



presents 4 National Sport for All Associations  
and their National projects

with



»Physical Activity Towards a Healthier Europe«, which is design to build on the infrastructure of national associations of physical activity, that currently represent over 70 million Europeans.



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*ISCA is a member of the European Platform on diet, physical activity and health.*

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*If we want to fully release the human capital in society - improvement of health is a precondition.*

## 1. Healthy Human Capital

The knowledge on how to improve health is available in massive amounts. The ways, how to improve personal health by eating healthier food and a being physical active, are well-known. In other words: We know what to do!

Nevertheless the fight for better lifestyle is high on the agenda for many people and very high on the agenda in many societies.

Our challenge today is therefore to transform the knowledge to motivation and action for the individual citizen and local communities.

This PATHE project is using the most widespread civil society movement to reach individual citizens, local communities, and special target groups. It transforms knowledge to action at citizens level. And it inspires the Sport for All sector to improve and increase its contribution to creating better and healthier societies.

The PATHE project is an investment in Sport for all - an investment in Healthy Human Capital.

*Mogens Kirkeby, ISCA President*



*The Sport for All organisations have the potential and capacity to make an invaluable contribution to individual health on a large scale.*

## 2. Sport for All organisations have taken up the challenge

Striving to improve individual health on societal level in Europe is an immense task. Barriers are numerous. Actors in the field plentiful but diverse. The factors that influence individual health are many-sided. Health as a concept is itself subject for intense debate. Health may in fact be perceived very differently by different people.

But no-matter the challenges, organised sport is key to overcome them. The Sport for All organisations have the potential and capacity to make an invaluable contribution to individual health on a large scale. No-one else has an organisational framework to achieve person-to-person contact to millions of Europeans. No-one else have the unique offers of healthy activities in that special motivational social context that sport clubs provide.

And Sport for All organisations have taken up the challenge! ISCA is proud to coordinate the PATHE project and engage skill-full sport managers and leaders in providing even greater health impact on European societies. The Associate Partners and Collaborating Partners are the core of the project. They have given their commitment to contribute to healthy nations in spite of all challenges. I believe that is a responsible and admirable commitment. One, that I am sure will also inspire others to take up the challenge. Together they will be able to say: »We chipped in. We took responsibility. We found the PATHE forward«.

*Jacob Schouenborg, ISCA Secretary General*



»PATHE...is  
a good way  
of creating  
partnership.«

### 3. What can ISCA and PATHE with members and project partners do to maintain and promote health in EU and other areas?

Sport for all associations and clubs and national organisations are members of ISCA and they strive for strengthening and maintaining of health oriented towards the future. Organised sport is in a way appropriate for fulfilling the demands for quality within health strengthening as a whole because this form of sport enables social integration and has long-term positive effects.

Health beneficial exercise programmes within organised sport follow the set goals and are based on a modern understanding of health strengthening. The purpose of these programmes is not just prevention or preventing the illnesses or other disorders to develop but also to educate and encourage the active awareness of permanent and individual health abilities within the physical, psychic and social sources of health. That is why every health beneficial programme - for establishing a healthy way of life - must consider the fundamental goals which are based on strategic goals:

- to develop a culture of physical activity for health strengthening with the entire EU population, especially with children and youth,
- to introduce physical activity for health strengthening for all age groups of the EU population and for the disabled while taking into consideration the actual state of health,
- ensuring the access and conditions to carry out a safe, efficient and pleasant physical health beneficial activity in living, tourist, school, sports and other environments.

ISCA also feels obliged to contributing to this socio-political challenge. ISCA's »Plan of Development« pointed out that health and fitness related activities should have priority in the organisation in the future.

This goal is now being transformed into the concrete long-term ISCA-project PATHE (Physical Activity Towards a Healthier Europe), that in close cooperation with four associate partners Slovenian Sports Union (SUS), Unione Italiana sport per tutti (UISP), Union Sportive de l'Enseignement du Premier degré (USEP) and Danish Gymnastics and Sports Association (DGI), works to build capacity in the European Sport for All Organisations and disseminates knowledge on the use of physical activity in health initiatives.

PATHE includes advice/experiences/knowledge on how to develop local and national promotion and exercise programmes designed to strengthen and maintain health for all the members as well as practical help (personnel, financial, material, etc.) for all Collaborating partners.

