



Co-funded by
the European Union

eYOUAca

Youth Academy of Grassroots Sport

eYOUAca

Youth Academy of Grassroots Sport

eYOUAca

Youth Academy of Grassroots Sport

eYOUAca

Youth Academy of Grassroots Sport

DELIVERABLE 4.3

TECHNICAL SHEETS

Co-funded by the European Union. Views and opinions expressed are however those of the author(s) only and do not necessarily reflect those of the European Union or the European Education and Culture Executive Agency (EACEA). Neither the European Union nor EACEA can be held responsible for them.



CSIT



Consells Esportius
de Catalunya



epsieu



INTRODUCTION

Are you a **manager or a coach** involved in grassroots sport movement and are you interested in the organization of new sport activities addressed to children aged between 5 and 11 years old?

Are you a **trainer or a teacher** interested in how to get simple and useful tips in how to design and propose new sport ideas involving the young people of your grassroots sport organization?

Are you a **young person, aged between 18 and 30 years old**, interested in getting inspired by sport activities that have been designed by other young people like you?

Did you know that there is **an educational program**, co-funded by the Erasmus+ Sport, that mixes together e-learning modules and a real internship experience in the grassroots sport organizations and in the sport clubs?

This brief booklet answers to all these questions gathering the main information on how the students of **the first edition of the eYOUAca program** have co-designed, together with the senior leaders of the grassroots sport organizations, the sport activities addressed to children and their families in 5 different European Countries: Catalunya Region, Croatia, Estonia, Finland and Italy.

You can find **compact explanations of the main methods** followed by the students in order to replicate them in your organizations: we have called the following descriptions “Technical Sheets”.

THE EYOUACA PROGRAM: WHAT IS IT?

Coordinated by an International Sports Confederation (CSIT/Austria) with a partnership of 5 national grassroots sport organizations (AICS/Italy, TUL/Finland, UCEC/Spain, KALEV/Estonia, HLA/Croatia), 1 organization for sport innovation (EPSI/Belgium), 1 organization which provides certifications for educational services (ETSIA/Belgium) and a cultural non-profit organization (FNCC/Italy), eYOUAca has the objective of developing an **innovative e-learning academy** addressed to young people between 18 and 30 years old coming from 5 different Countries, through the engagement of a team of young leaders who has been already trained during the first 3 past small collaborative partnership projects.

The general objective of the eYOUAca project is to develop an innovative educational program aimed at promoting the curriculum of “young leaders in grassroots sport management at national and international level”.

The eYOUAca program is **composed of 7 e-training modules** (financial management, project design, hard skills and specific knowledge, leadership, communication and event management) and **1 internship** experience in which young trainees are asked to cooperate with their organizations in order to put into practice what they learned in developing 2 innovative sport activities for children from 5 to 11 years old.

eYOUAca foresees an evaluation process and releases an EQF certification, indeed all the participants are certified for the title of **Instructor Junior Coach**.

The eYOUAca project plan includes the following task for work package 4: grassroots organizations provide at least 1 technical sheet in electronic format to report how it can be implemented as a sport initiative according to the eYOUAca principles.

WHAT IS A TECHNICAL SHEET

A Technical sheet is a short document that contains the most relevant information about the subject it handles. The goal of the document is to provide facts and key points about the topic in a clear and easy-to-understand way to an audience of other young leaders, coaches, sport managers etc.. In a technical sheet, students decide what is the most important thing to tell about implementation of grassroots sport activities they have made according to the eYOUAca principles.

THE DEADLINE

The technical sheet was to be done at the end of the internship period, i.e. immediately after the activities of the internship have been carried out and evaluated.

DIVISION OF TASKS

Technical sheets were written as a group work by interns in cooperation with the coaches that have coordinated them during the internship according to the intergenerational dialogue method. The responsibilities have been divided within the group under different topics. Different roles have been assigned to interns during the internship so that they can view the activities from different perspectives.

THE TARGET GROUP

The target group of technical sheets are other young people, coaches, managers and other related target groups at national level who are interested in organizing similar types of grassroots sports activities.

TECHNICAL SHEETS SHOULD CONTAIN THE FOLLOWING TOPICS:

- **Title:** The title contains the subject of the technical sheet followed by the words: "Technical sheet".
- **Introduction:** a brief summary describing the purpose of the document, followed by a list of key concepts or issues that are to be handled in the technical sheet.
- **Body part:** This part divides the sheet into sections: Each section should be presented with an informative heading followed by the most important facts about the topic. Here you can also write as a subsection about things that the participants gave good feedback about. For example, three highlights.
- **What to do next part:** This section contains practical tips or links for those people who want to find more information on the topic.

