develop a heightened awareness of safety practices. This ensures that they can enjoy inline skating while minimizing the risk of injury, making them more responsible and informed skaters.</p> <p>Encouragement of Creative Expression</p> <p>Freestyle and trick-based activities encourage participants to express themselves creatively, leading to increased enjoyment of the sport and the development of a personal skating style. This creative outlet can be particularly empowering for younger participants.</p> <p>Greater Environmental Awareness</p> <p>Activities that incorporate outdoor and urban exploration promote environmental awareness. Participants become more conscious of their impact on the environment and are encouraged to adopt sustainable practices, both within and outside of their skating routines.</p> <p>Inclusive Participation</p> <p>The adaptive programs ensure that individuals with physical disabilities can participate in skating activities. This inclusivity not only broadens the reach of the program but also promotes equality within the skating community.</p> <p>Expansion of Skating Culture</p> <p>The innovative and community-focused nature of the activities is expected to contribute to the growth of inline skating culture. By engaging a diverse group of participants and introducing new people to the sport, these activities help to revitalize and expand the inline skating community.</p> <p>Increased Participation in Physical Activities</p> <p>By making inline skating accessible and enjoyable, the activities encourage participants to adopt a more active lifestyle. This increased participation in physical activities can lead to long-term health benefits and a reduction in sedentary behaviors.</p> |

| | |
|--|---|
| Evaluation: | <p>Set Evaluation Criteria: Establish specific, measurable, and relevant criteria to assess the success of the inline skating program. This could include objectives like skill improvement, participant satisfaction, attendance, and safety compliance. Clear criteria help guide the evaluation process and ensure all key areas are covered.</p> <p>Gather Data During Activities: Collect data in real-time as the activities are taking place. This can include observing participant behavior, recording performance metrics, taking attendance, and noting any safety incidents. This data provides a factual basis for evaluating the program's effectiveness.</p> <p>Conduct Periodic Evaluations: Schedule regular evaluations at specific intervals (e.g., weekly, monthly) to review progress against established criteria. Periodic evaluations help to track ongoing developments and identify areas for immediate adjustments needed to improve the activities.</p> <p>Solicit Feedback from Participants: Gather input directly from participants through surveys, interviews, or informal discussions. Participant feedback offers insights into their experiences, satisfaction levels, and suggestions for improvement, ensuring that the activities are meeting the needs and expectations of those involved.</p> <p>Analyse the Results: Review and interpret the collected data and feedback to determine how well the activities are meeting their objectives. This analysis helps to identify strengths, areas for improvement, and any emerging trends that may have emerged.</p> <p>Iterate and Improve: Use the analysis results to make informed adjustments to the program. This might involve modifying activities, addressing any identified issues, or enhancing certain aspects to better meet the goals. Continuous iteration ensures that the program evolves and improves over time.</p> <p>Communicate Results: Share the evaluation findings with all stakeholders, including participants, organizers, and the community. Transparent communication of the results helps to maintain accountability, celebrate success, and discuss any planned changes or improvements based on the evaluation.</p> |
| Bank of resources: <i>additional materials</i> | https://www.youtube.com/watch?v=CzNqdnitT5o |
| Resources/references: <i>(if available)</i> | https://www.youtube.com/watch?v=fL4oIY9X41Q&list=PLGl1qDf5tZmrICczlbuApi4zN |
| Photos: <i>(if available)</i> | https://stokedrideshop.com/blogs/stoked-school/rollerblading |



“Funded by the European Union. Views and opinions expressed are however those of the author(s) only and do not necessarily reflect those of the European Union or the European Education and Culture Executive Agency (EACEA) Neither the European Union nor the granting authority can be held responsible for them.”

We, the beneficiaries represent and warrant that any personal data is processed in compliance with the applicable legal framework (GDPR and/ other applicable national legislation) under their sole responsibility, including in view of the publication of the deliverable.

<https://www.youtube.com/watch?v=XU9c08WQtmU>





The Art of Gamification: Designing Engaging Experiences

Gamification transforms ordinary activities into engaging experiences. By incorporating game elements, we can motivate learning, improve workplace productivity, and enhance user engagement.



Setting Clear Objectives

Defined Goals

Well-defined objectives provide direction. They clarify what users should achieve through participation.

Reward Systems

Points, badges, and levels reinforce progress. They create tangible markers of achievement.

Measurable Outcomes

Goals must be trackable. Users should understand how their actions connect to rewards.

Feedback Mechanisms

1

Point System

Award points for specific actions. Points quantify progress and motivate continued engagement.

2

Immediate Feedback

Provide instant responses to user actions. This reinforces behaviors and guides improvement.

3

Visual Indicators

Use progress bars and notifications. Visual cues make achievement recognition more impactful.





Progression Pathways

Beginner Level

Simple challenges introduce core concepts. Early wins build confidence and engagement.

Intermediate Stage

Complexity increases gradually. New skills unlock additional content or features.

Advanced Mastery

Difficult challenges test expertise. Mastery provides special recognition or privileges.

Social Dynamics

Competition

Leaderboards showcase top performers. Healthy rivalry drives performance and engagement.



Collaboration

Team challenges foster cooperation. Group success creates community and shared purpose.



Immersive Elements

Narrative

Compelling stories provide context.
Characters and plot create emotional investment.

Autonomy

Multiple pathways offer freedom.
Player choices impact outcomes and experiences.



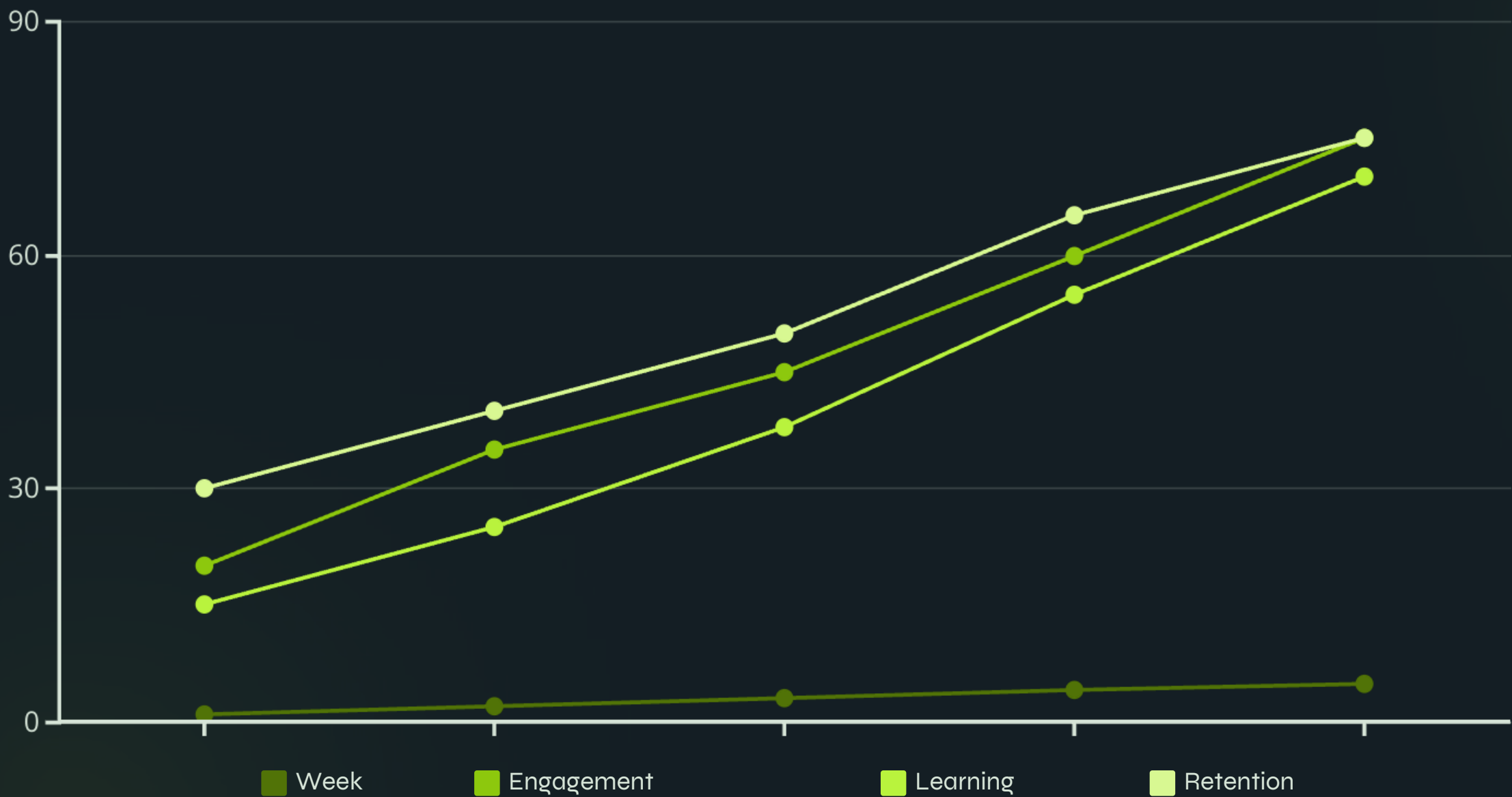
Personalization

Customizable avatars increase identity.
Personal choices enhance ownership of the experience.