In this PATHE Pamphlet you can find »National initiatives « which are shared by PATHE Associate partners via personal meetings, via organizational twinning (associate-collaborating partners meetings, round tables, seminars, events, presentations, materials etc.), to build capacity via consultations, raise awareness with organizational campaigns and political statements.

*Saska Benedic Tomat, PATHE Project coordinator*

#### 4. What is an added value of PATHE project?



When you have build up knowledge and experience in planning, managing and developing an area within a Sport for All activity, it is challenge to keep yourself in a continues developing mode and stay in the market in the future. I see PATHE as a platform to handle this challenge.

When you have to show and explain your own projects and activities to other organisations you learn about yourself and your work. In the discussions with other organisations and when you have to answer questions asked by others you learn about yourself. At the same time you get new ideas for your own work, see things in new ways and find new solutions for your own work.

When working together and helping each other, you find solutions and new ways of thinking, that gives you a result much faster than if you had to learn everything from A to Z. It is impressing and persuasive to experience the good examples and to get help with strategies and politics, organisationally and technical subjects.

In striving for giving every single person the opportunity to be an active human being in a strong social context with a high quality in all aspects - and do this in well organised and easy accessible conditions we need to help each other by sharing knowledge and experience. PATHE is an investment in development and comes back as added value for all the participants.

*Anders Kragh Jespersen*  
*DGI National Project manager*



Sport management includes the planning, managing and controlling of business processes as well as managing all the main resources that are important for achieving the business and sports goals that a sports organization sets itself. It can be seen as a process of dynamic acquisition, organization and management of resources during which decisions are made and responsibility is taken for them. Sport actually never was only a personal good nor it is - as some social regimes claimed - an exclusive public good. Since it is becoming a more and more complicated and sensitive social and economic issue, there is always more to learn about how to manage a sports organization and the sport projects. Sport is also an important component of the culture and heritage of an individual and society, so it is even more important to know the motives and relations of the individual who becomes a member of a sports organization and of the society which exercises influence over it. Managing a sports organization is therefore, becoming an ever more increasingly demanding task. Reason more for exchanging the good practice and experiences and this is from my point of view the most important added value of PATHE project which I manage in Slovenia.

*Iztok Retar*  
*SUS National Project Manager*



USEP worries about the educational aspects of sport and its benefits for health and general balance of children from 3 to 11 years old. Within the limits that are hers, USEP can provide answers to international preoccupations in this field, particularly concerning the fight against physical inactivity in conjunction with nutrition and healthy lifestyle (sleep, hygiene, rhythm of life, prevention and safety). USEP school associations meet around physical activities and sports and get this opportunity to express the educational and social values of a practice healthy and balanced. The meeting is the preferred support of sports, educational, accessible and fun activities.



By promoting physical activity and sports, the goal is to try to develop the taste and culture of a balanced physical practice through the pleasure and help the child become an actor of his health.

For over 10 years, USEP develop international meetings as part of ISCA and is aware of the development of new European territories including European regions. The success of our recent USEP European meetings at Cayeux and Port Leucate commits us to pursue this track.

Exchanging our practices, comparing our experiences will promote mutual enrichment, which is why USEP wished to participate in the project PATHE carried by ISCA.

*Pascale Portenart*  
*USEP National Project Manager*

*Jean-Claude Arnaud*  
*USEP Coordinator/volunteer*



*»PATHE .....  
is designed to  
motivate people  
through shared  
goals«*

In 2005, when statistical data and news about obesity and sedentary started to be edited, UISP decided to analyse this phenomenon in order to see which kind of actions a Sport For All organisation could carry out. Statistical data were specifically related to children obesity and sedentary. As social promotion body, the concept of "Sport For All" UISP promotes is based to the quality of the ideas. It is not possible to promote social changes without widely consider all the components existing in the referring social context. So, UISP decided to carry out a pilot project in the schools involving children, families, teachers, other educational institutions and public authorities.

3 years after and, most of all, children and families involved we UISP is ready to start the third year of activities. The problem remains the same, but the context is changed.

Magazine and newspaper keep on editing statistical data testifying how the phenomenon is increasing (not just in Italy but all over Europe) so the number of bodies involved in the topic is increased, from public authorities to profit bodies.

