

ŠPORTNO DRUŽBENA AKCIJA ZA MLADE
NA VSEH KONCIH SLOVENIJE

WIND IN YOUR HAIR – WITH SPORT AGAINST DRUGS – HANDBOOK OF GOOD PRACTICES

To promote sport lifestyle of adolescents in an alternative way
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Only changes are everlasting

Saying that anyone who is not going with the time, is going in the course of time. That is why we have designed a growing book of good practices.

The basic purpose of collecting many good practices is that we transparently collect good experience, practices, new ideas and innovation in general, and of course we promote them among our partners.

Lifelong learning is the only constant

Sport can be a good tool for developing a healthy lifestyle of adolescents.

Handbook of good practices can serve as a tool for strengthening the positive effects of sport activity and helps to link sport with culture, environmental protection, health ...

Sport can have many positive effects on the comprehensive development of adolescents

Sport activities can play an important role in promoting and developing competences and values of young people. Especially in the area of cooperation with each other, respect for rules, problem solving, mutual understanding and respect, management, winning and losing, competition, fair play, self-esteem, honesty, tolerance, teamwork, discipline, trust, volunteering, solidarity ...

Events "wind in your hair" as a medium to promote sport lifestyle

Quality sport event should provide young people with a sufficient amount of wide range of sport skills, understanding of the issues at hand in sports activities and the development of fundamental motor skills.

Our mission is that events will not be based on the principle of competition, but to promote ideas of equality, solidarity, environmental and health protection, volunteering, tolerance, respect and peace.

Examples of good practice-WIND 2009

I will present many diverse examples of successful forms, approaches, methods and content of the implementation of events and support activities that were provided to us by our partners or were seen by representatives of the Sports Union Slovenia, when they had visited venues as part of the implementation of the campaign Wind in your hair.

Sport as a workshop and school for life

The greatest importance we see of today sport activity is its educational function, so many parents use sports activities as educational tool.

With sports activity they want to teach their child how to set goals, develop motivation and confidence, enhance personal strength and resilience to stress, as well as to communicate with other children, etc..

While children are doing sport activities they learn how to be patient and perseverant, experience successes and failures, overcome defeat and how to deal with obstacles.

Nature is the best gym

The natural environment is an excellent gym. Being outside in the fresh air is not only healthier than being stuck in a stale air gym, but it's more exciting.

An example of good practice is a orientation in the wild and games which include natural forms of movement: the various forms of walking, running, elemental objects, jumping, leap, climbing, rolling, hanging, carrying, pushing...

Family involvement in action “Wind in your hair”

2009

In developing motor skills, views, attitudes, motives, values, sports and cultural habits of adolescent is a very important role of the family.

How many children will take sport as a way of life also depends on how much the parents are involved in sport and how their knowledge and experience can be transmitted to their children.

An example of good practice are family games that include the whole family and have a need for mutual cooperation of all family members. Examples are different trips (the guided walks, cycling, rowing, rafting ...) and relay games.

Examples of good practice in sport for health in terms of healthy eating

Healthy eating has an impact on the ability to learn, work, play, prevent disease and has an ultimate affect on the individual's positive self-image. Healthy eating habits which are acquired by children in early childhood, affect on the diet in the later period.

Some examples of good practice are:

- ✓ assembling the food pyramid
- ✓ compilation of daily menus with the help of combining pictures and pasting them to the posters;
- ✓ workshops: learning about positive and negative effects of stimulants in humans, eating disorders, the integration of nutrition content in physical education;
- ✓ quiz on healthy diet,
- ✓ discussion club on a healthy diet, eating disorders and the relationship of nutrition content of sporting activity with arguments for and against

Example of good practice in area of sport and first aid

An example of good practice is first aid workshop, where young people can learn the appropriate and correct use of first aid, which is often needed in various sports activities, in case of injury or other unforeseen weaknesses.

Examples of good practice in sport for protection of the environment and sustainable development

Sustainable development has become a versatile target with a clear long - term vision of a society that is fairer and more effective only if it provide a cleaner, safer and healthier environment.

Some examples of good practice are:

- ✓ donation of tree or shrub to adolescents with the intention that they plant it and take care of it;
- ✓ cleaning action in which adolescents clean school district;
- ✓ action “clean Slovenia of hazardous waste” with intention to find illegal landfill of asbestos and other hazardous waste and record them;
- ✓ waste collection, so that young people themselves produce interesting and attractive trash bins;
- ✓ collection of paper and cardboard, batteries and toner cartridges and save water and energy;
- ✓ craft workshops in which young people use various waste and old material

Examples of good practice in sport for peace

An example of good practice is to present the different sports cultures and ethnic groups - Croatian, Serbian, Albanian, Italian, African...

