



“Daily Sports and Exercise Unit in Schools” starts as pilot program”

Alexandra Bäck, Tips Redaktion, June 3, 2016 2:17 pm

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BURGENLAND. In the “House of Sports” in Vienna, the “Daily Exercise and Sports Unit” was presented as a pilot program in Burgenland.

“The Daily Exercise and Sports Unit is a significant challenge carried by the population with a high level of acceptance. Scientific studies remove all doubt that something must be done in Austria in order to improve the health of its population. The goal is to organize and implement, as widespread as possible, the “Daily Exercise and Sports Unit” in cooperation with umbrella organizations nationwide.

The Ministry of Sports has already planned to grant the same financial support to other states as in the model region of Burgenland,” according to Sports Minister Hans Peter Doskozil and sports expert state governor Hans Niessl.

The daily PE period that has taken place in schools and daycares for years will soon be upgraded. This will not only implement the EU Commission’s recommendations and the WHO guidelines, but will also allow children and youth in schools or preschool ample physical exercise, as exercise and physical



activity at a young age are very important factors for healthy development. Statistics, however, have shown a development in the opposite direction. With the current project, not only should awareness be increased, but also the attractiveness of exercise.





The project's goal is to implement a daily sports period in all of Austria's schools. With this pilot program there will be at least one Daily Sports and Exercise Unit at the beginning of the next school year in elementary and middle schools that choose to participate in Burgenland. The school authorities will ensure, and also test, that regular exercise at the school is being carried out, and the cancellation of the Exercise and Sports Unit only occurs in an extreme emergency with a corresponding explanation. In order to compensate for the lack of local infrastructure, all exercise possibilities outside of gymnasiums will be considered, such as outdoors, sports fields, pools, ice skating rinks, etc.

Exercise Units will be planned and coordinated in individual school subjects – for example, dancing in music class or a field trip in biology. Upon request, schools may be provided with "Schooltastic," an exciting tool, a third of which was financed by BMLVs, the state, and local government. "Schooltastic" is a game in which questions must be answered or certain physical exercises completed, both in coordination with a tablet. Teachers can coordinate individual learning goals in all subjects with certain physical exercises. Students will also be supplied with an exercise app for their own

phones, which was created by a renowned sports scientist. The app takes the following factors into consideration: calculation of physical fitness levels, creation of individual training plans – it even includes highly motivating components, such as an exercise monitor. Additionally, students can collect points for physical activity through the app and participate in a statewide competition in collecting the most points.

The Daily Sports and Exercise Unit will be led by teachers or exercise coaches. Certified trainers and instructors can complete the required training for an exercise coach at pedagogical universities, which allows them to lead Exercise and Sports Units in schools. At full scale, this would mean that 30 exercise coaches in the state umbrella organizations ASKÖ, ASVÖ, and UNION could be hired for 40 hours. Out of the 40 hours, 35 would be spent at schools and 5 in the respective organization. These 5 hours are to be explicitly used for talent scouting in order to involve students in existing organization structures. The "Daily Sports and Exercise Unit" is financed by existing projects, such as Children and Healthy Exercise".

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