



Hanzehogeschool Groningen
University of Applied Sciences

Move to make a difference

ASE 2018
Introduction
School-sport cooperation, another view
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move the world.

Content

- Introduction of the program
- Youthsport in the Netherlands
- From PE & youthsports towards Healthy living

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Welcome

Carin Bruining
-head of PE-university of applied science



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Introduction in the Netherlands

- Dinant Roode

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Introduction of the program

- Wednesday: BSLIM
- Thursday: Special Heroes & Fit for Life
- Friday: Elite youth

ICE: +31622406269

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Poll: it's true

-In the Netherlands 50% of the children (12-17 years) meet the Dutch standard healthy exercise (1 hour per week moderate intensive activity)
-Member of a sports club (12-17 years) meet the NNGB three times as much (compared to non members)

Not true

True



Stand up: True

Sit down: not true

6-3-2018

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Dutch Report Card	
1. Overall Physical Activity • % of children and youth who meet the Dutch Norm for Physical Activity (DNNGE) to be at least moderate active for at least 100 minutes a day	Grade: D
2. Organized Sport Participation • % of children and youth who participate in organized sport and/or physical activity programs weekly	Grade: B
3. Active Play • % of children and youth who participate in organized sport and/or physical activity programs weekly	Grade: B
4. Active Transport • % of children and youth who use active transportation (walking or cycling) to get to and from places (school and/or work) at least three times a week	Grade: A
5. Sedentary Behavior • % of children and youth who engage in no more than 2 hours of screen time per day	Grade: C

A 81-100%
B 61-80%
C 41-60%
D 21-40%

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6. Family & Peers • % of parents who facilitate physical activity and sport opportunities for their children (e.g. volunteering, coaching, driving, paying for memberships fees and equipment). • % of parents who meet the Dutch Norm for Physical Activity for adults (DNNGE) to engage in at least 30 minutes of moderate physical activity for at least 5 days a week • % of parents who are physically active with their kids • % of children and youth who encourage and support their friends and peers to be physically active.	Grade: B
7. School • % of schools with active school policies (e.g. daily PE, daily physical activity recess, "everyone plays" approach, bike racks at school, traffic calming on school property, outdoor time, offering physical activity opportunities (excluding PE)). • % of schools where the majority (>50%) of students are taught by a PE specialist • % of schools where the majority (>50%) of students are offered at least 120 minutes of PE per week	Grade: C
8. Community & Environment • % of children and youth who agreed with the following statements: 1. There are enough sports facilities available in my neighborhood 2. I have sufficient choice of various sports in my neighborhood 3. There are sufficient sidewalks, cycle tracks or other public areas to be physically active in my neighborhood	Grade: A

The basis of healthy behavior



Qualitatively movement (LO): 3 x p.w.
Physical Literacy (skills, attitude, knowledge)



Quantitative get enough exercise during school time: 5 x p.w.



Early, flexible and sustainable (sports)participation in different setting

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Physical Education

If you can't

Catch
Jump
Throw
Swim
Run

You won't take part in

Soccer
Softball
Bowling
Soccer
Golfball
Football
Rugby

C1 Test group 6-01-2014

Chronologic age

Biological age

14.3 year -1.4	14.7 year +0.1	14.6 year +1.8
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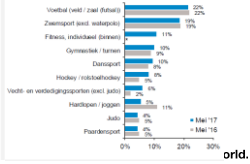
Youthsports



Top 10 - Totaal 5 t/m 80 jaar



Top 10 - Jongeren 5 t/m 18 jaar



orid.

Poll

- The main motive to play sports is. Fun
- The least important motive to play sports is..... Winning

True

True

Fun
Physical effect
Excitement and adventure
Status/respect



Stand up:True

Sit down:not true

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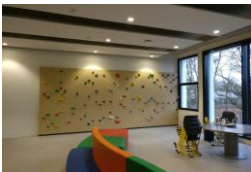
6-3-2018 Titel presentatie (via kop- en voetekef)



Active and healthy lifestyle



Healthy school



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Poll

- I believe the PE-teacher has a crucial role in a healthy lifestyle for kids
- I believe PE teachers should be a role model for Healthy living
- I am convinced the school-sport cooperation should include unorganized sports
- I am willing to participate in an Erasmus-project directed towards HEPE & HEPA at Schools

Stand up:True

Sit down:not true



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The fundamentals of healthy behavior



Qualitatively movement (LO): 3 x p.w.
Physical Literacy (skills, attitude,
knowledge)



Quantitative get enough exercise during
school time: 5 x p.w.



Early, flexible and sustainable
(sports)participation in different setting