Richtig Fit

Programme for children and youth

WHY WE EXECUTE THE PROGRAMME

The broad appeal of physical activity, games and sport to many young people makes them an appropriate tool in youth development. They offer a wide range of experiences and are of outstanding importance for the development of children and adolescents. Participating in regular physical activity and sport at a young age is important for establishing long-term patterns of physical activity and social engagement that can contribute to health and well-being across the lifespan. Sport strengthens the motor and cognitive skills, enhances social skills and furthermore has an important integrative function.

As we know, the development of motor skills and behavior patterns need special exercise and training. Therefore the Allgemeiner Sportverband Österreichs (ASVÖ) set up the **Richtig Fit Programme** *for young people, which consists of various projects focussing on special issues regarding the target group.*

WHO WE ARE

The Allgemeiner Sportverband Österreichs(ASVÖ) is a non-party and independent umbrella organisation for sports clubs in Austria. Since 1949 ASVÖ has promoted important activities of approximately 5.400 sport clubs and supported a variety of services for active people, thus securing the basis of exciting grassroots and successful professional sports in Austria.

The awareness of the potential of the organized sport in youth development has grown in recent years. As a service provider in the health system and an attractive partner in the educational system, one of the main goals of ASVÖ is to provide numerous opportunities for young people to make positive movement experiences and to contribute significantly to their holistic education and health promotion.

OUR APPROACH TO SCHOOL AND SPORT SECTOR COOPERATION

FAIRNESS & FUN

The main object of this project is to sensitize and impart social skills among pupils aged 10 to 12 years. They are invited to visit a Fair Play Workshop. Mindfulness, respect, to abide the rules and team spirit are just some of the contents that are taught in a playful manner. Afterwards pupils try to implement what they have learned at a dodgeball tournament.

OHNE (WITHOUT) HANDICAP

The project aims at young people and migrants with special educational needs who have difficulty in getting an apprenticeship. In cooperation with local sports clubs health-related exercise programmes are performed. The aim is to promote the development of key competences for an independent living and a healthy lifestyle among young people and to improve their integration opportunities.

FUSS-BALLERINAS

This project was created for girls aged 10 to 14 years with migration background. It consists of an individual learning program and a specific sports programme on the subject "Soccer". The girls get the opportunity not only to improve their performance at school but also to visit soccer camps during their holidays and to deepen their physical activity and motor skills.

In the field of youth development the ASVÖ focuses on five key areas of activity:

- **team building & fair play**
- **social inclusion**
- **integration**
- **outdoor activities to promote environmental education**
- **promotion of basic motor skills**

Regarding each key area different projects were developed which are gathered in the **Richtig Fit Programme** *for children and youth. All projects listed are performed by sports clubs in cooperation with educational institutions.*

SCHIFAHREN MACHT SPASS (SKIING IS FUN)

This project is a good example for a successful cooperation of regional organisations and stakeholders in the field of sport. ASVÖ Vorarlberg , the reginal school council, cable railways Vorarlberg, the chamber of commerce and the ski clubs offer various forms of snow sport activities to children of kindergarten and primary school age.

LEICHTATHLETIK GRAND PRIX

In recent years, the presence of athletics in school sports has decreased dramatically. With this athletics project the ASVÖ tries to increase the attraction of athletics for children. Running, jumping and throwing are not only basic forms of human movement, but also the basis for many other sports.

ZUGVOGEL (MIGRATORY BIRD)

The exercise and eating habits of children have changed significantly: more indoor than outdoor, more passive than active, more fat than nutritionally well-balanced. Therefore the project focuses on three main aspects: physical activity, nutrition and nature.

Exciting walks in the natural environment and child-friendly cooking lessons will encourage 3rd and 4th grade-children in primary schools to take part in sports activities in nature, arouse their interest in and appreciation of nature and make healthy food tasty.

FACTS AND FIGURES

FACTS ABOUT THE PROGRAMME

General facts

Every year, about 10.000 young people participate in these projects.

Fairness & Fun

The teaching materials provided are a good support for teachers and instructors not only during the intervention but also in the follow-up process of dealing with fair play.

Ohne Handicap, Fuß-Ballerinas

Young people with special needs require intensive support. This must be taken into account when regarding specific instructor qualifications and the way the support is offered.

Skifahren macht Spaß, Leichtathletik Grand Prix

Sports clubs play a vital role when it comes to developing motor skills. This applies not only to skiing and athletics but also to basic motor skills in general. Sports clubs ensure know how transfer in many ways.

Zugvogel

Outdoor activities contribute essentially to promoting environmental education and are an important element of health promotion of young people in general.

OUR CHALLENGES

- *Funding bodies granted commitment of time. This complicates the implementation of school-related projects significantly.*
- *The competition of (commercial) suppliers in this field is growing.*
- *There is low availability of well-qualified instructors.*

CONTACT AND INFORMATION

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