



D4.2 PILOT ACTIONS REVIEW



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Partners



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D4.2 Pilot Actions Review

Final report, in English and electronic format, including all information and data collected during the three pilot actions in the partner countries.



Aics

Italy



Pilot Action Review – AICS - Associazione Italiana Cultura e Sport

Project: Erasmus+ PLAYS (Practical Learning to Advance Youngsters in Sport)

Location: Italy

Duration: May – September 2024

Participants: 146 children (ages 6–12)

Venues: Different sports halls in the towns of the 6 different sport organizations involved

Objectives: The primary goal of the pilot activities was to develop six key 21st-century skills through roller skating-specific activities.

Chalendar of the activities:

ASD:		1A	1E	2B	2C	4B	4E	5D	5E	8A	8E	10B	10C
GRUPPO													
Età													
MAG	1 st week	X					X						
	2 nd week	X	X										
GIUGNO	3 rd week			X								X	
	4 th week			X									X
	5 th week				X					X			
	6 th week				X						X		
LUGLIO	7 th week						X					X	
	8 th week							X					X
	9 th week							X			X		
	10 th week						X			X			
AGOSTO SETTEMB.	11 th week		X				X						
	12 th week											X	X
	13 th week	X	X										
	14 th week						X				X		



1. Development of Cognitive Skills

Attention: Enhancing focus and the ability to maintain concentration during tasks.

Logic and Reasoning: Stimulating problem-solving abilities through structured movement sequences and tasks.

Reasoning speed: enhancing the reasoning processes stimulating fast thinking.



2. Development of Social Skills

Mentoring: Guiding and helping peers in accomplishing tasks

Negotiation: Cultivating collaboration and understanding to align interests and reach mutual agreements.



3. Development of Fair Play Skills

Team Spirit: Fostering unity and shared purpose to achieve collective success.

Equality: Promoting fairness and mutual respect to ensure everyone has an equal opportunity to thrive.



4. Development of Communication Skills

Trust: Building confidence and reliability to strengthen connections and collaboration.

Feedback sharing: Encouraging open and constructive dialogue to support growth and improvement.



5. Development of Motor Skills

Coordination: Refining complex motor movements for improved overall agility.

Body awareness: Cultivating mindfulness and connection to understand and respond to one's body signals.



6. Development of Teamwork Skills

Communication: Facilitating clear and meaningful exchanges to foster understanding and connection.

Collaboration: Working together to achieve shared goals and create collective value.



Structure and Implementation

Session Design: Each session combined warm-ups, skill-building exercises, and interactive games tailored to participants' abilities and needs.

Methodology: Activities were progressive, allowing children to gradually master skills while maintaining engagement.

Monitoring and Support: Trainers provided assistance, ensuring inclusivity and safety.

Outcomes and Impact

Skill Acquisition:

Participants demonstrated noticeable improvements in coordination, balance, and cognitive focus.

Social Integration:

Children reported enhanced friendships and an increased ability to work collaboratively.

1. Confidence Building:

Feedback sessions revealed boosted self-esteem and willingness to engage in group activities.

2. Feedback from Parents and Coaches:

At the end of the program, coaches completed a feedback questionnaire. The responses highlighted:

- A significant positive impact on children's motor and social skills.
- The willingness to proceed with similar activities in the future

Recommendations

Continuation of Programs: Extending the pilot activities to a broader audience could amplify benefits.

Trainer Workshops: Enhancing trainer capabilities through ongoing professional development in adaptive sports education.

Parental Engagement: Including parents in selecting activities to reinforce skill development at home.

