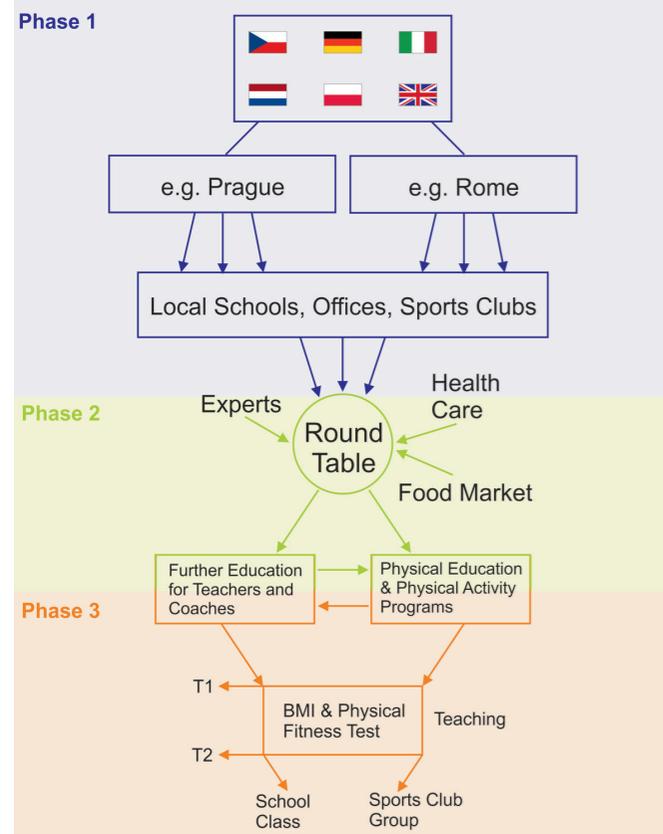


Timeline of the project



Get involved!

ENGSO Youth is interested to extend “Healthy Children in Sound Communities” to further local environments. For further information please contact our Office.

Further information can be found on the projects’ website:

www.hcsc.eu

Project Partners



Contact

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HCSC.eu
 Healthy Children in
 Sound Communities



Healthy Children in Sound Communities

Origins of the project

Several reports establishing a link between a lack of physical activity and health problems have been published all throughout Europe.

These studies show that health threats, such as chronic sicknesses, obesity, posture problems and also a reduction of the cognitive processes can be linked to physical inactivity. Especially young people's lifestyles have shown a growing trend towards increasing sedentariness coupled with an inadequate diet. This combination of critical factors motivated the partnering organizations to propose a project, using physical activity and education, to promote an active, healthier way of life. The design of the activities has been originally developed for the German-Dutch EUREGIO project named GKGK.

Project Area



-  Prague, Vrchlabi
-  Darmstadt, Osnabrück
-  Rome
-  Arnhem
-  Nottingham, North Manchester, Milton Keynes
-  Poznan

What are the objectives of the project?

- | For all children to obtain and maintain a healthy Body Mass Index (BMI)
- | Integrate 60 to 90 minutes of physical activity (through schools and sports clubs) in the children's daily routine
- | Develop a cooperation between sports clubs and schools in order to offer extra-curricular activities which aim to increase the motor development and general health of the children
- | Install healthy nutritional behaviour in children through an additional hour of health education per week
- | Call attention to the advantages and risks of the use of electronic media in the children's leisure time
- | Strengthen the interaction and behavior in the children's social groups through movement, games and sports in the classroom and school environment

What is implemented?

In the participating communities, activities are implemented by raising awareness about physical activity and nutrition through the local public health sector and the children's social environment. A multi-actor network between the stakeholders of the social environment (families, schools, sports clubs and communal offices) is established. The stakeholders work together to enable an improved, healthier daily routine for the children. These local programs are directed to be extended to further communities in the future.

Health and nutrition education

A weekly hour of health and nutrition education is incorporated into the children's school curriculum, and the organization of joint children-parent cooking afternoons builds knowledge and raises awareness of the effects of healthy nutritional habits.

Implementation

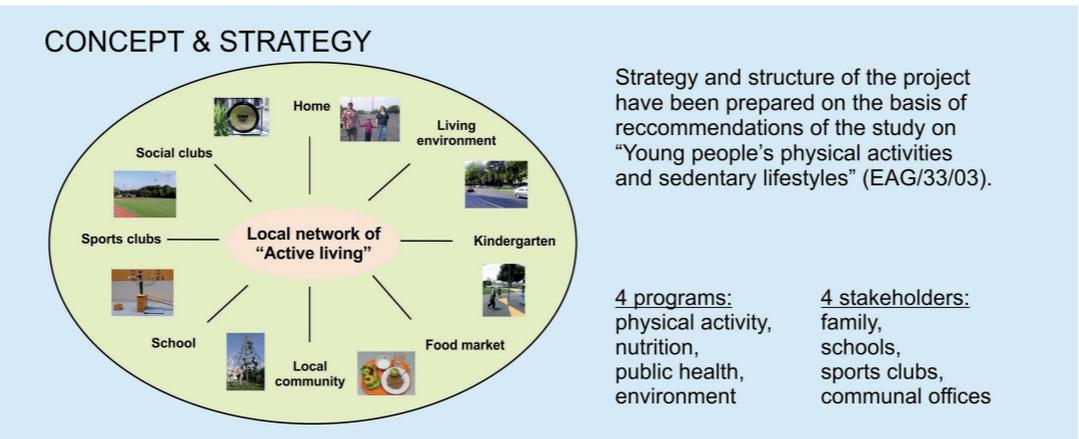
Health Enhancing Physical Activity: A series of physical fitness tests (measuring factors such as motor abilities, coordination, aerobic endurance, power) record the children's development throughout the school year. Based on these results, three hours of weekly curricular physical education (PE) are planned.

The PE lessons are designed to:

- 1) improve basic motor skills
- 2) develop coordination in games and sports
- 3) compensate individual weaknesses and imbalances through a differentiated PE class with additional staff

Special parents' evenings are organized to report and discuss the children's challenges and progress.

In order to complete 60 to 90 minutes of daily physical activity each school cooperates with a local sports club and extra-curricular measures, such as the "walking bus", are implemented.



EDUCATION & ACTIVITIES



"Walking Bus"

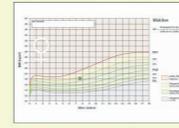
- 60-90 minutes daily physical activity
- weekly lesson on nutrition, health and physical activity
- BMI & physical fitness measurement



Feedback on motor development



Healthy Nutrition



Feedback on BMI

| Time | Monday | Tuesday | Wednesday | Thursday | Friday |
|------------------|---|-----------------|--|------------------------------------|---|
| Active Commuting | Walking Bus | | | | |
| 08:05 hrs | | | | | PE: separated sub-groups to balance special needs |
| 08:55 hrs | PE: basic motor skills development | | | | |
| 09:40 hrs | BREAK: healthy breakfast, active school | | | | |
| 10:05 hrs | | | | Science: nutrition, my body, my PA | |
| 10:55 hrs | | | PE: basic skills and techniques in games | | |
| 11:40 hrs | BREAK: healthy breakfast, active school | | | | |
| 11:55 hrs | | | | | |
| 12:40 hrs | | | | | |
| 13:20 hrs | | | | | |
| Active Commuting | Walking Bus | | | | |
| Afternoon | | PA: Sports Club | | PA: Sports Club | |