



THE INNOVATIVE MULTISPORT METHODOLOGY

- report -

Area	Details
Description	<p>Hodina H organized a set of “Multisport walks”.</p> <p>The idea of such a multisport activity came during the lockdown and restrictions of Covid-19 pandemic. Hodina H was searching for a way to motivate and support the development of sportive activity while the schools were closed or even later on, when the PE was not allowed in schools as well as the organization of other organized sport activities.</p> <p>The main aspects considered as a base for the “Multisport walks” were: outdoor, large space, non-contact or individual contact, innovative activities, tasks accomplishment to be awarded, youth focus or kids with parents focus to support the awareness of the project.</p> <p>The main impulse given to the activity was innovation and need orientation. Each walk had a different content and tackled a different sport area and competence.</p> <p>Period: May 2020 – May 2021 Hours: 40 Participants: 130 Sports: jumping rope, wu-shu, archery, basketball, floorball, ice-hockey, sport gymnastic, dance, parkour, workout, football, skateboard.</p>
Methodological approach	<p>Methodology was based on following key element: move – walk, search – find, explore, learn, practice.</p> <p>5 walks were organized:</p> <ol style="list-style-type: none"> 1. Walk with sport tasks, connecting sport and the main key competence in this sport, final enigma; 2. Walk with sport stations, different sports to be practiced or to solve some tasks; 3. Pokémon’s super-power QR code - walk, finding the QR code, each QR code represents one Pokemon and its super-power linked to the sport competence together with the video of the outdoor exercise using the outdoor space in the park; 4. Sport map – sport skills walk, map with stops to practice different sport skills; 5. Sport synergy - representation of the sport clubs with sport tasks and introduction of the sport and opportunities.
Success or innovation factors	<ul style="list-style-type: none"> ● Diverse approaches; ● Partnership with coaches, clubs; ● Diversity of sports; ● Experienced team; ● Motivation of the team; ● Timing/implementation of the walks in a safe manner; ● Enabling the sport within the walk; ● Sport practice combined with knowledge and skills development; ● Sport as non-formal education tool; ● Multisport culture in the daily life; ● Opportunities for follow-up – workshop, event (opportunity to explore the sport more, follow the personal interest and not necessarily as a regular sport activity or joining the specific sport club).
Constraints / Weaknesses	<ul style="list-style-type: none"> ● Information about the event – to reach all potential participants; ● Space – to place the tasks, info, etc. for some time + need to check if all is available.
Replicability / Opportunity for future use	<ul style="list-style-type: none"> ● Use of other techniques; ● Link to different topics to attract or implement different activities; ● Inclusion of the activity in the PE curricula and other events;



	<ul style="list-style-type: none"> ● Cooperation with organisations, clubs, etc.
Activities	<ul style="list-style-type: none"> ● Brainstorming; ● Development of the idea; ● Preparation of tasks, communication with the team , partners; ● Placing the tasks; ● Activity information, dissemination on social media; ● Evaluation plan; ● Conclusions and follow-up plan.
Logistic	Venue – area, division in the space, safe placing
Materials and equipment	Printing, lamination, tools to fix the labels, info
Administrative / Bureaucracy	<ul style="list-style-type: none"> ● Permission to place the labels and using the space according to the local rules.
Recruiting of participants	The activity was open, with a suggested age category of participants.
Communication with participants	<ul style="list-style-type: none"> ● Online promo - invitation, info, examples; ● After the activity - face-to-face contact; ● Conclusion and summaries online.
Communication with stakeholders and media	<p>The stakeholders we involved are:</p> <ul style="list-style-type: none"> ● PE Teachers; ● Local authorities; ● Schools - to inform the pupils; <p>Sport coaches and clubs.</p>
Evaluation	<ul style="list-style-type: none"> ● Feedback online, face-to-face after the walk; ● Evaluation of the team; ● Feedback from schools; ● General evaluation of the whole project as innovative method.