

ATHLOS

A tool to urge students
to be physically active
outside PE classes

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



What have we done so far?

We talked about:

- The importance of Daily Physical Activity - PA (WHO)
- The role of Physical Education in identifying and motivating pupils who do not engage in regular exercise and sports, and in promoting their PA
- The principles of motivation: Emphasis on autonomy, competence and relatedness
- Goal Setting based on the principles of motivation: Setting goals with autonomy, for personal improvement, team goals

IT'S TIME TO TEST THEM.
WHO;
EVERYONE WHO WISH
TO IMPLEMENT!

WE, with autonomy, exclusively for our improvement and for our pupils! To enjoy cooperation/ communication/ mutual support between us!

The current proposal is our own adaptation, the proposal we developed as a European research team

- The goal is to see it as an idea, and those who want to adapt it, or change it completely, or to co-shape it with your colleagues and / or with us.
- Today we are going to talk about this proposal for implementation in school practice for the next 8-9 weeks.
- After 3 or 4 weeks, THOSE WHO WANT we can meet each other again to exchange experiences and see what we have accomplished by then.

Do you want to meet us again?

- After 3 or 4 weeks, those WHO WANT, to exchange experiences and see what we have achieved so far?

Choose from:

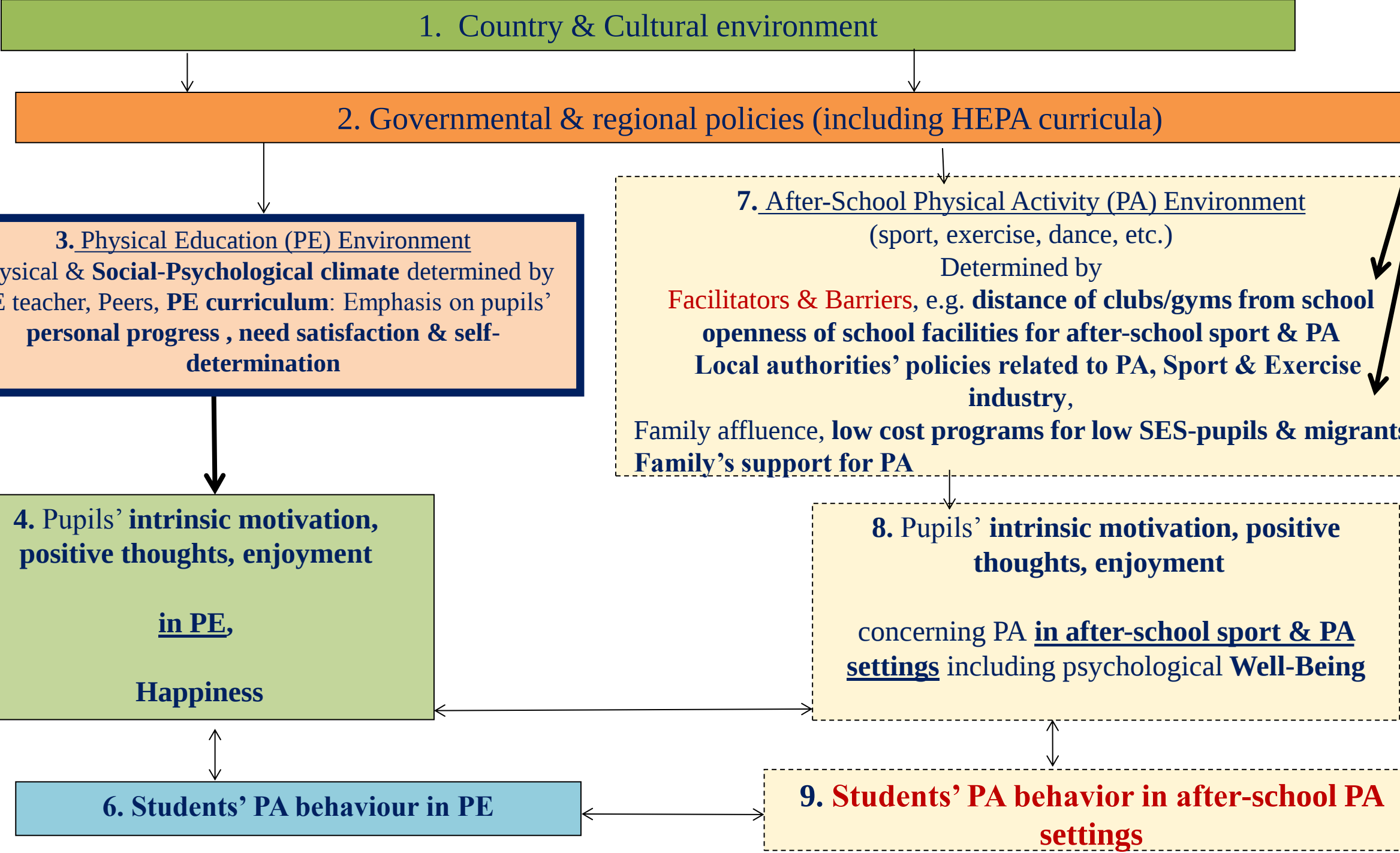
- A. Meet each other in 3 weeks
- B. Meet each other in 4 weeks
- C. Do not meet again. Once at the end of the program

