



# Idrottslyftet -Skolsamverkan

## Lift for sports – School collaboration



### WHY WE EXECUTE THE PROGRAMME

Lift for sports and the school collaboration program aims at closing the gap between the sport and the school segment.

All children go to school and this program makes it easier for children and young people to be more physically active, but also to help them find their sport. The program helps sport clubs to connect with local schools. It gives also a possibility to recruit more children, especially those children and youth who will not find their way to the sports club by themselves.

When the program is over interested children and youth should be connected to the sport club's regular activities.

*The cooperation between sports clubs, schools and the local government has several ways to reach a common goal – to make children and young people more physically active.*

### WHO WE ARE



**Riksidrottsförbundet**  
Swedish Sports Confederation

- 20 SSC districts
- 71 member sport federations
- 19 000 sport clubs
- 750 000 sport leaders
- 3, 2 million members (1/3 of the total population)

**The Swedish Sports Confederation (SSC)**

- unites and promotes sport in Sweden
- represents its members
- argues for the social value of sport
- leads the way in future policy matters
- allocates the government's grant to sport
- educates and develops federations and sport clubs with SISU (Sport Education Organisation)

### OUR APPROACH TO SCHOOL AND SPORT SECTOR COOPERATION

**There is a sport suited to each and every child. Let's give every child the opportunity to find theirs.**



The Stockholm Sports Federation approach to school and sport sector cooperation is to use networks to establish long-term cooperation between the local government, the schools and the sports movement, by:

- Providing schools with the opportunity to offer daily physical activity through the use of sport activities for all pupils and students.
- Giving each child and young person a chance to discover and to choose a sport that suits him or her.
- Creating a lasting interest for the chosen sport.
- Creating an opportunity for increased membership for the region's sport clubs.
- Financing new activities, which are not usually part of the school's curriculum.

The 71 confederation member federations and the 20 Swedish Sports Confederation districts have been able to create and execute their own sport club and school collaboration programs. Some of them have run several different programs during the same period, others have changed concept during the years, and some have had the same program since the beginning.



We have chosen to present one of the longest running programs. The Swedish Sports Confederation district in Stockholm has developed and run their program since 2007. Their aim was to increase collaboration between municipalities, schools and sports clubs. Together these three legs have formed 38 networks in 22 municipalities.

### PRELIMINARY RESULTS AND SUCCESS STORIES

**Sports clubs provide:**  
Diversity in sports, specific competence, qualified leaders, commitment.

**Schools provide:**  
The pupils and students, their safety and security, sporting venues, qualified staff, commitment.

**Local governments provide:**  
Municipal and social security, regional investments, administration, commitment.

- ♦ Each network consists of at least three sport clubs
- ♦ Both team sports and individual sports
- ♦ Gender parity
- ♦ The whole class/group
- ♦ Sessions weekdays until 17.00
- ♦ Educated coaches/leaders
- ♦ These sport sessions cannot replace regular physical education lessons or any other lessons.

### FACTS AND FIGURES

**2014-2015**

- 38 networks
- 22 municipalities
- 360 schools
- 394 sports clubs
- 55 different sports
- 29 134 sessions
- 1 038 leaders/coaches

79 220 children and youth participated and 43% (34 064) of them were 13-19 years old.

4 472 children and youth found a new sport and became a member of a sports club.



Children benefit from diversity in sports

**The Model – What are the ingredients for success?**

- ✓ It takes place during school hours
- ✓ Whole-class activities give everybody the chance to join in
- ✓ Diversity in sports caters for children's own personality and interest
- ✓ Qualified leaders
- ✓ Continuity and sustainability
- ✓ Cooperating networks

### OUR CHALLENGES

- Challenge 1: To get each one of the three legs of the network involved as much as the others
- Challenge 2: To reach the principal at the school with necessary information.
- Challenge 3: To link more children after the program to a sports club.



### CONTACT AND INFORMATION

Website: [www.svenskidrott.se/Ekonomisktstod/Idrottslyftet](http://www.svenskidrott.se/Ekonomisktstod/Idrottslyftet)

Contact: Lena Björk, [lena.bjork@rf.se](mailto:lena.bjork@rf.se)

Address: Fiskartorpsvagen 15 a Idrottens Hus, SE-11473 Stockholm

SSC Stockholm Website: [www.stockholmsidrotten.se](http://www.stockholmsidrotten.se)

Fit Sport Austria



ACTIVITY SQUARE EUROPE

A European Information- and Innovation Hub on Sport- and School Sector Cooperation

Co-funded by the Erasmus+ Programme of the European Union