In this context, Sport For All challenge is to deal with the topic on the basis of its own nature. PATHE is the tool identified at European level to strengthen Sport For All in the development of its own health and physical activity promotion actions in order to actively promote and implement people participation and help them to take responsibility of their own health.

In this framework, the big challenge is to put together organisations which are so different with each other in terms of history, culture, referring contexts as well as methodologies, competences and skills in an unique project in order to reach common goals.

*Ivano Maiorella, UISP National Project manager*



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IS ASSOCIATE PARTNER IN



Danish Gymnastics and Sports Associations (DGI) is a national organization, working through sport and other cultural activities to strengthen the work of local amateur associations in an endeavour to promote youth and adult non-formal education. DGI comprises about 5000 local associations with a membership of 1.3 million people. Denmark only counts 5.3 million inhabitants. DGI is a member of International Sport and Culture Association (ISCA).

DGI has a long tradition of participation in international projects in many parts of the world. Aided by financial support from the Foreign Ministry and together with African or other Danish NGOs, DGI is involved in long term sports and culture development projects in several African countries. Apart from these projects DGI also organise short-term sports instructor`s exchanges in cooperation with Danish Folk High Schools. As part of the ordinary DGI-program we organize international and national seminars, conferences, tournaments and festivals.

DGI presents 3 projects:

## 1. DGI Fitness & Health

The purpose of Fitness & Health

The purpose is to develop educations within this area to ensure a high level of quality in the educationprograme, specieally among the teachers in DGI, which is a benefit for the members, instructors and management in the clubs.

Fitness & Health current education activities:

- Fitness Educations
- Fitness Coach Educations
- Pilates Educations
- EFFEKT Educations
- Indoor Cycling Educations
- Nutrition & Health Educations
- Training with balls and bands Educations
- Aerobic Educations



Indoor cycling

Each education has a structure, education material, a standard programm for the course and teachers attached to this education.



## Fitness & Health in practice: (tasks)

- For each topic a specific team is, with the responsible project manager, in charge of developing and evaluating each area. This could be working out education materials, recruiting new teachers, implementation of the newest trends in the field etc.
- This team of instructors are also involved in the description and the policy and procedures of the educations
- The management of the courses, the communication around the activities and the financial side are other subjects, this project can promote to other organizations.



## 2. Foreningsfitness - ClubFitness

### Vision:

- To play an active role in relation to health promotion and health prevention for the entire population
- To contribute persevere the club sport strong and attractive
- To offer every club member a flexible training activity, that oblige individual needs for exercise in the frame of the club system

### Training centres in Club Fitness are:

- A rendezvous for members from different sports in a club, and for local clubs
- A rendezvous for organized as well as self-organized sportspeople
- Invitation to new target groups in the club
- Normative and creative in the sports culture for a number of target groups



### Core tasks in Club Fitness:

- Projects in Club Fitness can get
- Loans
- Large scale consultancy process
- Small scale consultancy process
- Networkactivity
- Education of trainers
- Qualitymark - certification
- Developing activity for new target groups (fx. children`s fitness)

## DGI's active role

- To inform about the establishment of training centres with a DGI training culture
- To support the building up of club activities in and around the training centres
- To give expertise support for establishment and running
- To contribute to making financial and running models for the initiatives
- To support and inspire through human resources, loan fund, grants and various activities on a regional and national level

## The contents

- A training culture idea that must be described more detailed according to the basic items.
- A wide program of ways to exercise
- An educational program for instructors
- A centre of knowledge about training
- A network of organizers within training
- A homepage telling about possibilities of local training
- Others

## 4 points to be fulfilled:

- The training centre must have an organisational independence and autonomy
- Membership is important; that means direct member influence in the club
- Economic surplus can exclusively be used to correspondent purpose in the training centre - a non-profit principle
- Voluntary instructors and leaders are payed by covering expenditure costs and cultivating the instructor team

## Important items to be clarified

1. Intermediate elements of a training culture must be described in co-operation with DGI's advisers
2. Possibilities of training and training advising must be described
3. An education programme for instructors and leaders etc. must be described
4. Everybody is engaged to help others and to participate in one annual evaluation and inspiration meeting. In the long term a knowledge »capital« about training is built up - a network of actors within physical training
5. DGI establishes a number of activity and education courses for committee members, leaders and instructors/trainers in training centres
6. The presentation of the training activities must be described in a marketing plan