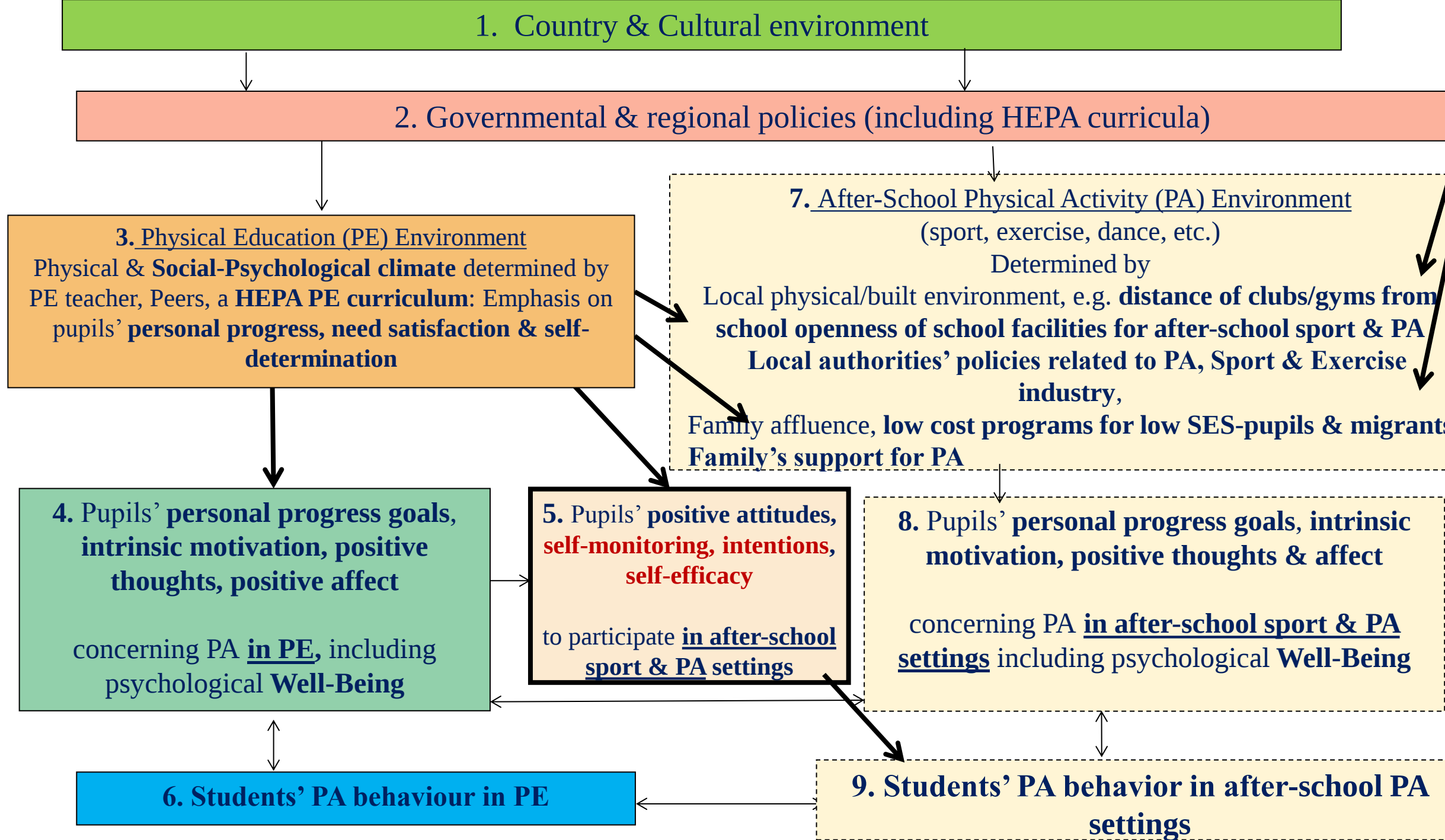
Do you want to communicate each other?

