



Cap sur l'école inclusive  
en Europe



## Best practice

### Sport, movement, health

#### Section of the module / E

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#### 1 Context

During childhood and adolescence, sport in the school provides an excellent opportunity to learn and practice the skills needed to improve physical fitness and health throughout life. These daily activities can include running, swimming, cycling and gymnastics, as well as more structured games and sports. Early acquisition of basic skills helps children to practice and better understand the value of these activities in their subsequent education or, as adults, at work or at play.

However, sport is not limited to the formation of physical abilities, having more than a recreational dimension. Participation in various physical activities provides a kind of knowledge and understanding based on principles and concepts such as the "rules of the game", fair play and respect, the tactics of awareness and physical and social awareness related to personal interaction and work done in shifts a lot of sports.

Sport is essential for balancing the intellectual and physical effort between sedentary and dynamic activity, with the role of better health, harmonious physical development and the prevention of childhood obesity.

In this context, we have considered conducting extracurricular sports activities as a means of recreation and relaxation that are useful and enjoyable for students in grades Vth-VIIIth of C.S.E.I. "Elena Doamna" and The National College „Al I. Cuza ”.

#### 2 Objectives.

The objectives of this good practice are:

- To maintain an optimal state of health
- To develop motor skills and basic skills
- To stimulate interest in the practice of sports
- To educate sociability, collaboration and team spirit

### 3 Development of the " Good practice".

The project "Sport Movement, Health" is an educational project that aims to stimulate interest in sport and students in the target group through a series of specific extracurricular activities, organized and realized as a means of leisure with students of the partner school and specialized in the field. The program has been designed in three directions: hobbies, personal development, participation in competitions at the branch level.

The proposed activities have been complex, systematic, adapted to the peculiarities of the age and the individual and environmental conditions of the children: outdoors, sports, gym, using specific sports equipment. They were considered real possibilities and preferences of children and the rational combination of exercise with socialization, good mood.

The project started with the launch of the two schools, with the participation of students and representatives of the Vrancea Youth and Sports Directorate who provided prizes in the competitions. We decided on the schedule of activities, the objectives, we established contacts with other partners in the project, we made the project file.

#### **1st stage - September - December 2016**

Every Saturday and Sunday from 10 am to 1 pm, in the gymnasium, students from both schools met and organized themselves into teams according to individual preferences and skills.

"Chess lesson" - After a period of training, have been tested and selected students who have skills for chess competitions have been organized by age. Thus, chess has been promoted as the sport of the mind, a bridge between thought and inclusion. Chess competitions were organized on age categories, which were appreciated by participants and supporters. During these meetings, a selection was made for the school team that participated in the Special Olympics

„ ABC in tennis "- students learned about the history of table tennis, the sport game is easy to learn and affordable, the mass can be located both external and internal.

„ The football match "- brought together the most talented students, who were organized in teams, making real demonstration of mastery and skills. The football matches were organized under the slogan, "December 1 Cup", where prizes were provided by the Directorate of Sport and Youth Vrancea

#### **2nd stage - January - March 2017**

Subsequently, the need for a real integration of all children and to develop a truly inclusive society in which non-discrimination, equality, accessibility, tolerance respect human diversity, the program proposed barriers broken and added a new direction: to participate in competitions on an equal footing with ordinary school students. Thus, competitions were organized in the city, in the presence of teams composed of students from the two partner schools.

#### **3rd stage - April - June 2017**

- "Spring Festival" - cultural and sport management
- Cross-cultural competitions: Cross, rollers, bicycles
- Participation in the Zonal Competition / National Stadium Special Olympics

### 4/Evaluation of the activity

Practiced individually or internally, sport has helped children to become more sociable, respectful of others, easier to adapt, work in teams and understand fair play. At the highest level, sport has offered the chance to live and to gain a number of positive outcomes, such as competitive environmental management, interactive and social skills challenges, emotional benefits, improved social skills, and more, personal skills and physical development.

In addition, sports activities have ensured common learning and the rules of discipline or competition of behavior, allowing children to assimilate information about individual responsibility and the group or team they belong to. In sports activities, children have improved their initiative and independence, discipline, patience, concentration, self-esteem and personal identity. They have acquired different skills that they can

use in activities outside the gym or field. They found positive role models in the sport, having experiences that will shape them and help them in their personal lives.

Finally, the children made friends of their age, with similar passions and interests.

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#### 5/Limits.

For most children, sport is a positive experience and an exciting leisure activity. However, inappropriate management of the children's sport experience can cause some problems. It is necessary to ensure a healthy balance between the practice of leisure activities and formal school education. Similarly, the excessive expectations of adults (parents and coaches) about the success of sports competitions in children can cause anxiety and stress, the child will no longer find sport satisfaction and self-esteem will be threatened.

Sport can lose its educational value when, when adults are responsible for the rule of competition system, the focus is exclusively on competition and the ultimate goal of victory, sometimes extreme aspects, very stressful for kids.

#### 6/Perspectives.

Practicing physical exercise in a correct and conscious way, especially in the free time, both organized and independent, all this has led to the development of sports culture in students, with long-term benefits.