OTHER CRITERIA:

- The length of the sheet is 1-2 pages.
- Less text, more pictures, lists and tables
- Create graphics, use EU- and eYOUAca-logos correctly
- Use examples to clarify the concepts, use keywords
- Write the message to inspire and with the target audience in mind.
- Contact your organization's communication manager to distribute the sheets.

At the end of the internship phase, the interns created a total of six technical sheets in five countries. Next, we will get to know what kind of products the young people of our project produced.

In practice, taking into account the above-mentioned instructions, the young people were given free hands in the graphic design of the documents, keeping in mind only that we wanted them to be as informative and interesting as possible.



HEATH LIFE ACADEMY (CROATIA)

IN CROATIA, THE ORGANIZATION RESPONSIBLE FOR INTERNSHIP DECIDED TO IMPLEMENT TWO DIFFERENT ACTIVITIES.

The **first** activity was an activity designed around traditional sports. Briefly named as ESSD - traditional sports and games for children. The event was held at Veli Vrh elementary school in Pula on 29.9.2023. Activity was planned indoor and outdoor. It included traditional sports and games, x/o game, jump in sacks and ball games.

The **second** activity (ESSD - outdoor sport activities) was held in schools, outdoor and public places in various cities in Croatia on 29.9.2023. Activity events included indoor and outdoor sports (football, basketball, handball etc.)

As a result of the interns of HLA, the technical sheet was created and interns highlighted following topics in it:



KEY INFORMATION



European School Sport Day in Croatia – celebrating the joy of movement



Pula - 29th September



1 day event involving multiple activities



Engaging in sport activities and promoting positive values of sport and physical activity

GOALS AND PURPOSE



Event dedicated to having fun, playing together and promoting physical activity and health for everyone

Event is open to any kind of physical activity that has the aim to encourage children to be active, improve physical well-being and overall inclusion into society through sport and physical activity

STEPS FOR ORGANISATION



1 PLAN - propose, invent and lead activities

2 PREPARE - set-up activities, promote the event

3 IMPLEMENT - Lead and support activities in collaboration with partners and schools

4 MONITOR – reporting and promoting the event

KEYWORDS: fun, participation, inclusion, sport



AICS (ITALY)

IN ITALY, THE ORGANIZATION RESPONSIBLE FOR INTERNSHIP DECIDED TO IMPLEMENT TWO DIFFERENT ACTIVITIES.

The **first** one was a chain of events including indoor and outdoor exercise events. The events were held in different cities: Florence, Turin, Rimini, Bologna, Rome, Perugia. Activities were held mainly in the schools and public parks, but also in the historical centers of previously named Italian cities.

Activities included types of sports like artistic gymnastic, rollerskate, basket, tennis, dance, chess and other games.

The **second** one was a summer camp called Aicslandia. It was held at the Chico Mendez park of Perugia. The summer camp's activities were planned outdoor and indoor (tennis, dance, chess, nordic walking and other games).

As a result of the interns of AICS, the technical sheet was created and interns highlighted following topics in it:





RESOURCES AND NETWORK

- Rediscovery of past sports (rediscovery of small municipalities/territories)
- Diversity in our groups we were able to enrich our work through our different experiences
- Integration of cultural minorities

**KEYWORDS: SHARING – COMMUNITY
– INTEGRATION – MULTICULTURALITY
– UNITY – DIVERSITY**

PERSONAL ENRICHMENT

- Creating opportunities in order to learn and to develop skills
- Open communication in difficulties and mutual support by working as a team, everything was much easier.
- Teamwork: team, organisers and family members

**KEYWORDS: GETTING INVOLVED – CHALLENGE –
PARTICIPATION – OPEN COMMUNICATION –
NETWORKING – MUTUAL SUPPORT**



SPORT AND VALUES

Transmission of the value of fair play in a playful-motor key
Transmission of knowledge of the main and basic rules for playing certain sports
"From the deductive to the inductive method", making the children autonomous in the game/exercise