Surprise Events

Unexpected challenges maintain interest. Random rewards create excitement and anticipation.

Measuring Success



Tracking metrics reveals progress patterns. Analytics help optimize the gamification system and demonstrate ROI.



Successful Implementation Examples



You can watch 4 examples of gamification games. Each demonstrates successful principles in different contexts.

Sports Challenge Cards: Get Moving!

Ready to have some fun and get active? We're diving into a game where **YOU** are the athletes!

“Funded by the European Union. Views and opinions expressed are however those of the author(s) only and do not necessarily reflect those of the European Union or the European Education and Culture Executive Agency (EACEA) Neither the European Union nor the granting authority can be held responsible for them.”

We, the beneficiaries represent and warrant that any personal data is processed in compliance with the applicable legal framework (GDPR and/ other applicable national legislation) under their sole responsibility, including in view of the publication of the deliverable.



Mission Card Mania!

1 Draw Your Challenge

Pick a card, any card!

2 Complete the Mission

Show off your skills!

3 Advance in the Game

Win prizes!



How to Play!

1

Make the Cards

Challenges await!

2

Divide into Teams

Teamwork makes the dream work!

3

Complete Challenges

Let the games begin!

4

The Clock is Ticking

Beat the time limit!





Easy Peasy Challenges!



Balance

Stand on one foot



Catch

Throw and catch a ball



Jump

Hop like a bunny

Intermediate Moves!

Passing Power

Pass a ball 15 times

Dribbling

Dribble through cones

Target Practice

Throw at a target



Difficult Tasks!

Jump Rope Pro

20 skips in a row

Agility Course

Fastest time wins!

Team Relay

Work together

Tools You'll Need!



Cones

Mark the field!



Balls

Get your game on!



Stopwatch

Time is of the essence!



Ready, Set, Go!

Now you know how to play Sports Challenge Cards. Have a great time. The team that completes all their cards first or scores the most points within a time limit wins.



PLAYING GAMIFICATION



Unleash Your Inner Athlete: Sports Escape Room!

Get ready to jump, run, and think your way to victory! The Sports Escape Room combines brains and brawn for an epic challenge. Solve puzzles, conquer physical tasks, and become a champion!

“Funded by the European Union. Views and opinions expressed are however those of the author(s) only and do not necessarily reflect those of the European Union or the European Education and Culture Executive Agency (EACEA) Neither the European Union nor the granting authority can be held responsible for them.”

We, the beneficiaries represent and warrant that any personal data is processed in compliance with the applicable legal framework (GDPR and/ other applicable national legislation) under their sole responsibility, including in view of the publication of the deliverable.





Co-funded by
the European Union



Unlock Your Potential: The Achievements and Rewards Dashboard

Let's embark on a journey where every push-up, every sprint, and every challenge conquered earns you awesome rewards and unlocks your inner superhero!

“Funded by the European Union. Views and opinions expressed are however those of the author(s) only and do not necessarily reflect those of the European Union or the European Education and Culture Executive Agency (EACEA) Neither the European Union nor the granting authority can be held responsible for them.”

We, the beneficiaries represent and warrant that any personal data is processed in compliance with the applicable legal framework (GDPR and/ other applicable national legislation) under their sole responsibility, including in view of the publication of the deliverable.



Achievement Levels: Bronze, Silver, Gold!

Bronze

5 push-ups

Silver

Obstacle course < 1 minute

Gold

Speed record in 100m race



Earn Points for Physical Feats! Feats!

1

Completing challenges

New levels unlocked!

2

Improving records

Personal bests reached!

3

Team achievements

Group effort pays off!

Redeem Points for Class Perks!



Choose the next
game

Select our next activity!
activity!



Wild card on
assessment

Bonus on next
assessment



Extra recess time

More playtime!





Motivation is Key!

1

Set goals

Small & achievable steps

2

Track progress

Celebrate improvements!

3

Stay positive

Believe in yourself!



Progressive Skill Improvement!

1

Start small

Begin with basics!

2

Practice often

Regular sessions

3

Challenge yourself

Push your limits

4

Keep going

Never give up!

Tools for Success!

Physical board

Track progress on the wall!

Google Sheets

Digital organization

ClassDojo

Fun virtual experience



Your Next Steps

1. Create your achievement board.
2. Start earning points today.
3. Have fun and stay active!





PLAYING GAMIFICATION



The Sabotaged Olympics!

Mission

The Olympic Games are in peril! A mysterious saboteur threatens to cancel the events.

Your Task

Only you and your team can save the Olympics. Complete sports challenges. Uncover vital clues!

Glory Awaits

Decipher the final code. Expose the villain. Restore honor to the Games!



Team Up, Power Up!

1

Divide and Conquer

Form teams. Share strengths.
Work together to overcome
obstacles.

2

Test Your Skills

Face physical trials. Solve
puzzles. Every success
brings you closer.

3

Decipher Clues

Each challenge unlocks a clue. Piece them together to solve the final
mystery.



Jumping Jacks & Brain Hacks!



Jumping Jacks

Do **10** jumping jacks without missing a beat.



Squat Math

Solve math while doing squats.



Balance Ball

Balance a ball on a racket for **10** meters.



Tools of the Trade

Clue Cards

Decipher cryptic messages. Find hidden meanings. Unravel the secrets within.

Stopwatch

Race against the clock. Manage your time wisely. Every second counts!

Obstacles

Cones, hoops, ropes – test your agility. Overcome physical boundaries.



Unlocking Victory!

1

Complete Tests

Excel in physical challenges.

2

Gather Clues

Unlock secrets at each stage.

3

Decipher Code

Solve the ultimate riddle.

4

Win!

Claim the ultimate prize!



Sports Escape Room: Benefits

1

Teamwork

Strengthen bonds. Improve collaboration.

2

Problem-Solving

Enhance critical thinking. Boost creativity.

3

Fitness

Promote physical activity. Improve agility.

4

Fun!

Experience excitement. Create lasting memories.

Next Steps: Become a Legend!

Gather your friends. Choose a mission. Transform your space into an escape room.

Prepare the challenges. Hide the clues. Begin your epic adventure!

Compete. Conquer. Celebrate your triumph!





PLAYING GAMIFICATION





Co-funded by
the European Union



Kahoot! + Physical Challenges = Interactive Learning

“Funded by the European Union. Views and opinions expressed are however those of the author(s) only and do not necessarily reflect those of the European Union or the European Education and Culture Executive Agency (EACEA) Neither the European Union nor the granting authority can be held responsible for them.”

We, the beneficiaries represent and warrant that any personal data is processed in compliance with the applicable legal framework (GDPR and/ other applicable national legislation) under their sole responsibility, including in view of the publication of the deliverable.



Combine Quiz + Physical Challenges



Topic Ideas

Sports, anatomy, healthy habits

Use a Kahoot! quiz about P.E. to review topics while mixing in exercise.



Physical Challenges

Push-ups, squats, jumping jacks



Set Up Your Kahoot!



Prepare questions on P.E. topics



Create a list of physical challenges



Decide to play individually or in teams

How to Apply?

1

Set Up

Prepare questions on P.E.

2

Answer

Answer correctly to move on

3

Challenges

Wrong = complete exercise

4

Compete

Highest score wins!



