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## **Strongkids Congress 22.03./23.03.2018**

### DAY 1 (OPEN FOR TEACHERS AND STUDENTS)

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9:00 – 10:00 Opening of congress / presentation of İstiklal İlkokulu students

10:00 – 11:00 Symposium Part I - Project presentation

11:00 – 12:00 Symposium Part II – Partner countries presentation

12:00 – 13:00 Lunchbreak

13:00 – 14:30 International Workshops Part I BESYO and CABACAM  
(Germany/Belgium/Italy/Latvia)

14:30 – 15:00 Coffeebreak

15:00 – 16:00 Workshops Part II CABACAM

16:00 Participation certificates

## DAY 2 (INTERNATIONAL PARTNER MEETING)

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09:30 - 13:00 Partner meeting - Project evaluation/Review

13:00 – 14.00 Lunch break

14:00 – 17:00 Project dissemination and project report

17:00 - 17:30 break

17:30 – 19:00 project follow up planning

19:00 – 21:30 dinner

## WORKSHOPS

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### Workshops: BESYO

13:00 – 14:30 )

Workshop II – Gymnastics with everyday material (Germany Laura Supprian)

Workshop IV – Developing cooperative learning and healing processes in physical education - ( Belgium Hugo Verkest)

### Workshops CABACAM:

Workshop – Physical development of average pre-school children with and without flat feet in movement games (Prof. Sandra Rone)

Workshop – Outdoor pedagogics and Forest school (Italy Prof. Sandra Chistolini)

### Workshop CABACAM:

15:00 – 16:00

Workshop - Music and Rhythm (Orff) (Özlem)

Workshop - Project 'Strong kids' teacher training (COMU Anja Güder)

## DAY 3 (INTERNATIONAL PARTNER MEETING)

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09:00-18:00 Trip to Troy and Assos /Cultural event

## DAY 4 (INTERNATIONAL PARTNER MEETING)

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06:00 Travel day

The **‘Strongkids Congress’** on 22.03.2018 is organized by Canakkale Onsekiz Mart University and presents the outcomes of the ‘strongkids sport project’. After 12 month 2 Pilot projects in a pre-school and primary school in Canakkale could be realized. During the 8 weeks Pilot programs more than 100 children were joining the project. Aim of these Pilot projects was to implement a movement and sport program by trying different tools, materials and methods to include sport and a healthy lifestyle in the everyday school life.

In the first part of the congress we will present the programm and the results of the Pilot projects with CABACAM and İstiklal İlkokulu.

**During the congress our experts from Latvia, Belgium, Italy and Germany will give practical workshops of the ‘strongkids’ project content and introduce their special working fields.**

**Concrete methods and activities which were used during the ‘strongkids’ project cycle will be presented and can give a positive impulse for the work of other primary and pre-school teachers of Canakkale. These best practices will be provided during and after the congress in form of classroom poster and a practical card sets for classroom usage.**

**After the congress all results will be published online and given as a brochure to participating teachers.**

## Evaluation:

### **Outcomes of Pilot projects:**

#### **Pilot 1 / CABACAM:**

In our first Pilot project we organized 2017 two times an eight weeks program for pre-school children from 4-6 years in CABACAM. Together with the team of CABACAM and students from education faculty we implemented a movement and sport program which includes age group friendly and creative exercises. We could try different sportive materials like climbing, rolling, jumping and balancing tools as well as small equipment's like balls, hoops, Frisbees and so on.

Before and after the program a motoric test was realized and showed an improvement in all motoric areas like flexibility, eye-hand coordination, speed and force.

#### **Pilot 2 / İstiklal İlkokulu:**

Together with our partners Milli eğitim müdürü and the İstiklal İlkokulu we could organize a classroom program with short sportive and social exercises and games to activate children. At the same time students from COMU Sport faculty were implementing a weekly sport program which was developed by our international partner countries team. Contents are Outdoor pedagogics, dance and music, gymnastics and basic movement education as well as social learning methods.

The program outcome was presented after 8 weeks in form of a show which was developed by the children (6-8 years) of the program. The classroom program and weekly activities were evaluated by a team of teachers and the 'strong kids' project team and showed a strong positive impact for the primary school. Classroom activities had a very positive feedback from participating children and teachers could integrate methods every day with different aims like relaxation, stress release, to energize etc.

Also the weekly sportive activities were very successful - students showed a high motivation, good motoric progress and social learning could be integrated in classes and showed a positive impact on students. Parents and other teachers of the school and especially classroom teacher and the manager of the school supported the project strongly which made the success more sustainable.

### **Students and teacher seminars:**

During 12 month of the project cycle we worked together with students of COMU to realise the Pilot projects. Moreover we organized teacher seminars to present active tools and methods to primary school and pre-school teachers. Around 50 teacher and teacher candidates participated in teacher seminars or were included in the organization for a longer project period.