**KEYWORDS: ENTHUSIASM – SPORTS VALUES – KNOWLEDGE –
SPORT – CREATIVITY**

WHAT TO DO NEXT

Promote sports activities and competitions in municipalities with fewer citizens or opportunities
The increasing presence of LGBTI communities, adopting a different language towards participants in events and having to instruct the organisers on how to approach the subject





**Consells Esportius
de Catalunya**

UCEC (CATALONIA)

**IN CATALONIA, THE ORGANIZATION RESPONSIBLE FOR THE INTERNSHIP DECIDED TO ARRANGE
MULTISPORT DAY EVENT.**

The activities were scheduled and performed on Saturday 14th of October, on a sports pavilion of Baix Penedès, one of the many sport councils of Catalonia. The place is called Club Tennis El Vendrell.

The activities were divided into **nine different stations** that combined sports and traditional games. The sports were: basketball free throws, a basketball dribbling race, a basketball game, a handball game, handball throws and dodgeball. For the traditional games, the following were scheduled: sack race, espadrilles throw and pulling the rope.

As a result of the interns of UCEC, the technical sheet was created and interns highlighted following topics in it:



MULTI-SPORT DAY!

The purpose of this technical sheet is to describe how we designed and implemented a grassroots sports activity in the hope that our experience will be useful to other young people who want to organize an activity themselves. The target group of this activity were children between 5 and 11 years of age from different backgrounds, genders, schools and cities.



Sports Pavilion Club Tennis El Vendrell

TECHNICAL SHEET ACTIVITIES

Basketball match

Number of players per team: 4 vs 4.
Playing time: 10' (single part).
All team members must participate. There can be no contact between players and the ball cannot be taken out of the hands.

Throws

Number of players per team: all athletes on each team must throw at least 2 times.
There will be 5 different series with 15 launches per team.
Throws can be of any distance and order.

Dodge-ball

Number of players per team: 4 vs 4.
Playing space: half mini basketball court.
If the ball touches a player without hitting the ground, that player is out. If a player catches the ball in the air without it falling to the ground, the out player is the thrower.

The espadrille

Number of players per team: 1 vs 1.
The participants take the espadrille with their hand. All players stand on a line. At the signal, they must throw the espadrille under the legs and make it over the body. The participant who sends it the farthest is the winner.

Pull the rope

Number of players per team: 4 vs 4 - 5 vs 5 - 6 vs 6.
At the signal both teams must pull the rope to bring the other group towards them, the first team to pass the central mark loses.

Match

Number of players per team: 4 vs 4.
Play space: mini basketball court.
Playing time: 10' (single part).
There can be no physical contact between the players.
Unlimited substitutions.

Game of 10 passes.

Number of players per team: 4 vs 4. Playing space: half mini basketball court.
You cannot touch the players or take the ball out of their hands.

Relays with different types of basketball shot.

Number of players per team: 4 vs 4.
Playing space: a distance of 8-10 meters between cones.

Sack race

Number of players per team: 4 vs 4. Relays can be done by teams, until the player who is 'running' touches the hand of the teammate who is waiting.

HIGHLIGHTS

During the activities, we realized that the following things should be taken into account when organizing an activity:

- ▶ The **time to explain the rules** of each game and sport must be taken into account when designing the activity.
- ▶ The children did not know each other before the activity, but after a short time of starting they already **seemed like friends**. Sport brings people together.
- ▶ The activity was fun not only for the children, but **also for the instructors**.
- ▶ **Adapted rules** allow for everyone to participate.

WHAT TO DO NEXT?

For more information:

consells_esportius_catalunya
 ucec@ucec.cat

For more information about this activity, you can check the Instagram account of the **Unió de Consells Esportius de Catalunya**.



You can contact the **Unió de Consells Esportius de Catalunya** through the email ucec@ucec.cat to receive more information or guidelines on how to organize a sports activity for children.



KALEV (ESTONIA)

IN ESTONIA, THE ORGANIZATION RESPONSIBLE FOR INTERNSHIP (KALEV) DECIDED TO ARRANGE TWO DIFFERENT TYPES OF ACTIVITIES.

The activity chosen for this report was Children's morning gymnastics events arranged in four different days at the Kalev's stadium. The days were 4th, 5th, 6th, 13th of September from 9:00-11:30. Each morning a different sports club's planned various sporting activities for children from ages 4-6. Interns had a role as volunteers at this event.