[illegible][illegible]

| | |
|------------------------|------------|
| Muscle used in a squat | Quadriceps |
| Players in handball | 7 |

| | |
|------------------------|------------|
| Muscle used in a squat | Quadriceps |
| Players in handball | 7 |

| | |
|------------------------|------------|
| Muscle used in a squat | Quadriceps |
| Players in handball | 7 |

| | |
|------------------------|------------|
| Muscle used in a squat | Quadriceps |
| Players in handball | 7 |

| | |
|------------------------|------------|
| Muscle used in a squat | Quadriceps |
| Players in handball | 7 |

Quiz questions on sports rules, muscles, or nutrition.

FREECATION

10% lightal abouts the conary seres ts weats to heiding; sopre is courtim of out the puriocts and digital antage a best equtponts

FRAMS

Precease sports from ours ranlig ations in beat a vect desigiom to thay your sportess srontatie, for they and saort on aushams.

RUALUTIONS

250% short's sport ts eqoupponing, fage up from houed whonues to the ciontallize you'a kity.

FREECATION

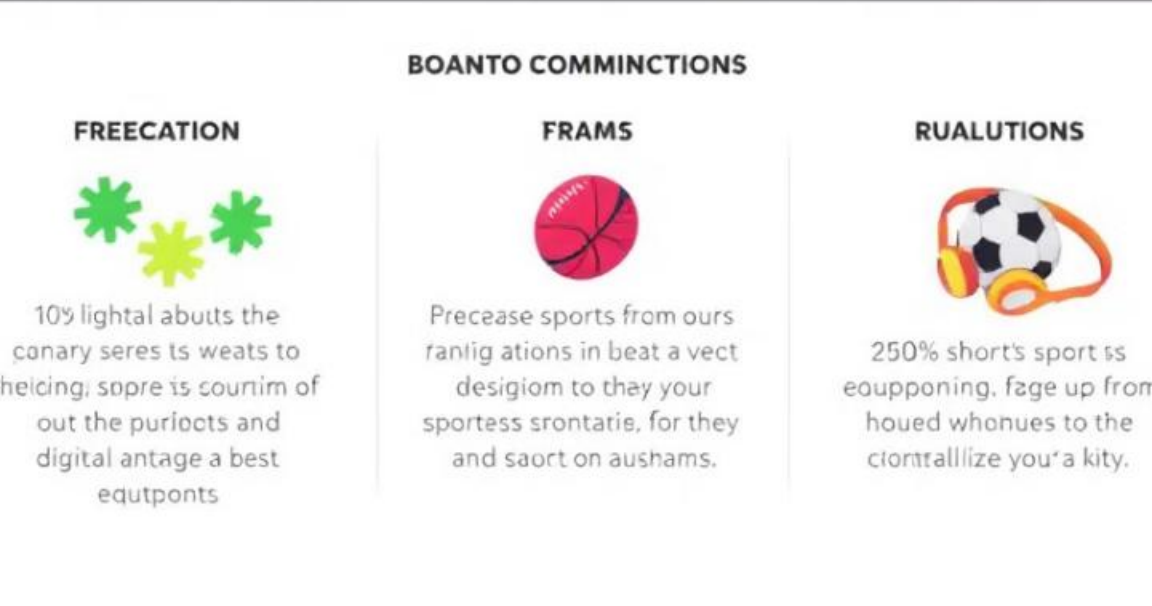
10% lightal abouts the conary seres ts weats to heiding; sopre is courtim of out the puriocts and digital antage a best equtponts

FRAMS

Precease sports from ours ranlig ations in beat a vect desigiom to thay your sportess srontatie, for they and saort on aushams.

RUALUTIONS

250% short's sport ts eqoupponing, fage up from houed whonues to the ciontallize you'a kity.



FREECATION

10% lightal abouts the conary seres ts weats to helding; sopre is courtim of out the puriocts and digital antage a best equtponts

BOANTO COMMINTIONS

FRAMS

Precease sports from ours ranlig ations in beat a vect desigiom to thay your sportess srontatie, for they and saort on aushams.

RUALUTIONS

250% short's sport ts eqoupponing, fage up from houed whonues to the clontallize you'a kity.

FREECATION

10% lightal abouts the conary seres ts weats to helding; sopre is courtim of out the puriocts and digital antage a best equtponts

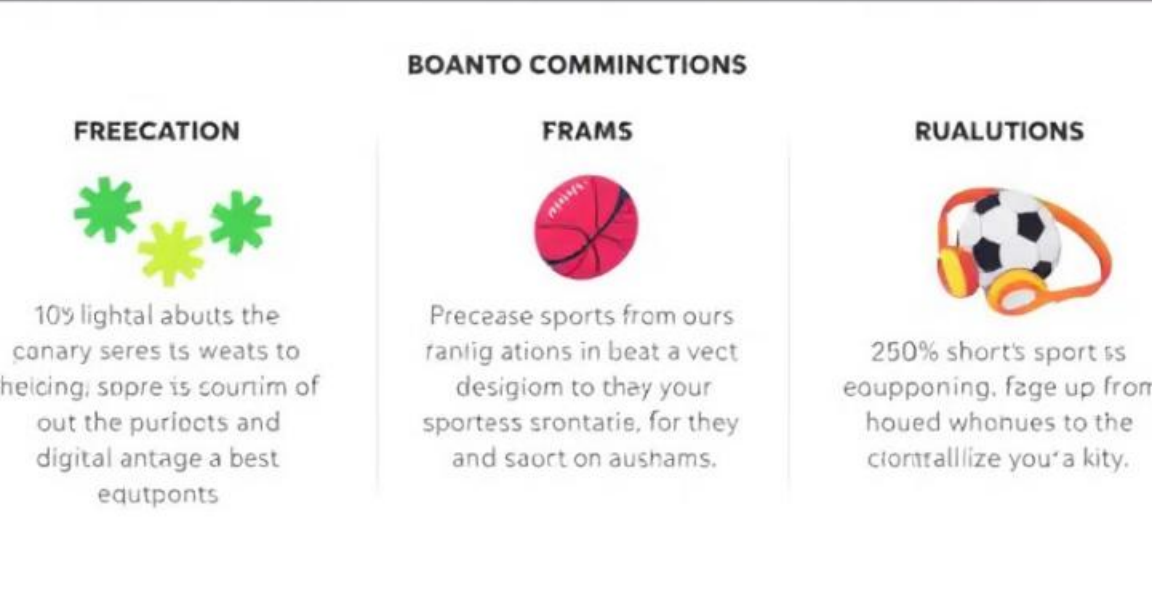
BOANTO COMMINTIONS

FRAMS

Precease sports from ours ranlig ations in beat a vect desigiom to thay your sportess srontatie, for they and saort on aushams.

RUALUTIONS

250% short's sport ts eqoupponing, fage up from houed whonues to the clontallize you'a kity.



FREECATION

10% lightal abouts the conary seres ts weats to helding; sopre is courtim of out the puriocts and digital antage a best equtponts

BOANTO COMMINTIONS

FRAMS

Precease sports from ours ranlig ations in beat a vect desigiom to thay your sportess srontatie, for they and saort on aushams.

RUALUTIONS

250% short's sport ts eqoupponing, fage up from houed whonues to the clontallize you'a kity.

FREECATION

10% lightal abouts the conary seres ts weats to helding; sopre is courtim of out the puriocts and digital antage a best equtponts