## Ethics in the training culture

1. Ethical rules for being together
2. Handling of inappropriate training
3. Maintenance, cleanliness and clearing
4. Smoking, alcohol, dietary supplement and stimulating drinks, doping, eating disorders etc.
5. Reception of new members (introduction with training activity lessons, and lessons in being active in health promoting activities for a considerable period)
6. Admittance for different groups in relation to the admittance for individuals
7. Open all the year round from early morning till late at night (24-7-52)
8. Safety matters, maintenance of equipment and measures in an emergency
9. Insurance conditions (the responsibility of members and clubs)



## DGI advising and service

1. The good examples for inspiration
2. Expert assistance / consultancy
3. Idea and contents
4. Building and arrangement
5. Machines and other equipment
6. Organization and membership conditions
7. Financing of establishing and running
8. Training of leaders, instructors/trainers
9. Marketing of the activities

## Homepage info

[www.foreningsfitness.dk](http://www.foreningsfitness.dk)

[www.dgi.dk](http://www.dgi.dk)

### Typical contents - trainingmachine sections (examples)

- Exercise bikes
- Rowing machine
- Running band
- Ski training machines
- Free weights
- Fitness training machines
- Dumbbells
- Test machines



### Typical contents - trainingteams (examples)

- Aerobics
- Step benches
- Spinning / indoor cycling
- Gym ball
- Pilates on mats
- Effect
- Back training with wall bars
- Core training
- Box training
- Rehabilitation
- Dance
- Small teams 2-4-6 persons
- Personal training
- Team with af focus on nutrition
- Plus-size teams
- Before- og after-birth trainingteams
- »Training on recept« - team
- Diet / nutrition / weight
- Motoric training
- Special education (target groups with special needs or a personal trainer)

### Outdoor activities (examples)

- Nordic walking - walking with sticks
- Jogging
- Roller skates
- Bicycle training
- Walking



### 3. Foreningsfitness Quality Project

#### The purpose of the Quality Project

The purpose is to improve the quality level for the benefit of the members, instructors and management.

#### The Quality process must:

- lead to continued improvement of performance - staying competitive
- Lead to knowledge sharing among the training centre
- document Quality assurance
- support the preparation of certification

#### Basis Principles

- Certificate - 'guarantee for quality assurance'
- Independent assesment
- Distinctive features - maintain variety and diversity
- Free selection of method - but areas that must be fulfilled
- Network based development among the training centre
- Inspiration and process management from Foreningsfitness consultants
- Focus on building in quality in the daily process and not 'rely' on quality control as the goal

#### Certification in practice

- The management must be in charge of the process and the documentation of the quality in the centre
- The team of instructors must be involved in the description and the policy and procedures of the training centre
- The process must not be experienced as bureaucratic - but as an exiting development project



4 quality areas are in focus with several specific points to be aware of under each area:

1. Members
2. Equipment and Facilities
3. Instructors
4. Organisation and operation

#### The Quality Process

The process headlines (6-12 months - 14-18 hours of Foreningsfitness consultancy/assessment):

1. Kick off meeting
  - Presentation of the Quality process and the 4 Quality standards
  - (Scope, planning, setting up priorities and areas of improvement)

- Management and instructors

It is important that the Quality Process involves management and instructors...

2. Workshop for management and instructors - start up Duration: 3-4 hours

The priority phase

- Areas of improvement and documentation plan.

Working phase in the training centre Duration: 2-3 months

3. Workshop - approval and implementation Duration: 3-4 hours

- Approval, description, time and responsibility

- Implementation

Implementation Duration: 2-3 months

4. Certification

- Self test
- Application / documentation
- Assessment
- Quality Mark



Certification - Foreningsfitness Quality mark

The training centre ask for certification and an evaluation team visits the training centre. Certification is given if report is accepted. To keep the certificate, reassessment within 2 years is obligate - reporting after 1 year (areas of improvements/interest) will be expected.

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The Sports Union of Slovenia (SUS) covers sports for all organizations. It includes 320 clubs with all together approximately 95.000 members, and it is one of the largest sports for all organizations in the country.