Therefore it is necessary that the co-existence can be easy and fulfilling, if we can forget what others say and get convinced with our own eyes.

Suitable are also games without borders, games of different ethnic groups. In the context where adolescents compete in various sport and social games, quiz, environmental activities and other activities (dance, art, drama, journalism).

Examples of good practice in sport as a human right

Sport is a right for everyone regardless of age, sex, social status or any other form of exclusion.

An example of good practice are games for all ages and integration and of all family members at the event campaigns "Wind in your hair".

Loaning of sports equipment and sports goods to children and adolescents from socially deprived families must also be possible or to donate them instead of loaning .

Examples of good practice in sports and social networks

Networking is a two - way process, it involves both receiving and giving. The point of building networks is in establishing and maintaining contacts between the individuals.

Promotion of Internet use in particular in the field of social networks.

Publication of contributed articles of campaign events on the websites of the campaign (photo, video, blog, comments, opinions, ...), the possibility of mutual communication, exchange of views and examples of good practice.

The screenshot displays the website 'Sportna Unija Slovenije' with a header banner for 'SPORTNO DRUŽBENA AKCIJA ZA MLADE NA VSEH KONCIH SLOVENIJE 2009'. The main content area features several sections: 'Promocijski material - plakat' with a link to 'celotna vsebina', 'KVIZ PREVETREN' with a link to 'celotna vsebina', and 'Novice in obvestila' with a link to 'celotna vsebina'. A calendar for July 2009 is visible on the right. The main news article is titled 'Športni dan "VETER V LASEH" na OŠ Markovci' and includes a photo of children participating in an activity. Below it, there is a section for 'PROGRAM FOTOGALERIJA' and another article titled 'V Šmarjeških Toplica plavalci z Vetrom v laseh'. The website also has a sidebar with a navigation menu and a 'Katalog članic' section.

Examples of good practice in sport as a support for involving

Sport contributes significantly to the economic and social integration and to more integrated societies.

All citizens should be able to do sport. It is therefore necessary to identify specific needs and situation of under-represented groups and take into account the importance of sport for the disabled and young people from less privileged backgrounds.

Sport can also facilitate the integration of immigrants and people of other nationalities in society and support intercultural dialogue. Sport stimulates a sense of belonging to a group, therefore, can be an important tool for the integration of immigrants.

Examples of good practice in sports and volunteering

Volunteering work is work done by individuals, by their free choice and no material benefit out of it, but for the benefit others or for a public benefit.

Examples of volunteer work at different schools in different countries are different but the goal is the same "to help others in need".

Many of the organizers and coordinators of campaign "Wind in your hair" carry out work on a voluntary basis.

Examples of good practice in sport and prevention of violence

In practice, that older students take private tutoring or custody of the younger students and are "responsible" for them.

They are their confidential friends, who protect and take care of them in terms of security. In that way we can quickly and effectively reduce violence especially against younger children in school and sports area.

The wind in your hair and intercultural dialogue

The campaign “Wind in your hair” can also contribute to increased knowledge, regardless of cultural diversity. A good example is society for the recreation of Murska Sobota, who has invited representatives of the Gypsy community to the event.

They presented traditional Gypsy dance section and participated with their football team in the competition. By entering and taking part they presented their tradition through the event.

Wind in the hair and fair play

The “Wind in your hair” is a festival, where winning in the competition does not mean much. Therefore the first task in the promotion of fair play is that all that are involved get the impression that they are important, that the most important is to participate in competitions, games and other workshops.

The oath of fair play can be presented and a workshop on the theme of good and bad experiences in sport can be held.

Classic sports can be adapted to include cooperation between family members and penalty and award points can be introduced in a way that they relieve the competitive tension (solving puzzles, target practice,...).

All games and competitions begin and end with a hand shake and each team should have their recognized motto, which encourages a good atmosphere ...

Wind in the hair and cross-curricular integration

Physical education in compulsory school work is slowly but steadily losing ground and size and is worsening its situation.

Therefore, we as sports professionals and enthusiasts are worried by this trend.

Empowered and responsible teachers who see sports as an opportunity to promote teaching and educational objectives are still rare. However, sometimes they involve physical education in addition in learning a foreign language, history, mathematics.

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Conclusion

With this handbook we wanted to record some examples of good practices which we think are convincingly reflecting trends in sports activities that we want to develop in Sport Union Slovenia.

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Thank you for attention

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