



**ČESKÁ OBEC SOKOLSKÁ**

Tyršův dům, Újezd 450/40, 118 01 Praha 1 - Malá Strana

Czech Sokol Organization  
under the auspices of  
Ministry of Education, Youth and Sport of the Czech Republic  
and International Sport and Culture Association (ISCA)

invites you to the

# INTERNATIONAL WORKSHOP FOR INSTRUCTORS OF PARENTS AND CHILDREN, PRESCHOOL CHILDREN



## P&CH 2016

**11<sup>th</sup> - 13<sup>th</sup> of November 2016**

Prague, Tyršův dům  
Czech Republic

[www.sokol.eu](http://www.sokol.eu)

Facebook: Instagram: #pach2016

## What is PaCH 2016

PaCH 2016 is a practical workshop seasoned with theoretical lectures. Our main vision is through inspiring the educators to let more kids and their parents enjoy being physically active in the safe and supporting environment. We want to share our good practices and also be inspired by others. Together we will create a unique environment from which we can learn and have fun.

## On PaCH 2016 participants will:

- experience the Czech way of physical education for parents with children and pre-school children
- find an inspiration from international presenters
- share your experience and knowledge of the exercises in the clubs of parents and children and pre-school children (PaCH) with others
- discuss principal educational issues with experts from the academic field
- have the possibility for networking

Find out more information about PaCH 2016 at [www.sokol.eu/obsah/5503](http://www.sokol.eu/obsah/5503)

## Main theme of the workshop

- The use of untraditional and innovative materials during the exercise of parents and children, pre-school children.
- How to motivate pre-schoolers to use recyclable materials during PE lessons?

Program of the workshop will include theoretical lectures (30 – 45 minutes) and practical lectures (45 – 60 min.)

## Themes of practical workshops

- Games for parents and children, pre-school children
- Music and movement education
- Creative ideas from Brazil for Olympic and Paralympic sports with recyclable materials
- Developing creativity through a thematic team game „at the court of Emperor Charles the IV“
- Psychomotor exercises with untraditional tool

## Themes of theoretical lectures

- Why recycle?
- Theoretical aspects of psychomotor exercises
- „How to Get Your Child Involved“ - the experience of American Sokol Organization with programs for pre-school children

## Save the date

**Start**            **Friday, 11<sup>th</sup> of November 2016 from 4:00 p.m.**

**End**             **Sunday, 13<sup>th</sup> of November 2016 at 3:00 p.m.**

Official language    Czech and English  
Czech lectures will be translated into English and vice versa.

## Fees

<b>Registration</b>	<b>1,200 CZK</b> (include refreshment at opening ceremony)
<b>Meals</b>	<b>350 CZK (Saturday + Sunday)</b>
<b>Accommodation</b>	<b>225 CZK (per night/person) at Hostel Sokol</b>

## Accommodation

At Hostel Sokol ([www.hostelsokol.cz](http://www.hostelsokol.cz)) – shared dormitories or if you wish to stay in a hotel we might help you to find a suitable hotel near the workshop venue. In that case, please, contact Martin Chlumsky [mchlumsky@sokol.eu](mailto:mchlumsky@sokol.eu) .

## Meals

Friday, 11. 11.:	snack (covered in the registration fee)
Saturday, 12. 11.:	breakfast, 2 coffee breaks, lunch, dinner
Sunday: 13. 11.:	breakfast, 2 coffee breaks, lunch

## Registration

Register at <http://www.sokol.eu/obsah/5503/>

Deadline for the registration **14<sup>th</sup> October 2016**

You will receive a confirmation e-mail with the payment instructions after your registration. You can specify a range of dining, accommodation, and participation in the attached program in the registration form.

## About Prague

Find more about the city: <http://en.wikipedia.org/wiki/Prague>

## Workshop venue

Workshop's venue is located right in the Prague city center, close to the main tourist attractions like Prague Castle, Old Town Square, and many others.

Venue: Tyršův dům, Újezd 450/40, Prague 1

Map: <https://goo.gl/maps/5h4v4>

Find out more about Tyršův dům at <http://goo.gl/sp0ngD>

## About Czech Sokol Organization

Czech Sokol Organization (COS) is the fourth largest civil organization in the Czech Republic whose almost 170,000 members go in for sports, movement activities in a sport for all clubs and cultural activities, mainly amateur theaters, marionette and folklore ensembles, all on a voluntary basis.

## Program and Certificate

Each participant will receive detailed program after the end of the registration.

Each participant will be given the Certificate of participation.

## Do you have any questions or comments?

In case you have any questions or comments, please do not hesitate to contact us.

### Martin Chlumsky

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## We look forward seeing you at PaCH 2016 in Prague!

Martin Chlumský  
Director of Central Sokol School

Věra Smejkalová  
Director of ÚCS RDPD

Dana Absolonová  
Coordinator of the workshop

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