

PROJECT DISSEMINATION

The project aims at creating a network to assure the sustainability of the initiative in the schools of the six participating countries and foster the involvement of other European Karate Federations interested in implementing the project in their countries.

For this purpose the Project foresees dissemination activities at National and International level, a website where to find didactical material and a manual collecting the data of the experimentation in schools.



The Erasmus+ Programme aims to support actions in the fields of Education, Training, Youth and Sport for the period 2014-2020.

The Sport action supports grassroots projects and cross-border challenges such as combating match-fixing, doping, violence and racism and promoting the good governance, gender equality, social inclusion and physical activity for everybody.

The Programme is managed by the EACEA (Education, Audiovisual and Culture Executive Agency)
http://eacea.ec.europa.eu/erasmus-plus_en

PARTNERS OF THE SPORT AT SCHOOL PROJECT



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This publication has been funded with support from the European Commission. This document reflects the views only of the author, and the Commission cannot be held responsible for any use which may be made of the information contained therein.

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



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THE PROJECT
SPORT AT SCHOOL
IS CO-FUNDED BY THE EUROPEAN UNION IN THE
FRAMEWORK OF THE ERASMUS+ SPORT PROGRAMME

The Project aims at promoting motor activities in primary schools, to tackle children sedentary lifestyle and hypokinesia through an innovative approach based on recent neurosciences researches, transfer good practice among Partners and the creation of a network among National Karate Federations of Italy, France, Germany, Spain, Poland and Portugal. The Project takes inspiration from activities already experimented in Italy by FIJKAM.

MOTOR INTELLIGENCE

Motor intelligence expresses through motor acts aimed to a purpose. These acts are characterized by efficacy, efficiency and creativity. Human motricity is rich and multiform. It includes movements that allow individuals to interact with different kinds of environment (nature, work, etc.) or to express in terms of sport motricity in different disciplines. The best period to develop motor intelligence starts from the birth to around 11 years of age.

THE ACTIVITIES
SPORT AT SCHOOL

Creating a common base
Comparison among participating countries of:

National Aims and Primary Schools curricular contents related to motor education (in particular age 7-8).
Competences and skills needed by National Federation technicians in order to work in schools and with children as well as training methods.

Technicians training
Two training courses for 5 technicians per National Federation starting from 2017.

Experimentation in schools

Motor activities performed during the school timetable by Federal technicians in collaboration with school teachers (4 schools per Participating Country during the 2017-18 school year).

Evaluation of the results

Analysis of the results by external institutions in terms of improvement in motor abilities, learning abilities and social behavior of children participating in the experimentation.

Sedentary and overweight, on the contrary, put at risk the harmonic development of children executive functions.