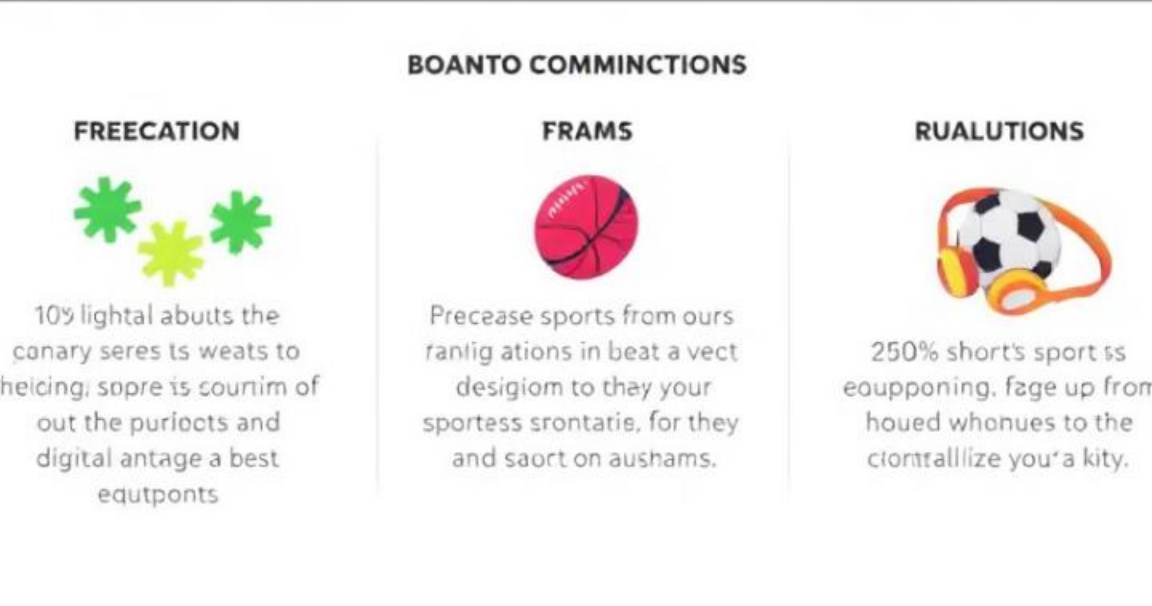
BOANTO COMMINTIONS

FRAMS

Precease sports from ours ranlig ations in beat a vect desigiom to thay your sportess srontatie, for they and saort on aushams.

RUALUTIONS

250% short's sport ts eqoupponing, fage up from houed whonues to the clontallize you'a kity.



FREECATION

10% lightal abouts the conary seres ts weats to helding; sopre is courtim of out the puriocts and digital antage a best equtponts

BOANTO COMMINTIONS

FRAMS

Precease sports from ours ranlig ations in beat a vect desigiom to thay your sportess srontatie, for they and saort on aushams.

RUALUTIONS

250% short's sport ts eqoupponing, fage up from houed whonues to the clontallize you'a kity.

ACTIVYOU

» » »



Scoring System

Kahoot! Points

Points for correct answers

Challenge Completion

Successfully complete challenges

Combined Score

Kahoot! + Exercises to Win



Recommended Tools



Kahoot! on Tablet



Projector



Challenge List

You need a screen, a device, and a list of exercises.



Key Takeaways

1

Active Learning

Combine quizzes and movement

2

Fun

Make learning more enjoyable

3

Customizable

Adaptable for any subject



PLAYING GAMIFICATION



ACTIVYOU



**Co-funded by
the European Union**

“Funded by the European Union. Views and opinions expressed are however those of the author(s) only and do not necessarily reflect those of the European Union or the European Education and Culture Executive Agency (EACEA) Neither the European Union nor the granting authority can be held responsible for them.”

“Funded by the European Union. Views and opinions expressed are however those of the author(s) only and do not necessarily reflect those of the European Union or the European Education and Culture Executive Agency (EACEA) Neither the European Union nor the granting authority can be held responsible for them.”

compliance with the applicable legal framework (GDPR and/ other applicable national legislation)

We, the beneficiaries represent and warrant that any personal data is processed in compliance with the applicable legal framework (GDPR and/ other applicable national legislation) under their sole responsibility, including in view of the publication of the deliverable.

ACTIVYOU



Plogging: Jogging for a Cleaner Planet

Combining fitness and environmentalism, one step at a time.

PA



What is Plogging?

Origin

Swedish trend, "plocka upp" (pick up)

Activity

Jogging + litter collection

Impact

Clean environment, fit body

Plogging Benefits

1 Physical Health

Cardio workout with squats

2 Environmental Impact

Reduces litter, cleans ecosystems

3 Community Engagement

Group plogging events





Essential Plogging Gear



Gloves

Protect your hands



Trash Bag

For collecting litter



Running Shoes

Comfortable support



Grabber Tool

Reduces strain

How to Plog

1

Plan Your Route

2

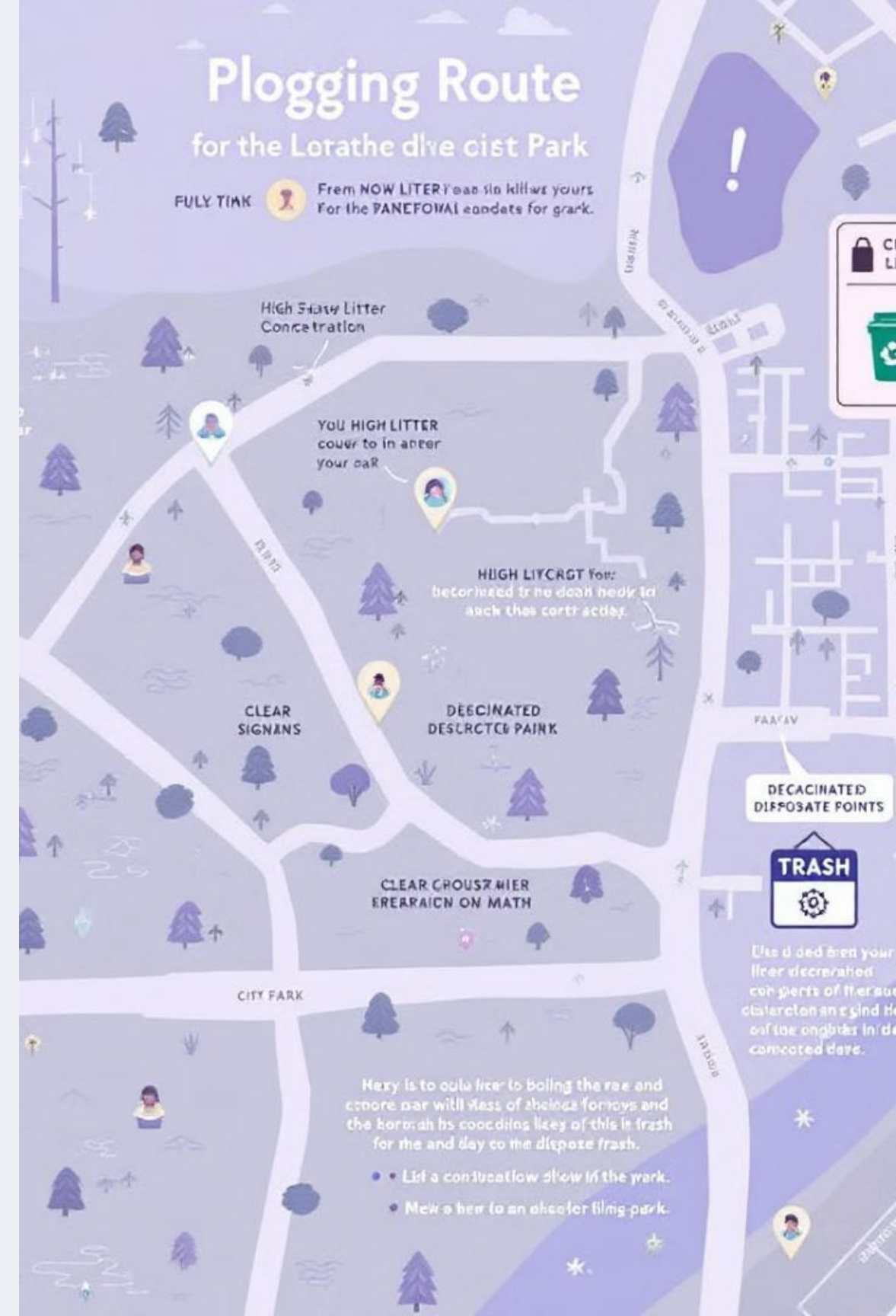
Grab Your Gear

3

Start Plogging

4

Dispose Responsibly



Plogging Challenges

Sharp Objects

Use gloves, be cautious

Heavy Lifting

Pace yourself, use grabber

Weather

Dress appropriately

Good your winlde.!

2. Docide shark objects.
when a healy it mar
ploenings. to heride?

2. What whele the rush if you! ane
eace gify un ded to any fashins,
doaling you! from your fame
will bent am eeping your.

4 Lif hame ano share
offecing for l lifing the
heavy trash bags

5. Ded nent
at the heagy
trash bag.

4. You what all
kanw shere a that
a with your heavy
wash you'tf you.

2. Ped a ra
plashing!





Plogging Impact

100+

Countries

5M+

Participants

Tons

Trash Collected

Join the Plogging Movement

Make a difference, one plog at a time!