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UOC Romania



Ovidius University of Constanța

Pilot Action Review – OVIDIUS UNIVERSITY OF CONSTANTA

Project: Erasmus+ PLAYS (Practical Learning to Advance Youngsters in Sport)

Location: Romania

Duration: 16 weeks (2 sessions per week, 40–45 minutes each)

Participants: 53 children (ages 6–12)

Venues:

- An NGO focused on physical activities for individuals with intellectual disabilities
- Two Special Inclusive Education Centers



Training schedule

2 special schools
+
1 private sports club

Age 6-12		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
APRIL	1 st week	evaluation	evaluation	evaluation	evaluation	evaluation		evaluation
	2 nd week	1a/2a	1a/2a	1a/2a				1a/2a
	3 rd week	1a/2a	1a/2a	1a/2a	1a/10a	1a/10a		1a/2a
	4 th week	1a/2a	1a/2a	1a/2a	1a/10a	1a/10a		1a/2a
MAY	5 th week	1a/2a	1a/2a	8d/8f	1a/10a	1a/10a		8d/8f
	6 th week	8d/8f	8d/8f	8d/8f	1a/10a	1a/10a		8d/8f
	7 th week	8d/8f	8d/8f	8d/8f	8d/10b	8d/10b		8d/8f
	8 th week	8d/8f	8d/8f	8d/8f	8d/10b	8d/10b		8d/8f
JUNE	9 th week	8d/8f	8d/8f	1a/10a	8d/10b	8d/10b		1a/10a
	10 th week	8d/8f	8d/8f	1a/10a	8d/10b	8d/10b		1a/10a
	11 th week	evaluation	evaluation	1a/10a	evaluation	evaluation		1a/10a
	12 th week			8d/10b				1a/10a
JULY	13 th week			8d/10b				8d/10b
	14 th week			8d/10b				8d/10b
	15 th week			8d/10b				8d/10b
	16 th week			evaluation				evaluation

- Special education school – Delfinul
- Special education school - Albatros

● Sport Club Association Arena



Objectives: The primary goal of the pilot activities was to develop six key 21st-century skills through gymnastics-specific activities.

1. Development of Cognitive Skills

- **Attention:** Enhancing focus and the ability to maintain concentration during tasks.
- **Logic and Reasoning:** Stimulating problem-solving abilities through structured movement sequences and tasks.

1. Development of Cognitive Skills a) Attention



2. Development of Social Skills

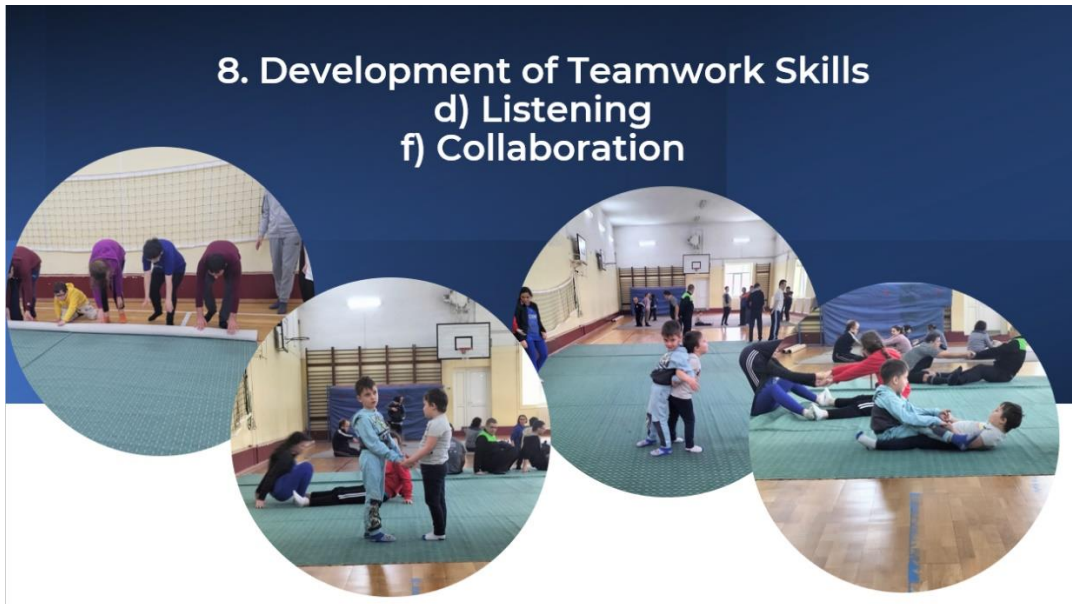
- **Coordination:** Encouraging synchronization and movement awareness through group exercises.
- **Social Perceptiveness:** Building empathy and understanding of peers' needs and actions.