SUS activities are oriented towards clubs and individuals; however, the emphasis is laid on further development and modernization of sport for all activities. Its purpose is also to attract and include as much people as can be into sport, as well as to include various expertise and to exchange experiences in sense of good practise. This is achieved through various sports for all activities and events, educational and training programs, qualified staff, information activities, quality management, expert materials and publications, organization and functioning of advisory services for various groups of recreational athletes of all age groups (from children and young people to adults and the elderly).

#### SUS HEALTHY SPORT CLUB



Sport Union of Slovenia has developed a quality label (trade mark) »HEALTHY CLUB« for health directed movement and for exercise offers by the SUS members.

The introduction of this label helps realise our efforts to ensure and offer quality and health beneficial exercise programs in sport societies and to constantly improve these programs.

With the label »Healthy Club« the societies are able to prove to the outer public that their offer of »healthy exercise programs« is of high quality and standards. The label is enable the people who are interested in exercise to find an exercise program that suits them best.

All activities in the field of healthy movement - sport need to be carried out carefully and with feeling, the same goes for dealing with the participants. This can be ensured with properly qualified trainers who have the knowledge, the teaching skills, appropriate competences and psycho-social abilities needed and who will also take into account the criteria of »Healthy Club«. In addition to that the organisational and spatial conditions need to be in accordance with the contract contents. That is why SUS is trying to reach a high quality of offers in the field of »Health Club« and also maintain this quality.

#### Mission of the Project:

Software modernization of the Sports Union programs and the formulation of national network of partners- enforcers of the programs which are meant to stimulate sport as a lifestyle.

## Aim of the project

Complete modernization and adaptation of sports programs with the goal of becoming the key support to contemporary active and kind to health lifestyle.

## Project goals

To qualify a lifelong sports center, recognizable in a local environment, which encourages and enables the execution of sports activities, which support the strengthening and keeping of good health. We can reach that by using well thought-out activities adapted to customer needs and wishes about how to spend leisure time.

## Support aims and goals

- Development of the service brand which enables the recognition and the quality of sports-recreation programs and their sport clubs
- Development and encouragement of the sports-recreation program supply
- Development and immersing the partnership and the cooperation between sports, health and insurance field
- Development and encouragement of the quality and excellence in the sport clubs, which are the activity holders
- Support the sustainable development in sense of eco friendly sport for all events



## Target groups

- Slovenian Inhabitants - support of public health strengthening with the healthy lifestyle programs and promotion
- Members of sport clubs, which are members of Sports Union of Slovenia - support of health strengthening with a defined supply of programs and sport activities in the project network

## Reaching goals

Formulation of multidimensional and multipurpose lifelong didactic sports center as a key framework for developing the juncture between the public and private sport place.

## Operative aims and goals

- Strengthening of the physical health resources
- Strengthening of the psycho-physical health resources
- Reducing the factors of risk
- Restraining the problems related to health
- Introducing the benefits of sport activities on health
- Developing motion and sport skills



### Key activities on the sport aims and goals field

- Sports and voluntary work
- Sports for health

### Support package intended for individuals

- Battery of tests: accessible, useful battery of tests intended for finding out the functional capacity, suitability of physical weight,...with intention of defining the momentary condition, setting goals and assessing the progress of each individual in the Health sport club project
- Motivational tools: educational and motivational tools used for accompanying and developing the elements, which form the healthy lifestyle (journal on active reducing your physical weight, personal training for increasing your personal physical capacity,...)
- Marketing tools: efficient marketing and promotion tools in order to support personal involvement and cooperation in the project (symbolic equipment, blogs...)

### Support package intended to promote health

- Marketing tools: marketing and promotion tools used for global campaign dedicated to the strengthening of public health.

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The Uisp (Unione Italiana Sport Per tutti) is an association of sport for all with the aim to extend the right to practice sport to everyone. Sport for all is good connected with the health, life quality, education and social relations.



Sport for all is a right, an immediate reference to a good life quality to be strengthened day after day both in the traditional frameworks and in the environment. Sport for all interprets a new right of citizenship, it belongs to the »life policies« and, also by having experience with a number of competitive activities, it is justified thanks to the values, which are not referable to the supremacy of the result, which is typical of the absolute performance sport.