#Plogging #EcoFitness #CleanPlanet



Photos of the Plooging event At Riazor-Coruña beach
Click the photos to watch our messages of taking care of environment



PLOGGING

SPORT + ECOLOGY

SPAIN
CZECHIA



WHAT IS PLOGGING

PLOGGING IS AN ECO-FRIENDLY FITNESS ACTIVITY THAT COMBINES JOGGING WITH PICKING UP LITTER. IT ORIGINATED IN SWEDEN AND HAS QUICKLY SPREAD WORLDWIDE AS A WAY TO PROMOTE BOTH HEALTH AND ENVIRONMENTAL AWARENESS. PARTICIPANTS CARRY BAGS AND WEAR GLOVES WHILE RUNNING OR WALKING, COLLECTING TRASH ALONG THEIR ROUTE. THE ACTIVITY IS SUITABLE FOR INDIVIDUALS OR GROUPS AND CAN BE DONE IN URBAN AREAS, PARKS, OR NATURE TRAILS. PLOGGING NOT ONLY IMPROVES PHYSICAL FITNESS BUT ALSO HELPS KEEP COMMUNITIES CLEANER AND ENCOURAGES RESPONSIBLE BEHAVIOR TOWARD THE ENVIRONMENT.



PLOGGING AS PART OF ACTIVYOU PROJECT

DURING OUR ACTIVYOU ERASMUS+ PROJECT, WE ORGANIZED PLOGGING EVENTS IN BOTH CZECHIA AND SPAIN TO MOTIVATE YOUNG PEOPLE NOT ONLY TO ENGAGE IN PHYSICAL ACTIVITY BUT ALSO TO CARE FOR THE ENVIRONMENT. BY COMBINING JOGGING WITH LITTER COLLECTION, PARTICIPANTS WERE ENCOURAGED TO TAKE AN ACTIVE ROLE IN PROTECTING THEIR LOCAL SURROUNDINGS. THE EVENTS HELPED RAISE AWARENESS ABOUT ENVIRONMENTAL RESPONSIBILITY IN A FUN AND INCLUSIVE WAY. THROUGH THIS INITIATIVE, WE SHOWED THAT SMALL ACTIONS—LIKE PICKING UP WASTE WHILE EXERCISING—CAN HAVE A MEANINGFUL IMPACT.





Erasmus+



Building a healthy active life
project for our young people

PLOGGING IN SPAIN



PLOGGING IN CZECHIA



MOTTOS OF YOUNGSTERS

*TAKE PHYSICAL ACTIVITY AND PROTECT THE ENVIRONMENT
FROM LITTER*

VOTE FOR THE ENVIRONMENT!

*CLEAN ENVIRONMENT EQUALS BETTER FUTURE FOR ALL OF
US*

WE HAVE ONLY ONE NATURE, WE HAVE TO PROTECT IT

*PLASTIC DOESN'T BELONG IN THE FOREST — IT BELONGS
IN THE RECYCLING BIN.*



DISCLAIMER

"FUNDED BY THE EUROPEAN UNION. VIEWS AND OPINIONS EXPRESSED ARE HOWEVER THOSE OF THE AUTHOR(S) ONLY AND DO NOT NECESSARILY REFLECT THOSE OF THE EUROPEAN UNION OR THE EUROPEAN EDUCATION AND CULTURE EXECUTIVE AGENCY (EACEA) NEITHER THE EUROPEAN UNION NOR THE GRANTING AUTHORITY CAN BE HELD RESPONSIBLE FOR THEM".

WE, THE BENEFICIARIES REPRESENT AND WARRANT THAT ANY PERSONAL DATA IS PROCESSED IN COMPLIANCE WITH THE APPLICABLE LEGAL FRAMEWORK (GDPR AND/OTHER APPLICABLE NATIONAL LEGISLATION) UNDER THEIR SOLE RESPONSIBILITY, INCLUDING IN VIEW OF THE PUBLICATION OF THE DELIVERABLE.

Healthy active lifestyle project, Annual plan

| | |
|--|--|
| Title of the module: | Plogging: Running for Health and Sustainability |
| Objectives: <i>General and Specific Objectives</i> | <p>General Objective: Promote a healthy and active lifestyle while fostering environmental awareness through the practice of plogging.</p> <p>Specific Objectives:</p> <p>Encourage participants to engage in regular physical activity by combining jogging with waste collection.</p> <p>Raise awareness about environmental issues and promote responsible waste disposal practices.</p> <p>Strengthen community engagement and teamwork through collective environmental action.</p> <p>Improve cardiovascular health and overall well-being among participants.</p> <p>Reduce pollution and contribute to cleaner urban and natural spaces.</p> |
| Stakeholders of the project: <i>People and entities contributing or contributed to the implementation of the project/programme</i> | <p>Local municipalities and environmental organizations</p> <p>Sports clubs and running groups</p> <p>Schools and universities</p> <p>Volunteer organizations and NGOs</p> <p>Local businesses and sponsors</p> <p>Community members and residents</p> |
| Beneficiaries: <i>Which target group was involved</i> | <p>Joggers and fitness enthusiasts</p> <p>Students and educators</p> <p>Environmental activists and volunteers</p> <p>Local communities impacted by litter and pollution</p> <p>Municipal waste management services</p> |
| Content: <i>Describe the contents of the modules</i> | <p>Introduction to Plogging: Definition and Importance</p> <p>Physical and Mental Health Benefits of Plogging</p> |

| | |
|--|--|
| | <p>Environmental Impact of Littering and Waste Collection</p> <p>Techniques and Safety Tips for Effective Plogging</p> <p>Organizing Community Plogging Events</p> <p>Monitoring and Reporting Collected Waste Data</p> |
| <p>Activities: <i>Describe the activities of the module</i></p> | <p>Educational Workshops – Sessions on environmental awareness, the impact of pollution, and the benefits of plogging.</p> <p>Community Plogging Events – Regular scheduled jogging sessions combined with trash collection in different locations.</p> <p>Plogging Challenges – Individual and group competitions to collect the most waste while running a designated distance.</p> <p>Data Collection & Analysis – Participants record the type and amount of waste collected to measure impact and raise awareness.</p> <p>Social Media Campaigns – Sharing success stories, before-and-after pictures, and inspiring community engagement online.</p> <p>Collaboration with Schools & Organizations – Engaging young people and institutions in sustainable fitness activities.</p> |
| <p>Results: <i>Describe the expected results from the activities</i></p> | <p>Increased participation in outdoor physical activities.</p> <p>Reduction of litter in urban and natural environments.</p> <p>Greater awareness of environmental responsibility among participants.</p> <p>Strengthened sense of community and teamwork.</p> <p>Data-driven insights on pollution patterns in local areas.</p> |
| <p>Innovation: <i>Describe the innovative aspects of the activities</i></p> | <p>Integration of fitness and environmental action into a single sustainable activity.</p> <p>Use of digital tracking apps to monitor progress and environmental impact.</p> <p>Partnerships with local businesses to provide incentives and rewards for participants.</p> <p>Engagement of youth and social media influencers to expand awareness and participation.</p> |
| <p>Impact: <i>Describe the specific impact expected by the activities</i></p> | <p>Improved physical and mental well-being among participants.</p> <p>Cleaner and healthier urban spaces.</p> <p>Strengthened collaboration between local communities, businesses, and environmental groups.</p> <p>Long-term behavioral changes towards responsible waste management</p> |
| <p>Evaluation:</p> | <p>Surveys and feedback from participants on their experience and awareness.</p> |

| | |
|--|--|
| | <p>Measurement of total waste collected per event and its impact.</p> <p>Monitoring the frequency and retention of participants in plogging activities.</p> <p>Assessment of social media engagement and outreach effectiveness.</p> |
| <p>Bank of resources: <i>additional materials</i></p> | <p>Plogging route maps</p> <p>Safety guidelines and checklists</p> <p>Educational materials on waste reduction and recycling</p> <p>Workout plans integrating plogging</p> |
| <p>Resources/references: <i>(if available)</i></p> | <p>Official Plogging Movement Guidelines</p> <p>Environmental Reports on Waste Management</p> <p>Articles and Research on Plogging Benefits</p> |
| <p>Photos: <i>(if available)</i></p> | <p>https://www.youtube.com/watch?v=Ej3af8pD450</p> |