2. Development of Social Skills a) Coordination



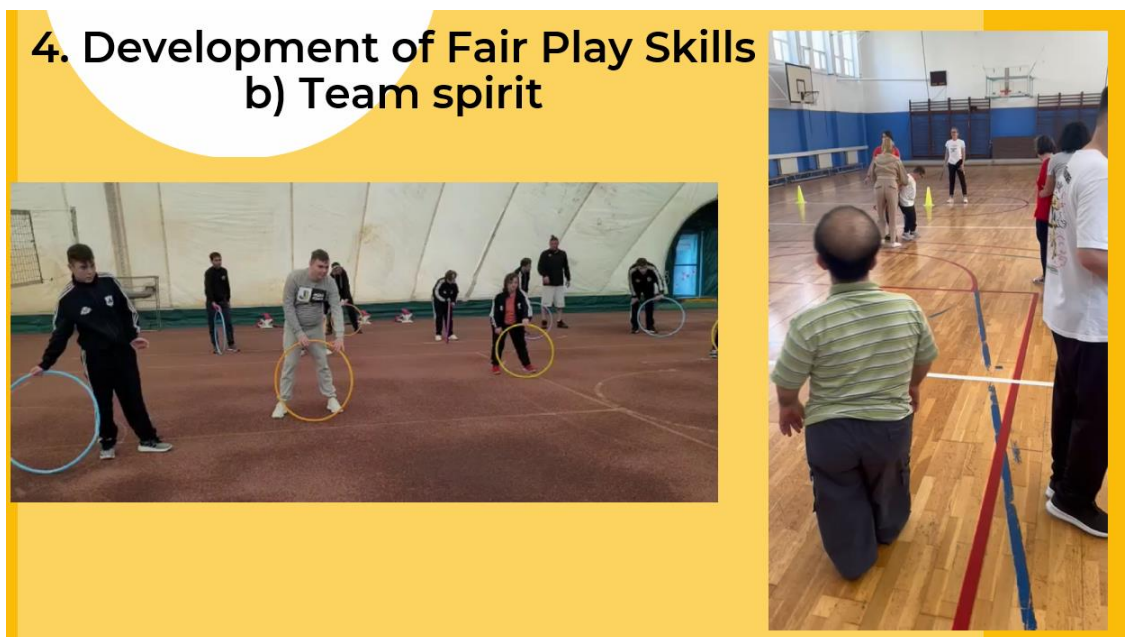
3. Development of Teamwork Skills

- **Listening:** Strengthening the ability to follow instructions and understand team dynamics.
- **Collaboration:** Fostering cooperative play and collective goal achievement.



4. Development of Fair Play Skills

- **Team Spirit:** Promoting camaraderie and mutual support among participants.
- **Friendship:** Creating an environment for meaningful social connections.



5. Development of Communication Skills

- **Confidence:** Building self-esteem through the mastery of movements.
- **Sharing Feedback:** Encouraging constructive peer-to-peer and instructor feedback.



6. Development of Motor Skills

- **Balance:** Enhancing physical stability through targeted exercises.
- **Coordination:** Refining complex motor movements for improved overall agility.



Structure and Implementation

- **Session Design:** Each session combined warm-ups, skill-building exercises, and interactive games tailored to participants' abilities and needs.
- **Methodology:** Activities were progressive, allowing children to gradually master skills while maintaining engagement.
- **Monitoring and Support:** Trainers provided individualized assistance, ensuring inclusivity and safety.

Outcomes and Impact

1. Skill Acquisition:

Participants demonstrated noticeable improvements in coordination, balance, and cognitive focus.

2. Social Integration:

Children reported enhanced friendships and an increased ability to work collaboratively.

3. Confidence Building:

Feedback sessions revealed boosted self-esteem and willingness to engage in group activities.