- Yesterday we sent you an additional online communication system / exchange of experiences and ideas. Why;
- Our goal is to develop a stable network of Physical Education teachers and researchers interested in promoting Physical Activity through Physical Education.
- Our goal is to develop an online communication between you and us. That is how we will get to know each other better.

Choose whether to contribute by depositing experiences in online communication:

- A. Once a week I will submit my experience
- B. Once in 2 weeks I will submit my experience
- C. I am not getting past my experience.

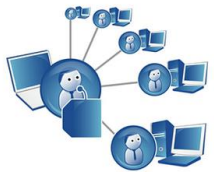






Contribution of Physical Education-lessons to Physical Activity

Webinar 2



Direct
PA in class



Providing opportunity to practice PA outside PE classes, by organizing a mobilizing project (Team Pentathlon).

.Providing a structured environment allowing students to practice a variety of PA and sports and to have positive motor experiences.
. Nurturing positive physical self-perception, positive attitude and psychological basic needs.
. Teaching self-regulation strategies (“knowing how to train by myself”)

Indirect

Webinar 4



Short-term
Out-of-class activity

Webinar 5



Long-term
*. Becoming physically literate
. Active adult life style*

Providing a PE curriculum that increases intrinsic motivation in students.

Overview of topics to discuss

1. Overview of the **ATHLOS Program**
2. **ATHLOS**, an effective combination of motivational and self-regulation strategies
3. The **ATHLOS** step by step

1. Overview of the ATHLOS Program

ATHLOS Program

Objective: to help teachers to teach their students how “to adopt an active and healthy lifestyle”.

To develop this competency, students are expected:

- To analyse the impact of lifestyles on one's health
- To plan a course of action in order to modify some of their life habits
- To implement this course of action
- To make an assessment of it

The basis of the project

- **To develop knowledge about:**
 - Students' usual physical activity
 - The need to consider PA in terms of duration, intensity and frequency.
 - Physical activity guidelines (i.e., the ideal threshold of physical activity to maximize benefits)
- **To mobilize and develop students' self-regulation skills**
 - To set goals according to the SMARTER principles
 - To monitor PA
 - To revise the goals
- **To experiment several types of PA to identify potentially the funniest**
- **To encourage mutual support and emulation to achieve PA goal**

ATHLOS has 3 main strengths

- It proposes a combination of motivational and self-regulation strategies



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- It is adapted to the PE context as built collaboratively by sport pedagogy researchers and PE teachers