As a result of the interns of Kalev, the technical sheet was created and interns highlighted following topics in it:



Internship overview

During the eYOUAca internship period from July to October 2023, students participated as volunteers in Kalev's Children's Morning Gymnastics events from September-October. Children's Morning Gymnastics is an annual event on Kalev stadium where each day 80-100 local area kindergarten children participate. Each morning a different sports club planned various sporting activities for children from ages 4-6.

First part of the internship activity was a lecture for the young participants from eYOUAca program about youth sports event management specifically for large groups with small children.



The students feedback about experiences and skills gained:

- The organizational and problem-solving skills acquired in event management and project coordination.
- Work with diverse groups.
- The importance of effective communication and teamwork.



After the internship students made a formula for a sports event





TUL

TUL (FINLAND)

IN FINLAND, THE ORGANIZATION RESPONSIBLE FOR INTERNSHIP (TUL) DECIDED TO ARRANGE TWO DIFFERENT TYPES OF ACTIVITIES. AT THE BEGINNING OF THE PROCESS THE INTERNS WERE GIVEN THE OPPORTUNITY TO CHOOSE BETWEEN TWO DIFFERENT TYPES OF ACTIVITIES.

The first activity Sports Institute`s 65th anniversary week took place at Kisakeskus Sport Institute. It was the Sports Institute`s 65th anniversary week. The event lasted for one week (9.-13.10.2023) from 9.45 am until 14.00 pm. The date when eYOUAca team was involved was Tuesday the 10th of October.

The idea was to invite local pupils (among their teachers) for the anniversary week to perform different sports (Kinnball, human table football, indoor orienteering, board games, and frisbeegolf).

The second activity E-sport day, was held in a youth center in Tampere, Finland. The date was Saturday 28th of October from 12:00 noon to 6pm. The event included different outdoor activities such as football, dodgeball and other games. The other part of the event included video gaming where the participants played games such as Fifa and Minecraft.



eYOUAca
Youth Academy of Grassroots Sport



Co-funded by
the European Union



Link to the Event video:

https://drive.google.com/file/d/1vxAPy3sB4-KbW5qfMungELm4bRTen_7o/view?usp=sharing



<https://www.kisakeskus.fi/>

The newspaper Etelä-Uusimaa published news about the event and Urheiluopisto Kisakeskus on 18.10.2023, <https://etela.com/2023/10/18/uusi-toimitusjohtaja-haluukaantaa-65-vuotiaan-kisakeskuksen-kurssia/>

TECHNICAL SHEET

by Ulrika Lönnerberg, Hilla Pesonen, Semi Saari, Noora Sylman

Sport day for children in 6th and 5th grade to celebrate the 65th anniversary of the Sport institute Urheiluopisto Kisakeskus



Technical sheet of the Event

Event: Sport day for children in 6th and 5th grade in honor of the 65th anniversary week of Sport Institute Urheilupuisto Kisakeskus

Date: 9 October - 13 October 2023, main event 10 October 2023

Location: Sport institute Urheilupuisto Kisakeskus, Kullaanniemi 220, 10420 Raasepori, Finland

Participants: 244 students (in 4 days) from 7 different schools in the Raasepori region

✓ For one exercise point max. 28 students, number of students per day max. 112

Purpose: The event celebrated the 65th birthday of the Urheilupuisto Kisakeskus

Goals:

- ✓ Enables students to have a free exercise day at the sport institute premises
- ✓ Increase children's movement opportunities and well-being

Format: Sports event for 6th and 5th grade children

THE PROGRAM:

9.45 Buses arrive at Kisakeskus
10.00 Welcome to the Sport institute
10.15 Exercise points (duration approx. 35 min. and transition approx. 10 min.)
11.00 Exercise points
11.45 Lunch
12.15 Exercise points
13.00 Exercise points
13.45 Joint end
14.00 The buses go back to the schools



Sports: Friibeegolf, Human table football, Indoor Games, Indoor Bingo

Keywords: Exercise, participation, interaction, joy, outdoor activities



HYBRID TRIANGLE MODEL



EyouSport-event
A day full of sports and e-sports!
28.10.2023 time frame 12-18
Digiyouthcenter of Tampere
16 participants
8 instructors
Sports
eSports
Togetherness
New experiences

eYOUAca



Tips to arrange an event:

Proper planning

The necessary credentials

The necessary facilities that are applicable for intended use

Enough amount of food

Enough amount of instructors

Planning of timetables and holding on to them

Planning for prizes in advance

Event was part of Eyouaca-project, you can find more information from here:

<https://eyouaca.eu/>



HEATH LIFE ACADEMY (CROATIA)

© European School Sport Day

HRVATSKA

Tehnički list vam omogućuje planiranje i provedbu uspješnog događaja masovnih sportskih aktivnosti u vašoj zajednici u skladu s načelima eYOUAca

PULA
29.9.2023.

