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Erasmus Sports Programme

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Michele's dream comes true...

"Schools in Movement"

A far-reaching approach to sport for students

within the European Union

Introduction

Sport brings many benefits to everyone and is essential for students. It helps them to live a fuller and happier life. Regular sports and fitness activities provide body fitness and strength, which contribute to bring precious social and psychological benefits to children and youth, helping them to integrate their school and town communities.

In particular, sport encompasses the following dimensions:

a) Psychological dimension

Several studies suggest practicing sports develops children self-confidence. They can learn how to manage their emotions, and they develop mental, physical and tactical discipline, patience, perseverance, and dedication.

They will learn how to win and how to lose.

Practicing sport will teach them to use their full potential, both physical and moral, to prepare them to achieve their sportive and professional goals in their lives.

Finally, some of them may have fun and be so gratified by the sports exercise that they can find their future in a sport and decide to turn their talent and passion into a professional career.

b) Social dimension

Students enhance their social and communication skills by interacting with peers and coaches.

They learn the importance of teamwork and to cope with positive and negative feedback given by coaches, referees, peers, etc.

Moreover, sports enhance the students' performance both at school and on the sport pitches.

c) Physical and well-being dimension

Sports raised awareness to take care of one's body through a proper diet and healthy choices. These actions reduce risk of obesity and blood sugar levels, improve energy levels, co-ordination and balance, reduce chronic muscular tension, but -above all – sport creates happiness thanks to the feeling of well-being that it generates.

Finally, sports enhance the students' performance both at school and on the sport pitches.

1. The Programme and its structure

Upon the idea of *Michele Colucci*, the secondary school “Publio Virginio Marone”, Avellino (Italy), directed by *Prof. Lucia Forino*, decided to establish a *Sports Centre for Students* with the aim to foster their physical activity but also to enhance their skills on and off the pitches and to find out their potential and talent for a sports career.

In this context, the school has implemented a unique project called “*Schools in Movement*”.

Professionals with different backgrounds (doctors, lawyers, trainers and coaches, referees, sociologists, psychologists, professors of sport) have made available freely their experience and knowledge to train/educate **both female and male students** and offer them the opportunity to practice different kinds of sport (football, volleyball, basketball, athletics and others) and to deal with it from more appealing perspectives.

Pupils will follow 20 hours of seminars on the following subjects: 1. *Fair Play and sports Rules*, 2. *Health safety and prevention*, 3. *Fitness and Wellbeing*, 4. *The social and economic dimension of Sport*.

The seminars are **composed of a mix of theory and practice** as it follows:

I. Seminar on “Physical activity and sport: rules and fair play”

A. Theory

- *Principles of fair play on and off the pitch* (Mr Saverio Zaccaria, FIGC - AIA(Italian Football Federation - Italian Association of Referees)
- *Athletes and the legal obligations to observe the rules* (Avv. Alessandra Criscitiello, Italian Association of Sports Lawyers)
- *Personality development through sport* (Prof. Gianluca Raffone, Psicologist)

B. Practice

- *Football techniques* by A. Tangredi, (UEFA B licensed coach)

- *Preparation to the physical activity and organization of the training session*
by F. S. Stanco, (Professional trainer)
- *Street games* by C. Cerchia and A. Tangredi (coaches with UEFA B license)

II. Seminar on Health safety and prevention

A. Theory

First Aid techniques by L. De Angelis (Misericordia NGO)

Prevention of injuries and muscular tension during physical activity by M. and L. Criscitiello
(Misericordia NGO)

B. Practice

Football techniques by A. Tangredi, (UEFA B licenced coach)

Preparation to the physical activity and organization of the training session
by F. S. Stanco, (professional trainer)

Street games by C. Cerchia and A. Tangredi (Coaches with UEFA B licence)

III. Seminar on Physical Activity and Sport: Health nutrition and well being

Health and well-being by Dr. A. Pirone

(Doctor in Sports medicine and health nutrition, (Moscati Hospital, Avellino)

Sports medicine and doping by

Dr. G. Palumbo (Doctor in Sports medicine and health nutrition, (Moscati
Hospital, Avellino)

Doping and legal issues by

Avv. S. Civale (President of Italian Association of Sports Lawyers)

IV. Sport and its social dimension

The Sports Rules by Avv. A. Laudonia

Sport as a bridge between schools and families by Prof. A. Percopo

The International and European Dimension of Sport by M. Colucci (EU Official and member of the FIFA Dispute Resolution chamber)

In addition to the above seminars, students will attend **physical training sessions** led by the sports professors of the Liceo Marone, namely:

Prof. Ilaria Viscione, Researcher in Methods and teaching of sports activities and **project**

supervisor

Prof. Giuseppe Campiglia, former basket player (serie B) and basket coach

Prof. Paolo D'Avino, FIGC trainer, FIGC coach UEFA B, FIPE Weight Lifting instructor

Prof. Rosanna Genovese, judge in Track and Field

Prof. Francesco Muollo, former middle-distance runner and FIDAL (*Athletics*) instructor

Students will apply the learned techniques and practices during the seminars' exercises and they will also participate in **tournaments** with students coming from other schools. Both Seminars and tournaments can be at local and international level with the Italian and EU students coming from other Member States.

Their performance will be evaluated overall at the end of the four seminars and training activities on the basis of well-established scientific criteria.

2. From local to European

The Council of the European Union has recognized that inclusive and high-quality education and training, at all levels, as well as the European dimension of teaching, are paramount for creating and maintaining a cohesive European society.¹ Furthermore, Sport is without any doubt

¹ Council Recommendation of 22 May 2018 on promoting common values, inclusive education, and the European dimension of teaching, *OJ C 195*, 7.6.2018, p. 1–5.

a fundamental instrument for the European Integration² and the Erasmus + Programme³ has already given wonderful opportunities of abroad education to the European youth.

In such a context, “Schools in Movement”, started at local level, has surely a European dimension for its underlined values and objectives. It has the ambition to serve as a *best practice* for other schools in Italy and in other EU countries, which can replicate the structure of the project and bring it to a European-wide dimension by jointly organising cross-border seminars, training sessions, and international tournaments.

Finally, this project is open to all **students from secondary schools** but also to their **families**, to the **sports associations** as well as to **associations of categories (lawyers, doctors, coaches, teachers, sociologists, psychologists)**, to the **local, national and international administrations** and to **the NGOs** with the challenging goal to offer a full-fledged experience in sport, health and well-being to our students in a truly European perspective.

Bruxelles, 3 January 2020

Michele Colucci

An “Erasmus” scholar full of enthusiasm for the European Union and Sport

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For more details about *Schools in Movement* - CSS - Liceo Publio Virgilio Marone (Avellino – Italy) please contact Prof. *Ilaria Viscione* at iviscione@unisa.it

² M. Colucci, hearing at the European Parliament on Sport, Bruxelles 18 November 2010, available at www.erasmusandsport.eu

³ The call for proposals for 2020 and the relevant Guide are available at https://eur-lex.europa.eu/legal-content/EN/TXT/?qid=1572940260287&uri=OJ%3AJOC_2019_373_R_0006#