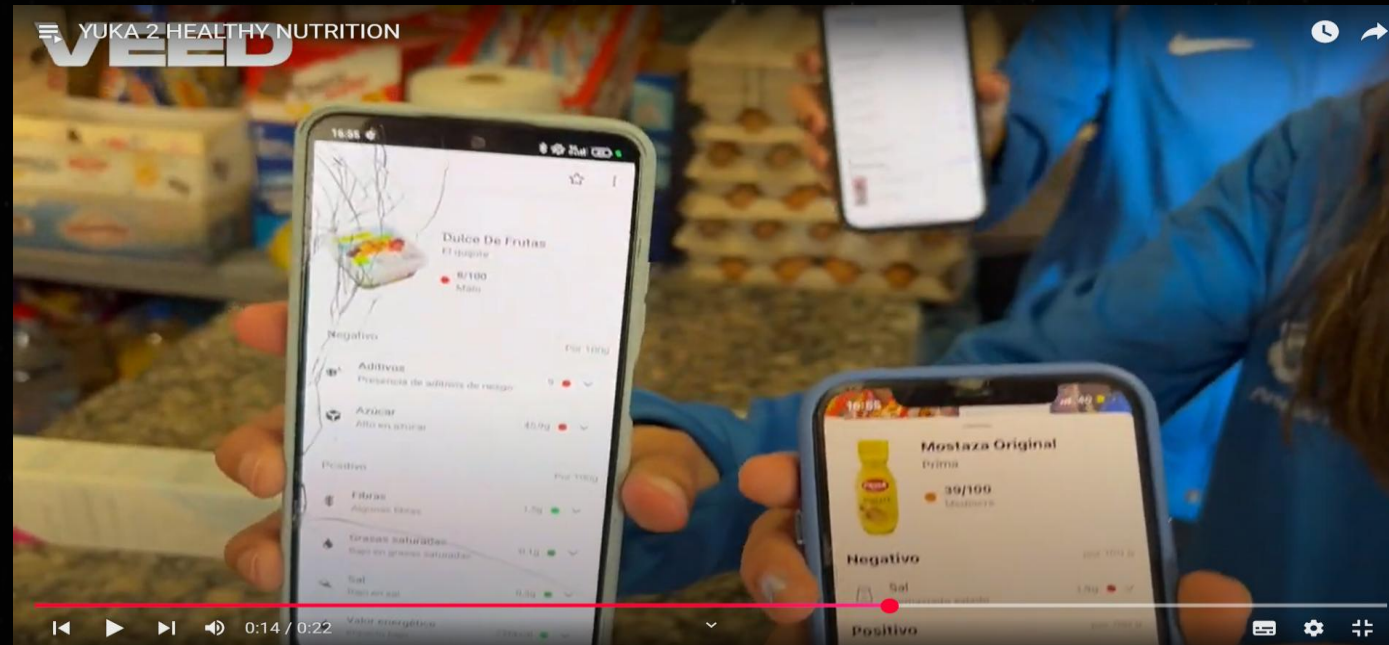


“Funded by the European Union. Views and opinions expressed are however those of the author(s) only and do not necessarily reflect those of the European Union or the European Education and Culture Executive Agency (EACEA) Neither the European Union nor the granting authority can be held responsible for them.”

We, the beneficiaries represent and warrant that any personal data is processed in compliance with the applicable legal framework (GDPR and/ other applicable national legislation) under their sole responsibility, including in view of the publication of the deliverable.



WATCH OUR VIDEOS IN OUR YOUTUBE CHANNEL



Decoding Healthy Eating with Yuka: A Club Initiative

Our club embarked on a mission to bridge technology and healthy eating. Using the Yuka app, we analyzed food QR codes. We then created a list of 30 healthy and 30 unhealthy foods. This initiative aligns with our healthy active life project, emphasizing good nutrition.

PA



Yuka's Evaluation Criteria: A Closer Look

Nutritional Quality (60%)

Yuka assesses the balance of nutrients. Calories, sugars, saturated fats and salt are all considered. Proteins, fiber and fruit/vegetable content are also important.

Additive Presence (30%)

The app considers the amount and type of additives. Products are classified by risk level. This classification is based on scientific studies.

Organic Dimension (10%)

Yuka gives a bonus to certified organic products. This recognizes lower pesticide exposure. It also highlights sustainable practices.

Nutri-Score: The Foundation of Nutritional Quality

Yuka uses the Nutri-Score system. This system simplifies nutritional information. It assigns a grade from A to E. 'A' is the healthiest choice. 'E' indicates the least healthy.

Calories

Excessive calories contribute to weight gain. Moderation is key for maintaining a healthy weight.

Sugars

High sugar intake can lead to various health issues. Look for products with lower sugar content.

Saturated Fats

Saturated fats can negatively impact heart health. Choose products with unsaturated fats instead.

Decoding Additives: Navigating the Risks

1

Risk Assessment

Yuka classifies additives based on risk level. This is determined by scientific studies.

2

Additive Types

Additives include preservatives, colours, and flavour enhancers. Some may pose health risks.

3

Informed Choices

Knowing about additives empowers better choices. Aim for products with fewer harmful additives.

Organic Certification: The Sustainable Choice



Reduced Pesticides

Organic farming minimizes synthetic pesticides. This benefits both health and the environment.



Sustainability

Organic practices promote soil health. They also reduce water pollution.



Nutrient Density

Some studies suggest organic foods have higher nutrients. They also often taste better.