Co-funded by the European Union

© European School Sport Day

OSNOVNE INFORMACIJE



Europski školski sportski dan u Hrvatskoj – slavimo radost kretanja



Pula – 29. Rujan



Jednodnevni događaj koji uključuje više aktivnosti



Bavljenje sportskim aktivnostima i promicanje pozitivnih vrijednosti sporta i tjelesne aktivnosti



Co-funded by
the European Union

© European
School Sport
Day

CILJ I SVRHA



Događaj posvećen zabavi, zajedničkoj igri i promicanju tjelesne aktivnosti i zdravlja za sve

Događaj je otvoren za bilo koju vrstu tjelesne aktivnosti koja ima za cilj poticanje djece na aktivnost, poboljšanje tjelesne dobrobiti i cjelokupnu uključenost u društvo kroz sport i tjelesnu aktivnost



Co-funded by
the European Union

© European
School Sport
Day

KORACI ZA ORGANIZACIJU



- 1 PLANIRATI - predlagati, izmišljati i voditi aktivnosti
- 2 PRIPREMA - postavljanje aktivnosti, promoviranje događaja
- 3 PROVEDBA - Voditi i podržavati aktivnosti u suradnji s partnerima i školama
- 4 MONITOR – izvještavanje i promocija događaja

KLJUČNE RIJEČI: zabava, sudjelovanje, inkluzija, sport



Co-funded by
the European Union



AICS (ITALY)





RISORSE E RETE

- Riscoperta degli sport del passato (riscoperta di piccoli comuni/territori)
- Diversità nei nostri gruppi: abbiamo potuto arricchire il nostro lavoro grazie alle nostre diverse esperienze.
- Integrazione delle minoranze culturali

KEYWORDS: SCONDIVISIONE - COMUNITÀ - INTEGRAZIONE - MULTICULTURALITÀ - UNITÀ - DIVERSITÀ

ARRICCHIMENTO PERSONALE

- Creazione di opportunità per imparare e sviluppare le competenze
- Comunicazione aperta nelle difficoltà e sostegno reciproco grazie al lavoro di squadra, tutto è stato molto più facile.
- Lavoro di squadra: team, organizzatori e membri della famiglia

KEYWORDS: COINVOLGIMENTO - SFIDA - PARTECIPAZIONE - COMUNICAZIONE APERTA - RETE - SOSTEGNO RECIPROCO



SPORT E VALORI

Trasmissione del valore del fair play in chiave ludico-motoria

Trasmissione della conoscenza delle regole principali e di base per la pratica di alcuni sport

"Dal metodo deduttivo a quello induttivo", rendendo i bambini autonomi nel gioco/esercizio

KEYWORDS: ENTUSIASMO - VALORI SPORTIVI - CONOSCENZA - SPORT - CREATIVITÀ

COSA SI PUÒ FARE?

Promuovere attività e competizioni sportive nei comuni con un minor numero di cittadini o di opportunità.

La crescente presenza di comunità LGBTI, l'adozione di un linguaggio diverso nei confronti dei partecipanti agli eventi e la necessità di istruire gli organizzatori su come affrontare l'argomento





**Consells Esportius
de Catalunya**

UCEC (CATALONIA)

eYOUAca

Youth Academy of Grassroots Sport



Co-funded by
the European Union



Consells Esportius
de Catalunya

**MULTI-SPORT
DAY!**

FITXA TÈCNICA

MULTI-SPORT DAY!

L'objectiu d'aquesta fitxa tècnica és descriure com hem dissenyat i implementat una activitat esportiva a nivell esportiu de base amb l'esperança que la nostra experiència sigui útil per a altres joves que vulguin organitzar una activitat ella mateixos. El grup objectiu d'aquesta activitat eren nens d'entre 5 i 11 anys de diferents procedències, gèneres, escoles i ciutats.



Complex Esportiu Club Tennis El Vendrell

FITXA TÈCNICA ACTIVITATS

Partidet Bàsquet.