Our mission is to demonstrate that »different sport is possible«. This not only means to develop cultural innovation, but also to concretely transfer it in technical experimentation, methodological and organizational. UISP sports Leagues have made own and reinforced these strategic options. Sport for all has potentially extended to all the citizens the offer of physical practice like concrete research and experimentation of a better quality of life.

UISP, through its initiatives has the objective to give value to the several faces of sport, from that competitive one (with particular attention to the dilettante and amateurs world) to that spectacular one, from that instrumental (sport for health, the well-being, to defend the environment) to that expressive (collective and individual practices outside of structured sports circuits). The great UISP sport for all initiatives are launch in spring since the beginning of the '80s: *Vivicitt  Giocagin*, *Bicincitt  Sport in the Squares*. These are sports event that involve tens of Italian and foreign cities at the same time and that see UISP together with important Italian associations, from UNICEF to WWF, from *Legambiente* to *Libera* (the association against mafia), from *AIMS* (the association for the sclerosis research) to *Amnesty International*.

## LET`S GIVE US A MOVE: NEW ACTIVE LIFE STYLE FOR CHILDREN AND FAMILIES

### PROJECT DESCRIPTION

»Let's give us a move« campaign was planned starting by the reading of the statistical data: in Italy, the majority of children is really sedentary, spending, already at 6 years old, an average of more than 2 hours watching TV; they play passive games and do not consider the outdoor ones which are more physically exacting. Moreover, we have to be aware that, progressively, free time activities, played in the park, in green spaces and in extemporised game fields, which, for years and years, have contributed to develop spontaneously, creativity and sociality of entire generations of children is going to disappear.

There are also changes in families structure. Once the family was like we call the enlarged family with the grandparents supporting the parents. Today, a lot of families are based on a single parent. Sport practice is not necessary able to cover this lack; in a lot of cases, families make a precocious choice, on behalf of their children, for a specific sport, that children may feel like a duty or even a sacrifice, with consequent high level of drop-out from sport practice, around 11 years old. Furthermore, the achievement of sports results is contrary to the pleasure of playing and moving. Vice versa, the concept of »Sport For All« promoted by UISP is referred to interventions able to consider sociality factor, promoting sport via games and non competitive activities which are focused on fun and on the involvement of several social actors, like girls and boys, final but not unique target of the intervention, their families and the social and educational context in which they live.

So, finally the idea was to realise an information campaign on active life styles based on Sport For All as practice able to promote well-being, health, fight against obesity, not focusing on a simple transferring of information from experts, but promoting the perception of everyone like active subject as well as responsible of their own choices, starting from the early evolution times. And another objective was to mobilise families for the construction of »spaces« of activity outside the limits of structured sport, based on games, movement and active life style, designed to involve children and parents.

The activities are initially developed on 2 different levels:

- to work on the material with Professional graphics: elaboration of the logo and the graphic of each material foreseen by the project;
- to work with 3 Professors from the University of Rome with UISP experts on the elaboration of the content of the material as well as the method of evaluation (a specific questionnaire for both parents and children).



UISP started the project with the objective of involving at least 3.000 children divided in at least 40 cities.

At the end of the project the numbers are: 69 cities - 166 schools (985 classes), 20.040 children.

Because of good results in 2006 and 2007, in terms of people participation and results achieved, as testified by the evaluation, UISP decided to invest on the campaign, planning a SECOND YEAR OF ACTIVITY.

In this second year we have:

- new cities with new schools starting the campaign as well as
- the same cities which worked with us last year with both new and old schools participating.

The difference is that children who have participated to the last year activities will be involved in what we called »maintenance process« and the project is called LET'S RE-GIVE US A MOVE: the numbers are 29 cities, 48 schools (340 classes), 6.554 children. Regarding »Let's give us a move - year 2« numbers are: 44 cities, 112 schools (892 classes), 14.531 children.

The difference in the number of children participating to the »maintenance« process compare to last year numbers is mostly related to the fact that a lot of those children were in the last year of the primary school and so it was not possible to involve them again. Maintenance process means that last year the project was able to produce a change in the behaviours and in the habits of the participants and now the most important thing is to make what was new last year something »regular«, for both this year and for the following ones.

