



ERASMUS+ COOPERATION PARTNERSHIPS IN SPORT
PROMOTING GREEN STRATEGIES IN SPORT

PROGRESS

PROJECT NUMBER: 101050250

Specific Objectives:

- Develop a research study on **best practices** for promoting outdoor physical activity participation.
- Conduct a **field investigation** of physical educators', coaches', trainers', and parents' beliefs on improving parent-child interactions to promote outdoor physical activity participation.
- Create **evidence-based educational material**, including training modules for physical educators, trainers, coaches, and parents.
- **Test the usability and effectiveness of the educational material** in educating physical educators, coaches, trainers, and parents on how to promote outdoor physical activity participation.
- **Develop and propose a European public policy** to redefine and upgrade parent-child interactions and facilitate outdoor physical activity participation.
- **Create and develop a dedicated mobile app** utilizing a **gamified** model to encourage participation in outdoor physical activities through information and rewards.

The project intends to achieve three main results:

- Best practices on and investigation of outdoor; activities and parent-child interaction programs;
- Training resources and testing;
- Recommendations for promoting parent-child outdoor physical activity.

The project aims to promote parent-child outdoor physical activity in South-East Europe through the use of new technologies and gamified activities.

The development of evidence-based educational games and toolkits using gamification and game-based learning mechanics is a key focus of the project.

The project's goal is to engage physical educators, coaches, trainers, and parents, and motivate them to promote outdoor sport activities together with their children.

The use of new technologies and gamified activities is expected to encourage an active lifestyle and increase participation in sports within families. The project primarily targets young children and their parents, introducing the concept of family exercise.

PROGRESS CONSORTIUM





What has been done:

"Kick Off Meeting, 3th-4th October 2022"

The 1st Transnational meeting of the PROGRESS project took place on the 3-4th of October 2022 in Roma, Italy, hosted by the partner organisation ECOS. The meeting started with introduction of partner organisations. The lead partners of the WPs presented the activities to be undertaken on behalf of their team. More specifically, under WP2 , University of Belgrade, specified tasks & responsibilities and consortium set up deadlines.



Source: Pictures were taken during the Kick Off Meeting.

"WP 2 – BEST PRACTICES RESEARCH"

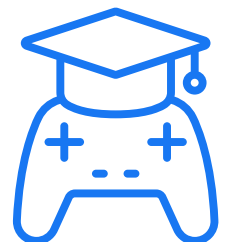


- Each partner gathered 15 practices on existing outdoor programs;
- Questionnaire applied to parents, coaches and physical educators: 100 per partner (700 total);
- Interview 10 each partner (70 total);
- University of Belgrade is working on final research report.

What is NEXT:

"WP3 - TRAINING RESOURCES AND TESTING"

- Develop 15 educational games;
- Collect videos (from all partners) for a few of the educational games;
- 20 coaches/educators will test the application.



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