Nº de jugador/es per equip: 4 vs 4.
Temps de joc: 10' línica part.
Hauran de participar tots/es els integrants de l'equip. No pot haver-hi contacte entre jugadors/es i no es pot treure la pilota de les mans.

Llançaments.

Nº de jugador/es per equip: tots els esportistes de cada equip hauran de llançar un mínim de 2 vegades.
Es faran 3 series diferents amb 15 llançaments per equip. Els llançaments poden ser de qualsevol distància i orde.

Joc de matar.

Nº de jugador/es per equip: 4 vs 4.
Espai de joc: mitja pista de mini bàsquet.
Si la pilota toca un/a jugador/a sense botar a terra, aquest/a serà mort/a. Si un/a jugador/a agafa la pilota a l'aire sense que li caigui a terra, el/la jugador/a eliminarà el llançador.

L'esperdanya.

Nº de jugador/es per equip: 4 vs 4.
Els/es participants agafen l'esperdanya amb la mà. Tots/es els/es jugadors/es es posen sobre una línia. Al senyal, han de llançar l'esperdanya, per sota de les cames i fer-la passar per sobre el cos. El/la participant que l'arriba més lluny, és el/la guanyador/a.

Estrair la corda.

Nº de jugador/es per equip: 4 vs 4 - 5 vs 5 - 6 vs 6.
A la senyal els dos equips han d'estrair de la corda per fer venir l'altre grup cap a ells, el primer equip que sobrepassi el seu central perd.

Partidet.

Nº de jugador/es per equip: 4 vs 4.
Espai de joc: pista de mini bàsquet.
Temps de joc: 10' línica part.
No hi pot haver contacte físic entre els/es jugadors/es. Substitucions il·limitades.

Joc dels 10 passes.

Nº de jugador/es per equip: 4 vs 4.
Espai de joc: mitja pista de mini de bàsquet.
No es pot tocar dels jugadors/es ni hi treuen la pilota de les mans.

Relleus amb diferents tipus de vot de bàsquet.

Nº de jugador/es per equip: 4 vs 4.
Espai de joc: una distància d'entre 8-10 metres entre cona.

Cursa de sacs.

Nº de jugador/es per equip: 4 vs 4.
Es poden fer relleus per equip, fins que el jugador que està "corrent" toca la mà del company/a que l'espera.

A RESSALTAR

Durant les activitats, ens hem adonat que cal tenir en compte les següents coses a l'hora d'organitzar una activitat:

- ▶ Cal tenir en compte el **temps d'explicació** de les regles de cada joc i esport quan es dissenya l'activitat.
- ▶ Els nens no es coneixien abans de l'activitat, però al cap de poc temps de començar ja **semblaven amics**. L'esport uneix les persones.
- ▶ L'activitat va ser divertida no només pels nens, sinó **també pels monitors**.
- ▶ Les **normes adaptades** permeten la participació de tothom.

¿QUÈ FER DÉSPRÉS?

Per a més informació:



Per a més informació sobre aquesta activitat podeu revisar el compte d'Instagram de la Unió de Consells Esportius de Catalunya.



Podeu contactar amb la **Unió de Consells Esportius de Catalunya** a través del correu uoao@uoao.cat per rebre més informació o directrius sobre com organitzar una activitat esportiva per a nens i nenes.



KALEV (ESTONIA)



KALEVI PÕNNIDE VÕIMLEMISE HOMMIKUD



Co-funded by the
European Union

eYOUAca
Youth Academy of Grassroots Sport



CSIT



Consells Esportius
de Catalunya



epsi.eu



Ülevaade eYOUAca praktikast

CSIT projekti eYOUAca praktiline osa toimus juulist oktoobrini 2023, milles Eesti noored osalesid vahetati Kalevi Põnnide Võimlemishommikutel.

Põnnide Võimlemishommikud on iga-aastane ürituste sari, mis toimub Kalevi staadionil. Iga hommikul võtab osa 80-100 Tallinna lasteadeade last vanuses 4-6a. Tegevusi ja mänge aitavad läbi viia kohalikud Kalevi sportiklubid.

Enne sarja algust koolitati eYOUAca noori spordiürituste korraldamisest ning väikelaste suunatud ürituste eripäradest.