LET'S RE-GIVE US A MOVE will have its own questionnaire (for both parents and children) in order to evaluate the process as well a new specific web sites. Considering that first year campaign started in November 2006, at the moment we can say that over 17 months of activities, the campaign was able to involve more than 36.000 children.

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IS ASSOCIATE PARTNER IN



USEP (Union Sportive de l'Enseignement du Premier degré) was created in 1939. It is the biggest school sports federation of France with more than 835 000 members (children and adults) distributed in more than 12 000 associations of public schools in 104 departmental committees. USEP is sportive, educational and citizen movement. Its activities take place in and around primary schools. USEP is a member of the French National Olympic Committee.

USEP has signed one convention with the French Ministry of Education. This convention states that USEP is the privileged partner for providing sporting activities in the primary schools.

USEP worries since 1999 about the educational aspects of sport and about its benefits for health and general balance of children from 3 to 10 years old. It is important not to be late for developing such a program because children are very receptive.

USEP is a member of ISCA and participate at the ISCA Health Program.

USEP highlighted the education in the health through the sports practice. On the slogan *»My Health in Games«*, children organise and participate in forums of discussion and meetings. They illustrate as well as represents for them the notion of health and the way of expressing in sports activities.

The main aim is to develop the taste of a regular and well balanced sports practice and so contribute to the education in health of children.

This program includes two stages:

The reflection is the first

The weekly National participation of the young sports citizen supposes at first the implementation of a reflection which has for objective to return the child an actor of his health to allow him then to make the most enlightened choice to protect his health capital. To understand and to know his body, to practice sports activities, to share with his friends sensations and feelings



*»My health  
in Games«  
or how to return  
the child an actor  
of his health*

are the searched goals. The reflection phase becomes a reality by the production of posters.

The sports meetings is the second

The sports meetings follow the reflection. They allow the children the implemented of the skills acquired in term of balance. Taking place on the day, these meetings are the occasion to share a well balanced meal. Posters realized before are exposed during these meetings.

This program includes an important educational device

Every school association received an educational bag realized in partnership with the CIDIL (Centre Inter professional of Dairy Documentation and Information). This bag contains many small sporting equipment : mini skills, one pedal, pucks, rubber balls, tennis balls, bullets to jungle, games of ossicles, elastics, rope, hoops, scarf, a flag.

Beyond these small sporting equipment, the bag includes an educational notebook »My Health in Games« realized by USEP in association with the French mission Nutrition and food Security (NSA ).

It's added a guide of educational applications entitled : « Food and physical activities«, 3 pedagogic posters , 9 games cards for pupils and a booklet parents children.

This operation which is led by USEP in partnership with CIDIL in and around school wants to copy at the level of realization but also the implement financial means.

»The spring of kindergarten«

The next step of »My health in Games« are activities for children from 3 to 6 years called »The spring of kindergarten.«

USEP developed an educational tool aimed at children of nursery schools of the national territory, in the form of CD-rom with a box of pictograms and developed also the USEP HEALTH KIT »(Volume 1-kindergarten), for teachers / facilitators USEP public school kindergartens of the national territory, to ensure the dissemination and the accompanying, making an assessment.



»The spring in kindergarten«

USEP submits accompanying methodology building:

- a project in maternal health: the subjects «health », methods of animation, the team and potential partners
- a pedagogic accompaniment of tools: the pictograms and their use ,the puppet »Health«, some songs, rhymes ,books of youth literature, works of art and the language of emotions
- also some teaching on the breath, sleep ,solar Education , feeding, security and prevention

and some athletic events and their health dimension :descriptions of the possible workshops

The network USEP in terms of value has always given a special place to health. USEP can provide answers to public concerned in this field, particularly as regards the fight against physical inactivity in connection with nutrition and hygiene of life (sleep, and oral hygiene, lifestyle, prevention and safety).

USEP meetings, which are the subject of our association in the school and outside school may participate in the promotion of health.

By promoting the practice of physical and sports activities, the objective is to seek to develop the taste and culture of a balanced practice through physical pleasure and to help children to become actively involved in their own health.

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Coming together is a beginning.  
Keeping together is a progress.  
Working together is a success.

*Henry Ford*

*The International Sport and Culture Association (ISCA) is a Non-governmental and not-for-profit international umbrella association of organizations working in the fields of Sport for All, Youth and Culture.*