4. Feedback from Parents and Coaches:

At the end of the program, parents and coaches completed a feedback questionnaire. The responses highlighted:

- A significant positive impact on children's motor and social skills.
- Increased awareness among parents about the importance of physical activities in their children's development.
- Appreciation for the structured and inclusive approach of the sessions.

Recommendations

- **Continuation of Programs:** Extending the pilot activities to a broader audience could amplify benefits.
- **Trainer Workshops:** Enhancing trainer capabilities through ongoing professional development in adaptive sports education.
- **Parental Engagement:** Including parents in selecting activities to reinforce skill development at home.



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FPN Portugal



Pilot Action Review – Federação Portuguesa de Natação

Project: Erasmus+ PLAYS (Practical Learning to Advance Youngsters in Sport)

Location: Portugal

Duration: April – July 2024

Participants: 693 children (ages 6–12) (386 girls and 307 boys)

Venues: Different swimming pools in the towns of the 4 different sport organizations involved

Objectives: The primary goal of the pilot activities was to develop six key 21st-century skills through swimming specific activities.

Calendar of the activities:

		Monday	Tuesday	Wednesday	Thursday	Friday
April	1 st week					
	2 nd week					
	3 rd week	1.a		1.a / <u>2.a</u>		
	4 th week	1.a / <u>2.a</u>		2.a		
May	1 st week	1.b		1.b		
	2 nd week	1.b		4.a		
	3 rd week	4.a		4.a		
	4 th week	2.b/ <u>8.a</u>		2.b/ <u>8.a</u>		
June	1 st week	2.b/8.a		4.b		
	2 nd week	4.b		4.b		
	3 rd week	5.a/ <u>8.b</u>		5.a/ <u>8.b</u>		
	4 th week	5.a/ <u>8.b</u>		5.b		
July	1 st week	5.b/ <u>10.b</u>		5.b/ <u>10.b</u>		
	2 nd week	10.b		10.a		
	3 rd week	10.a		10.a		
	4 th week					

Directions implemented on pilot

Direction 1.a | Development of Cognitive Skills - Attention

Enhancing focus and the ability to maintain concentration during tasks.

Direction 1.b | Development of Cognitive Skills - Logic and Reasoning

Stimulating problem-solving abilities through structured movement sequences and tasks.

Direction 2.a | Development of Social Skills with Sports - Coordination

Synchronized swimming routines with partners to improve coordination between them.

Direction 2.a | Development of Social Skills with Sports - Negotiation

Cultivating collaboration and understanding to align interests and reach mutual agreements.

Direction 4.a | Development of Fair Play Skills - Friendship

Create a spirit of friendship and mutual help among colleagues.

Direction 4.b | Development of Fair Play Skills - Team Spirit

Fostering unity and shared purpose to achieve collective success.



Direction 5.a | Development of Communication Skills – Use of the right communication method

Use the correct method of communication between members of the same team to achieve a common objective.

Direction 5.b | Development of Communication Skills – Trust

Building confidence and reliability to strengthen connections and collaboration.



Direction 8.a | Development of Teamwork Skills with Sports – Communication

Facilitating clear and meaningful exchanges to foster understanding and connection.

Direction 8.b | Development of Teamwork Skills with Sports – Collaboration

Working together to achieve shared goals and create collective value.



Direction 10.a | Development of Motor Skills - Strength

Development of strength to support all motor skills.

Direction 10.a | Development of Motor Skills - Coordination

Refining complex motor movements for improved overall agility.



Structure and Implementation

- **Session Design:** Each session combined warm-ups, skill-building exercises, and interactive games tailored to participants' abilities and needs.
- **Methodology:** Activities were progressive, allowing children to gradually master skills while maintaining engagement.
- **Monitoring and Support:** Trainers provided assistance, ensuring inclusivity and safety.

Outcomes and Impact

Participants demonstrated significant improvements in coordination, balance, and cognitive focus, along with enhanced friendships and better teamwork skills. Feedback sessions revealed increased self-confidence and a greater willingness to engage in group activities. At the end of the program, coaches completed a feedback questionnaire, highlighting notable positive impacts on children's motor and social skills and expressing a strong interest in continuing similar activities in the future.

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