WHY WE EXECUTE THE PROGRAMME

“Hopsi Hopper” wants to raise awareness about the importance of including activity in everyday life of children. Living in balance is important for a healthy evolution.

Relating to many noted positive effects of being active, he is promoting physical activity and a holistic healthy lifestyle for children up to 10 years of age. He wants to impart various and joyful motion to children at an early stage of life to support them being active lifelong. Hopsi Hopper practices integration and makes an active contribution to diabetes prevention.

Move, play and learn – several times a day!
Hopsi Hopper wants at least 60 minutes motion for all children – every day!

WHO WE ARE

ASKÖ

ASKÖ, the Committee for Sport an Physical Culture in Austria is a non governmental and non profit sport organisation.

In 1985 ASKÖ was the first sport organisation that established the term of “Health-Promoting Physical Activity” in the Austrian world of sports.

Various projects for children and their parents, the youth, companies, adults and the elderly try to include being active in everyday life.

In 1994, 22 years ago, our mascot for children up to 10 years, the fit frog, named “Hopsi Hopper”, was “born” and introduced.

OUR APPROACH TO SCHOOL AND SPORT SECTOR COOPERATION

Austria has 9 districts.
In each district we have one responsible person for our Hopsi Hopper programmes.
Currently about 325 coaches of 66 ASKÖ clubs visit kindergartens, schools and communities with various topics to impart joyful motion.

Our highlights are:

Moved festivals and birthday celebrations!
The Hopsi Hopper Role and the Hopsi Hopper Land!

With a holistic approach we want to meet children in their everyday life and show them, their teachers and parents how to create an active healthy lifestyle.

FACTS AND FIGURES

Hopsi Hopper Role! Hopsi Hopper Land!

Hopsi Hopper Role! Moving, having fun and learning balance.

Hopsi Hopper Land! A special carpet for moving together while learning.

Hopsi Hopper Role! Hopsi Hopper Land!

Moved festivals with Hopsi Hopper!

OUR CHALLENGES

- Challenge 1: To raise awareness in our society for the importance of activity!
- Challenge 2: To reach children all over Austria, also in isolated regions!
- Challenge 3: To move children with deprived backgrounds!

PRELIMINARY RESULTS AND SUCCESS STORIES

Hopsi Hopper builds on strong sustainable relationships between the school and sport sector. A grown structure of 22 years creates trust!

Hopsi Hopper 01.01.2015 – 31.12.2015:

With
- 66 ASKÖ clubs and
- 325 ASKÖ coaches
- Hopsi Hopper reaches
  - 1.008 primary schools
  - 752 kindergartens and moves in
    - about 35.500 lessons
    - and 3.339 groups
    - 333.437 children

Move, play an learn several times a day!

Because of public funding most of our offers are FREE for schools and kindergartens.

Some schools which want additional active lessons or moved festivals pay for them too.

In each school we have parents associations which support this financially.

CONTACT AND INFORMATION

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