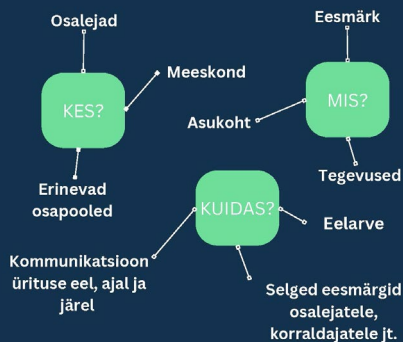


Noored vahetati ürituse järele tagasisidet korraldajatele ja töid välja praktikalt omandatud oskused:

- Ürituse organiseerimine ja koordineerimine sh leidlikkus lahendada probleemseid olukordi
- Koostöö erinevate sihtgruppidega
- Selge kommunikatsioon ja meeskonnatöö



Spordiürituste planeerimise ja korralduse valem





eYOUAca

Youth Academy of Grassroots Sport



Co-funded by the
European Union



TECHNICAL SHEET

Ulrika Lönnberg, Hilla Pesonen, Semi Saari, Noora Sylman

Liikuntapäivä 6.- 5.- luokkalaisille
oppilaille Urheilupuisto Kisakeskuksen
65-vuotis juhluvuoden kunniaksi



<https://www.kisakeskus.fi/>

Sanomalehti Etelä-Uusimaa julkaisi artikkelin
tapahtumasta 18.10.2023,
[https://etela.com/2023/10/18/uusi-
toimitusiohtaja-haluaakaantaa-65-vuotiaan-
kisakeskuksen-kursssia/](https://etela.com/2023/10/18/uusi-toimitusiohtaja-haluaakaantaa-65-vuotiaan-kisakeskuksen-kursssia/)

Tapahtuman tekninen esite

Tapahtuman nimi: Liikuntapäivä 6-5. -luokkalaisten oppilaille

Päivä: 9.10.-13.10.2023, päätapahtuma 10.10.2023

Paikka: Urheilupuisto Kisakeskus, Kullaanniemi 220, 10420 Raasepori

Osallistujat:

- ✓ 244 oppilasta (4 päivän aikana) 7 eri koulusta Raaseporin alueelta
 - ✓ Yhdelle liikuntapisteelle max. 28 oppilasta, yhden päivän oppilasmäärä max. 112
- Tarkoitus:** Tapahtumalla juhlittiin Urheilupuisto Kisakeskuksen 65-vuotis syntymäpäiviä

Tavoitteet:

- ✓ Mahdollistetaan oppilaille ilmainen liikuntapäivä urheilupuiston tiloissa
- ✓ Lisää lasten liikunnismahdollisuuksia ja hyvinvointia.

Tapahtuman muoto: Liikuntatapahtuma 6- ja 5. -luokkalaisten lapsille

OHJELMA:

- 9.45 Linjat autot saapuvat Kisakeskukseen
- 10.00 Tervetuloa Kisakeskukseen ja aloitus
- 10.15 Liikuntapisteet (kesto n. 35 min. ja siirtymä n. 10 min.)
- 11.00 Liikuntapisteet
- 11.45 Lounas omista eväistä
- 12.15 Liikuntapisteet
- 13.00 Liikuntapisteet
- 13.45 Yhteinen lopetus
- 14.00 Linjat autot lähtevät takaisin kouluille



Lajit: Frisbeegolf, Tankofutis, Sisäpelit, Sisäbingo

Avainsanat: Liikunta, osallisuus, vuorovaikutus, ilo, ulkoilu



EyouSport -tapahtuma

Päivä urheilun sekä E-urheilun parissa!

28.10.2023 kello 12-18

Rantaperkiön

diginuorisokeskus

16 osallistujaa

8 ohjaajaa

Liikuntaa

e-Urheilua

Yhdessäoloa

Uusia kokemuksia ja

elämyksiä

eYOUAca
Youth Academy of Grassroots Sport



Vinkkejä tapahtuman järjestämiseen:

Huolellinen suunnittelu

Tarvittavat tunnukset

Tarvittavat tilat, jotka soveltuvat

käyttötarkoitukseen

Riittävä määrä ruokaa

Riittävä määrä ohjaajia

Aikataulujen suunnittelu ja

aikatauluista kiinni pitäminen

Palkintojen suunnittelu etukäteen

Tapahtuma oli osa Eyouaca-projektia, lisää tietoa projektista löydät osoitteesta <https://eyouaca.eu/>



Co-funded by
the European Union