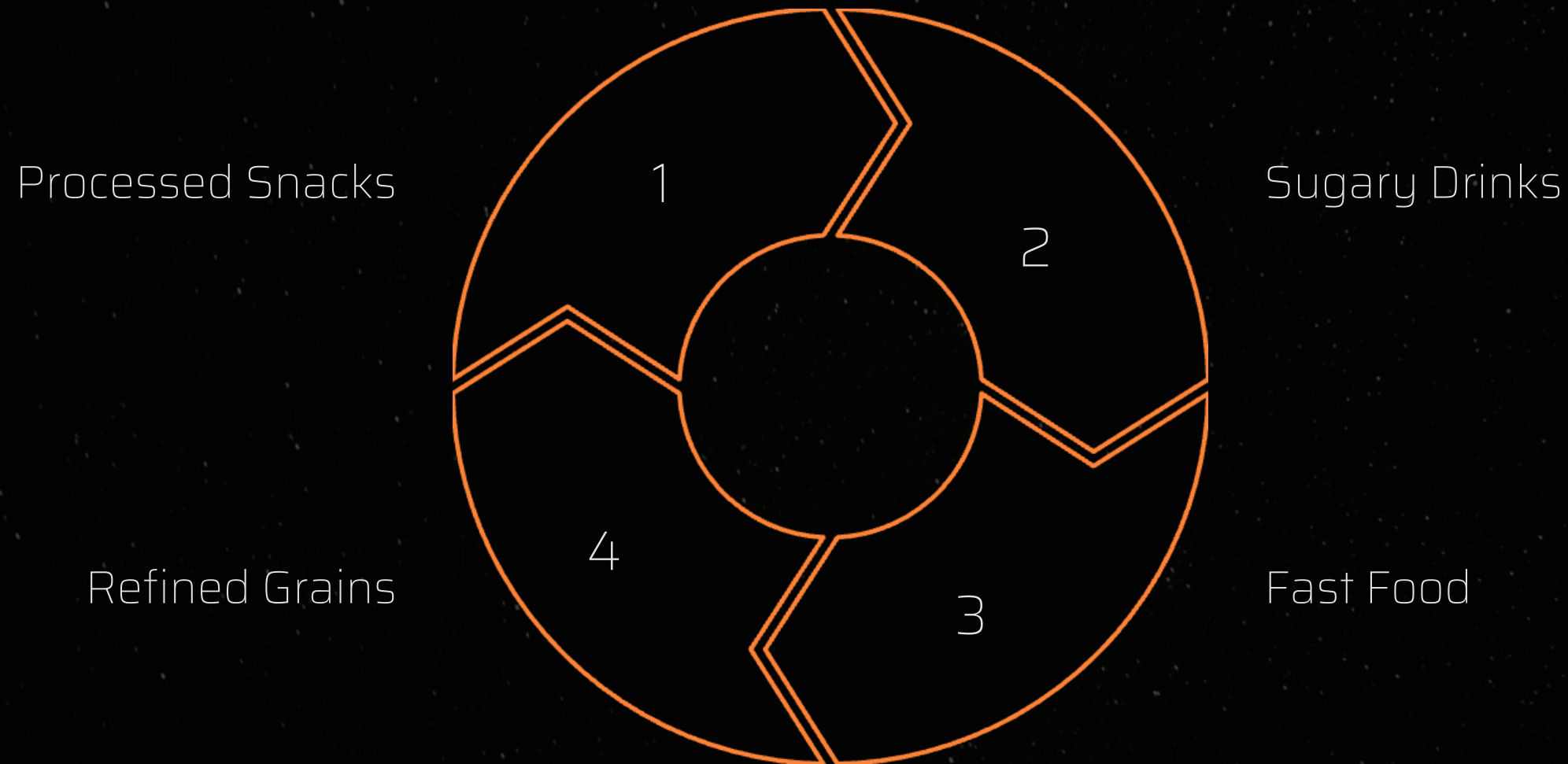
Club Findings: Healthy Food Highlights

1 Fresh Produce
Fruits and vegetables consistently score high. They are naturally rich in nutrients.

2 Whole Grains
Oats, quinoa, and brown rice are excellent choices. They provide fiber and sustained energy.

3 Lean Proteins
Chicken, fish, and beans are protein sources. They are low in unhealthy fats.

Club Findings: Unhealthy Food Red Flags



These options are typically high in sugar, unhealthy fats, and additives. They offer little nutritional value. Regular consumption can lead to health issues.

Takeaways and Next Steps for a Healthier You

1

Download Yuka

Take advantage of the tools at your disposal.

2

Scan Products

Make informed decisions at the grocery store.

3

Choose Wisely

Prioritize whole, unprocessed foods.

4

Share Knowledge

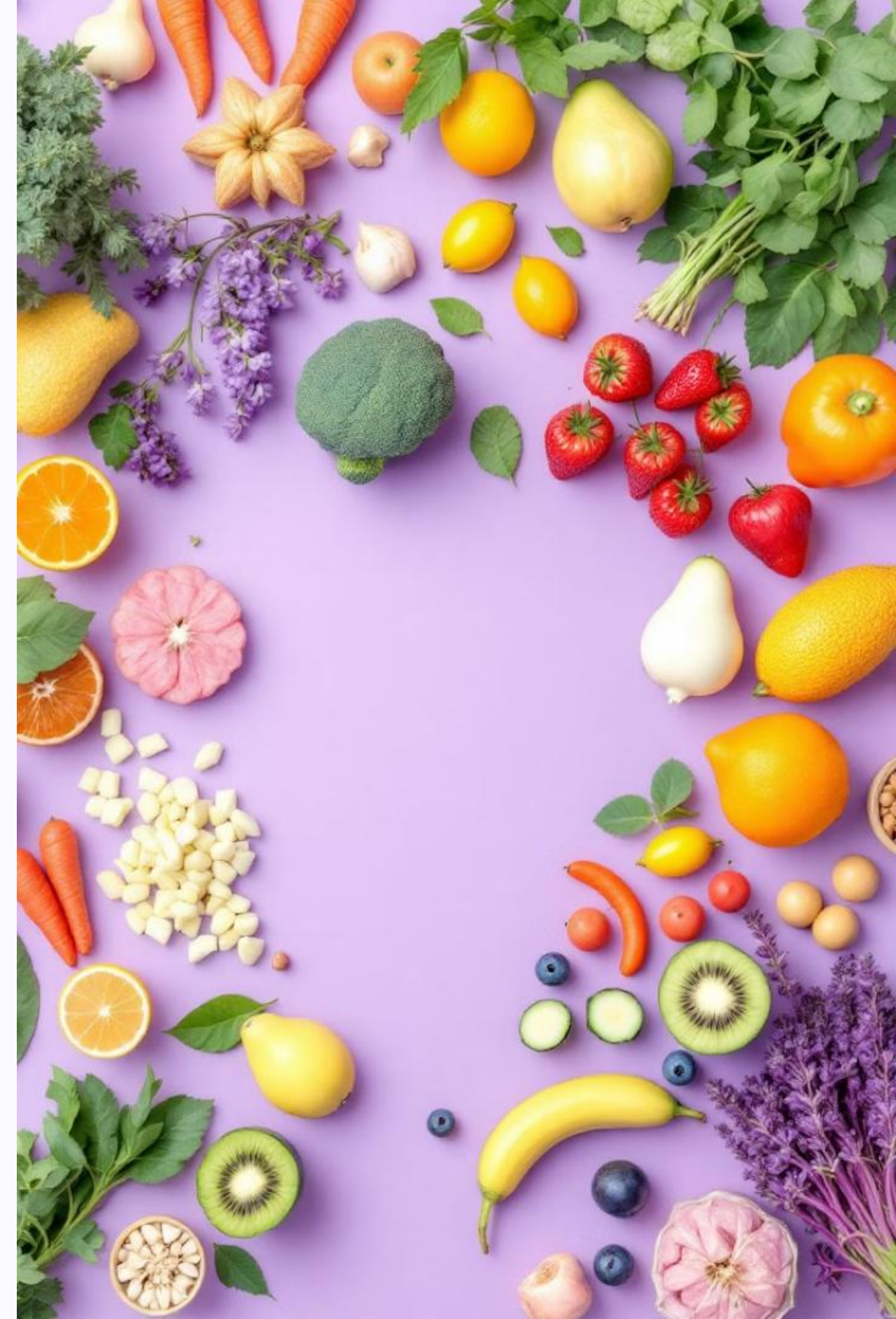
Educate friends and family about healthy eating.



Navigating the World of Healthy and Unhealthy Foods

Let's explore the landscape of nutrition, distinguishing between foods that fuel our bodies and those that may detract from our well-being.

PA



Fruits: Nature's Sweet Treat



Apples

Rich in fibre, vitamins, and antioxidants.



Berries

Packed with antioxidants and vitamins.



Oranges

Excellent source of vitamin C.



Kiwi

High in vitamin K and vitamin C.

Vegetables: The Foundation of Health

Carrots

Excellent source of beta-carotene.

Broccoli

Rich in vitamins and fibre.

Spinach

High in iron and vitamins.

Red Peppers

High in vitamin C and antioxidants

Healthy Fats and Protein



Avocados

Source of healthy fats and nutrients.



Almonds

Good source of healthy fats and protein.



Salmon

Rich in omega-3 fatty acids.



Eggs

High-quality protein and nutrients

Grains, Seeds and Legumes

1 Quinoa

Complete protein and fibre-rich.

2 Lentils

Great source of plant-based protein.

3 Oatmeal

High in soluble fibre.

Foods to Limit or Avoid

1

Sugary Drinks

Empty calories, high sugar.

2

Processed Sausages

High in sodium and unhealthy fats.

