



THE INNOVATIVE MULTISPORT METHODOLOGY

- report -

Area	Details
Description	<p>The activity was developed with the help of a Sports Instructor from Experiența Multisport Sportive Club in Arad during the summer of 2021 within an educational center for disadvantaged children and teenagers. The activity was considered an alternative to movement and approach of a healthy life among children and teenagers with fewer opportunities.</p> <p>The activities were developed within the premises of the educational center, in the park or on a local sportsground between the 13th of July until the 30th of July, for 12 days. In each of these days, 4 hours of activities were planned and developed with a middle break. So, in total, 48 hours of sportive activities were organized for 29 children/teenagers.</p> <p>Types of sports organized: Relay races, Aerobics, Gymnastics (including elements of artistic gymnastics), Running, Basketball, activities from the sphere of Athletics (full jumps, long jumps, jumps over fences etc.). All the activities were developed under the aegis of “Multisport program”.</p>
Methodological approach	<ol style="list-style-type: none"> 1. The methodological approach that was used in developing the activities described was focused on a combination of sports, games and non-formal education. 2. 3. This approach was chosen in order to engage the participants in a natural way, by addressing aspects such as play, competition via contents (e.g. relay races) that increases in the same time their motivation, interest, cooperativeness and competitiveness. 4. 5. Also, every day, the activities started with a PBE (Preparing the body for effort) and SIMS (Selective influence of the musculoskeletal system) working sessions which tried to develop the general ability to move your body and gaining pleasure from doing physical movements among the participants.
Success or innovation factors	<p>The success factors of this Multisport program were the following:</p> <ul style="list-style-type: none"> - The preparation and the plan of activities developed together with the educators from the educational center (who knew the participants beforehand and worked with them and could provide valuable information on the approach of work with them); - The methodological approach used that engaged the participants in a fun, easy and entertaining way; - The organization of activities in groups/teams that helped the participants to feel more integrated; - The various location of the activities, changing the environment was a plus for the participants who most of the times spend their time within the educational center; - The possibility to use the equipment, supplies, materials and resources within the center; - The Sports Instructor, which facilitated all the activities, thus giving the children the opportunity to get familiar with her, to develop an atmosphere of trust and friendliness; - Periodic feedback sessions organized with the educators from the center, incorporating suggestions and ideas for the benefit of the kids.
Constraints / Weaknesses	<p>The weak aspects of the activities were:</p> <ul style="list-style-type: none"> - The relatively small outdoor space of the educational center for the total number of participants: 29 children/teenagers; - The intensity of the activities for multiple days in a row and the demand on participants; participants which before this activity were not used with so much physical effort – this constraint was diminished by middle breaks between the major activities developed and by organizing PBE (Preparing the body for effort) and SIMS (Selective influence of the musculoskeletal system) working sessions every day, in the beginning of the sports activities planned.



<p>Replicability / Opportunity for future use</p>	<ul style="list-style-type: none"> • This pilot activity may become a special tool for educational centers working with disadvantaged children/teenagers or youngsters with fewer opportunities to both diversify their activities and engage in non-formal educational activities based on sports. Also, it can represent a form of therapy for the youngsters since the activities can boost their self-confidence and develop new abilities that might be useful for them in the future, to overcome the current challenges they are facing. • For the youngsters with fewer opportunities and their families such a pilot activity represents an extra educational context, which they could not afford otherwise, since most Sports Clubs request a regular or a one-time fee for participating in their sportive activities. Given their low financial possibilities, such children are excluded from such contexts.
<p>Activities</p>	<p>For the development of Multisport program, several actions were considered:</p> <ul style="list-style-type: none"> - Identification of a Sports Instructor, with experience in the area and available for facilitating the activities; - Identification of a proper location for hosting the sportive activities; - Creation of a plan per days/hours for the activities, including the necessary resources; - Organization of a preparatory meeting with the educators and responsible persons from the educational center selected; - Settling of the programme (working days, hours etc.); - Development of the actual activities.
<p>Logistic</p>	<p>Educational Center "Curcubeu" from Arad City, Arad Country</p>
<p>Materials and equipment</p>	<p>The materials and resources used for the development of the activities were the following:</p> <ul style="list-style-type: none"> - Balls; - Fences; - Ropes; - Basket balls; - Different objects: stones etc.; - Ladder.
<p>Administrative / Bureaucracy</p>	<ul style="list-style-type: none"> • We collected data from the participants through a presence list – that contained the name, surname and the country of origin of each participants. Permission to take photo-video materials was requested from parents and the representatives of the educational center, but without showing the actual face of the kids.
<p>Recruiting of participants</p>	<p>The participants have been selected based on personal interest and motivation, by the Sports Instructor together with the educators and the other representatives and responsible persons from the educational center. The participation was granted to every interested kid, considering they could engage themselves in physical activities without any medical or similar constraint.</p>
<p>Communication with participants</p>	<p>The communication with the participants was done through:</p> <ul style="list-style-type: none"> - Face to face activities developed during all 12 days; - The educators of the center - every day, at the end of the activities or whenever it was needed; - Feedback received from the educators and representatives of the educational center, at the end of every week of activities; - An evaluation form, completed at the end of the activities by the kids, in writing.
<p>Communication with stakeholders and media</p>	<p>These stakeholders were involved in the Multisport program:</p> <ul style="list-style-type: none"> - Educational Center "Curcubeu" from Arad; - Community Development and Assistance Directorate, Arad City (the parent-institution of the Educational Center "Curcubeu"); - "Iosif Moldovan" Secondary School from Arad; - "Elena Ghiba Birta" National College from Arad; - "Moise Nicoară" National College from Arad (for the use of their open/outdoor sportsground).
<p>Evaluation</p>	<p>The evaluation of the Multisport program was conducted through:</p> <ul style="list-style-type: none"> - Daily non-formal and feedback sessions, organized with the children at the end of the activities;



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	<ul style="list-style-type: none">- Daily non-formal and feedback sessions, organized with the educators and the other representatives from the educational center;- Final evaluation questionnaires (with both open and closed questions) completed by the children themselves, at the end of Multisport program.
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