3

Frozen Pizzas

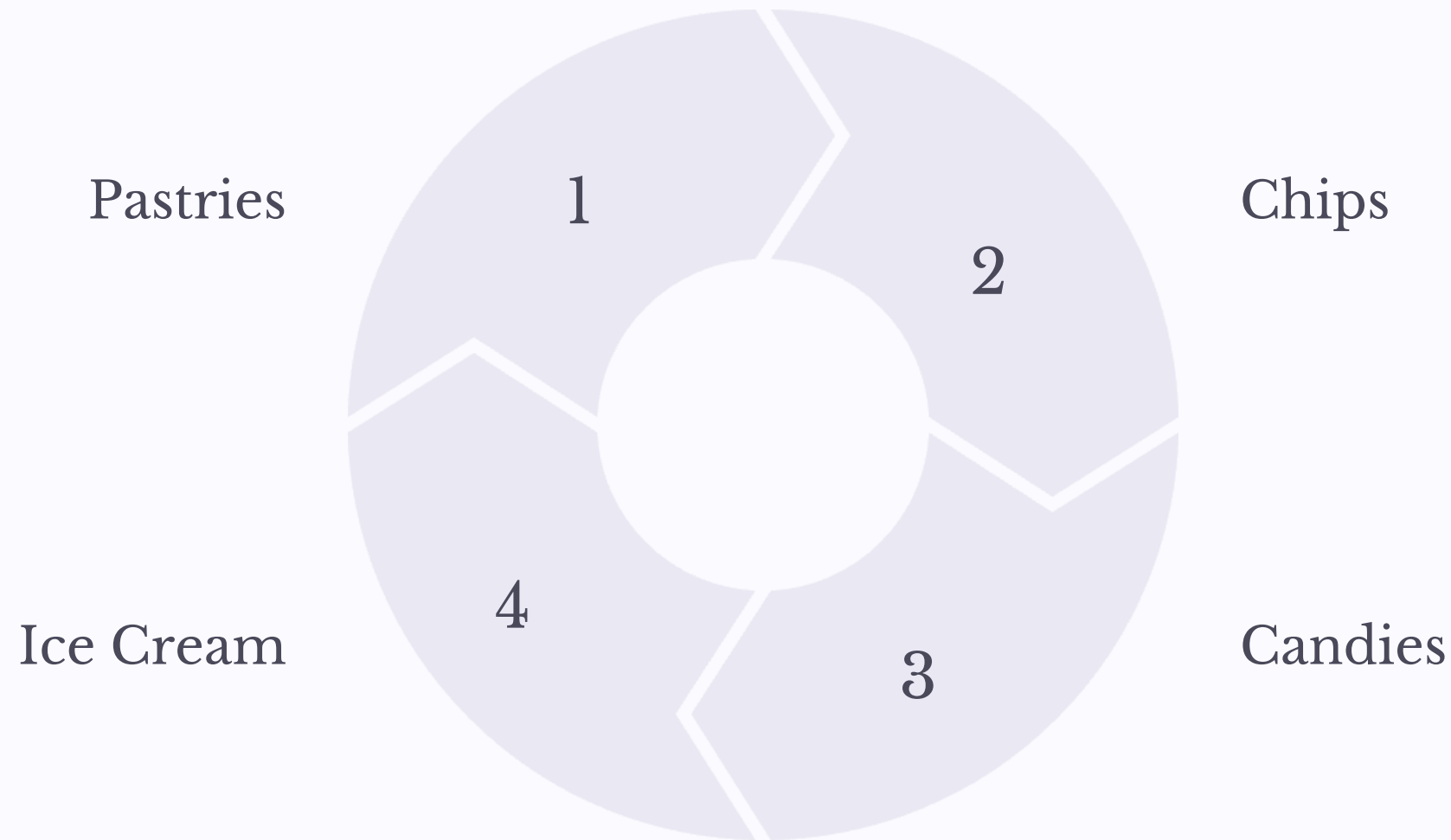
High in sodium and unhealthy fats.

4

Fast Food

High in sodium and unhealthy fats.

Limit Unhealthy Foods



These foods are high in sugar, unhealthy fats, and/or sodium. Consuming excessive amounts of these foods may lead to weight gain and other health problems.

Key Takeaways

1 Embrace Variety

Eat a wide range of fruits, vegetables, and whole foods.

2 Read Labels

Be mindful of added sugars, sodium, and unhealthy fats.

3 Home Cooking

Prepare meals at home to control ingredients and portion sizes.



Nourish Your Body: A Guide to Healthy Eating

Embark on a journey to a healthier you. Discover the secrets to balanced nutrition. Learn how to fuel your body with the right foods. Unlock your potential through mindful eating habits.

PA

Prioritise a Balanced Diet

Protein

Supports muscle growth. Essential for development.

Sources: Chicken, fish, eggs.

Carbohydrates

Provides sustainable energy. Fuel your day.

Sources: Brown rice, oatmeal, whole grains.

Healthy Fats

Key for brain function. Enhances health.

Sources: Avocados, olive oil, oily fish.

Stay Hydrated

1 Water is Essential

Drink 1.5 to 2 litres daily.

3 Avoid Sugary Drinks

Limit soft drinks and juices.

2 Physical Performance

Water promotes performance.





Embrace Fruits and Vegetables



Fiber



Vitamins



Minerals

Include at least 5 servings a day. Prefer whole fruits, not juices.

Regular Meal Times

1

Breakfast

Fuel your morning.

2

Lunch

Sustain your afternoon.

3

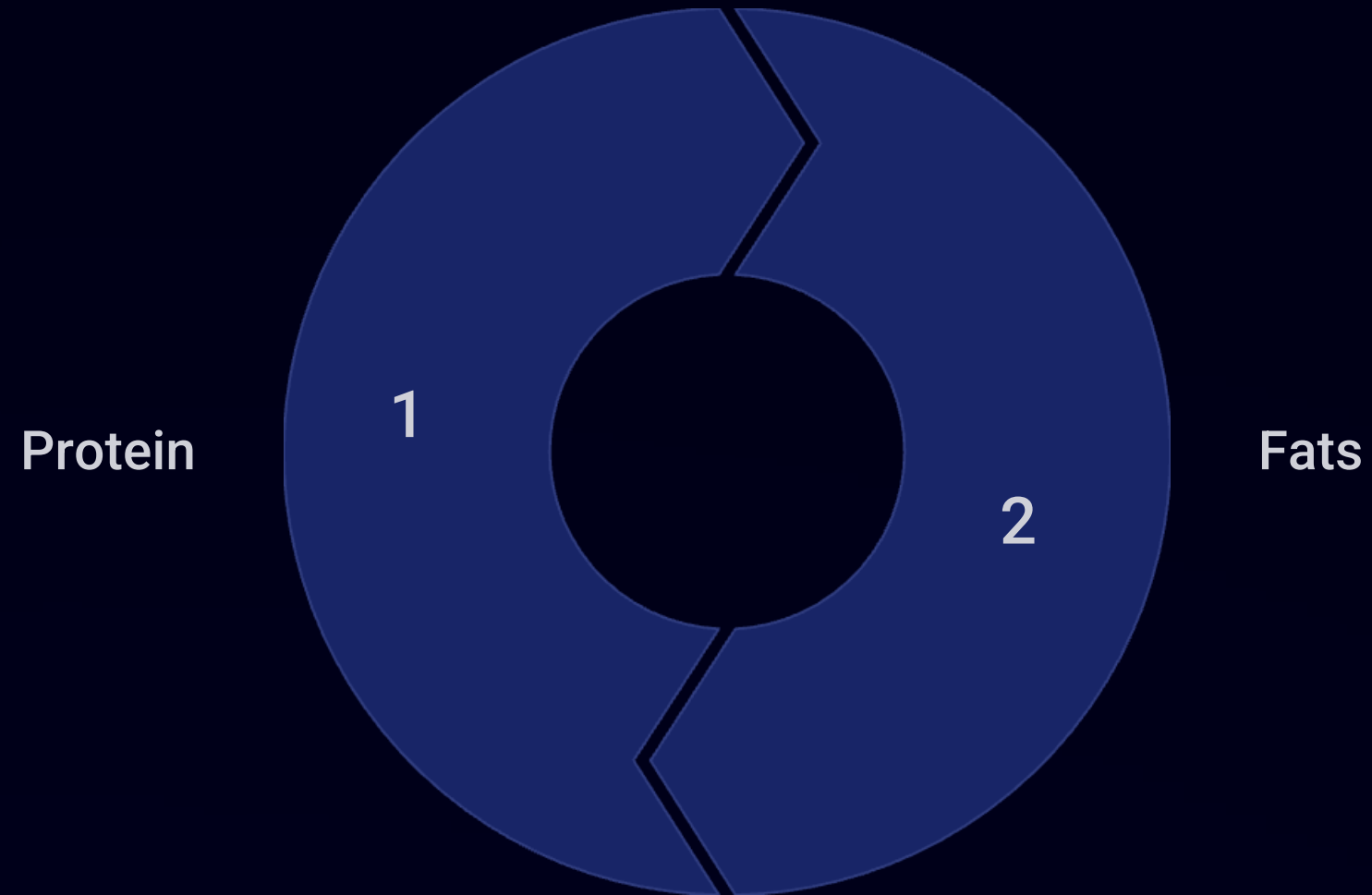
Dinner

Nourish your evening.

Avoid skipping meals to maintain energy and concentration.



Breakfast Boost



Include protein and healthy fats to maintain satiety.

Limit Processed Foods

1

Refined Flours

2

Added Sugars

Avoid excess ultra-processed products with refined flours and added sugars.



Key Takeaways

Balance

A mix of protein, carbs and fats.

Hydration

Drink water throughout the day.

Regularity

Set consistent meal times.

Prioritise a varied and balanced diet. Remember to stay hydrated. Eat fruits and vegetables.