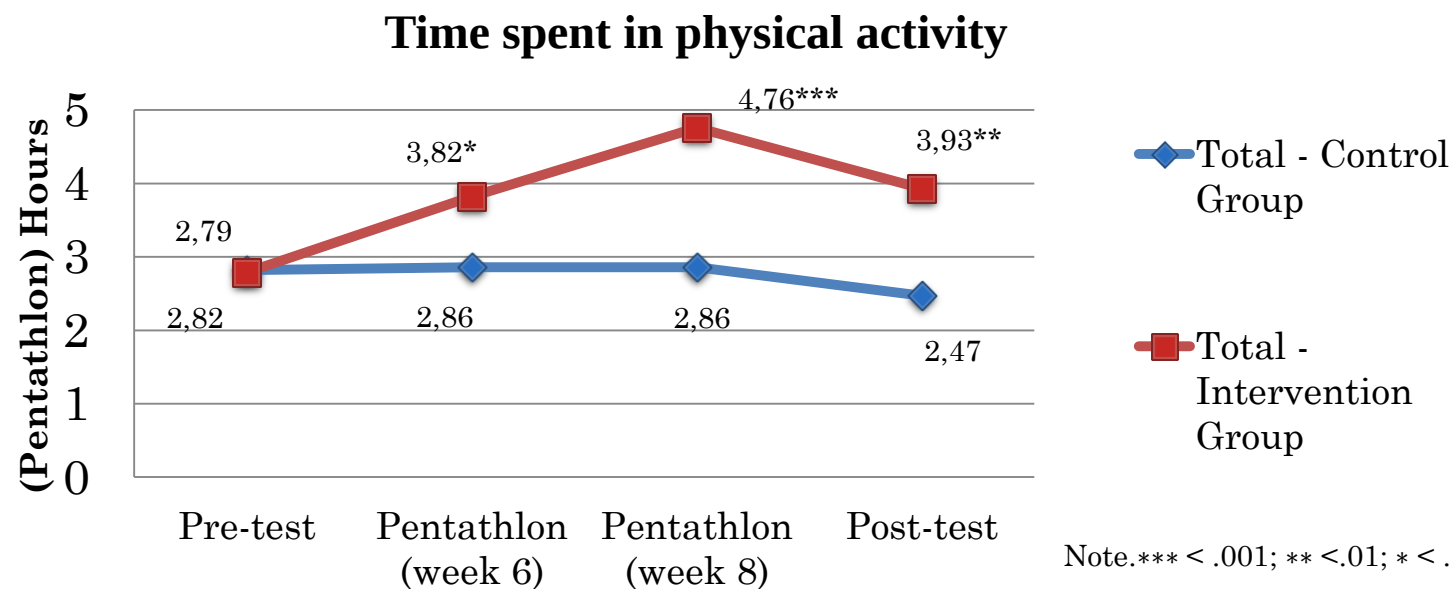


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- It proved its efficiency

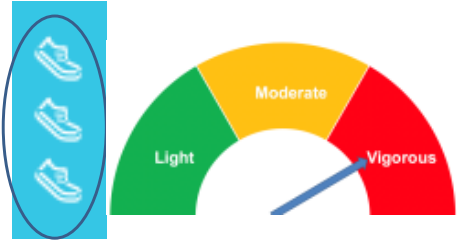
Michaud et al., 2012, The effect of team pentathlon on ten-to eleven-year-old childrens' engagement in physical activity



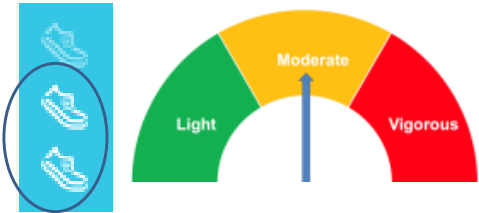
WHO's Recommended PA levels

- Children and youth aged 5–17 should accumulate at least **60 minutes of moderate - to vigorous - intensity physical activity daily.**
- Most of the daily PA should be **aerobic.**
- PA that strengthen muscle and bone should be included in their exercise program for at least **3 times per week.**

There are 3 intensity levels of physical activity



Vigorous PA: On the verge of becoming uncomfortable - difficult to speak while doing the PA



Moderate PA: Breathing more heavily – can carry on a conversation while doing the PA but it requires more effort



Light PA: Breathing not changed or easy to breathe and carry on a conversation while doing the PA

Examples of Light, Moderate and Vigorous Physical Activities

Light PA – Active Transportation

- Walking
- Stretching
- Gardening

When it is at low speed-intensity:

- Bicycle
- Traditional Dance
- Skateboard
- Yoga
- Pilates

Moderate to Vigorous PA

- Running
- Jumping rope
- Swimming
- Tennis
- Team sports (soccer, basketball, water-polo, handball, volleyball, rugby etc.)
- Martial arts (Karate, wrestling, Tae Kwon Do etc.)
- Strength Training - Gym (weight lifting, Cross fit, Aerobic)
- Gymnastics

Basic Structure of ATHLOS

- A collective challenge that lasts over a **6 to 8-week period**
- Students objectives:
 - ✓ in teams of five (to pursue **group and individual goals**)
 - ✓ **Individual goal:** Each student should be able to collect at least **420** minutes (points) per week
 - ✓ **Team goal:** Each team of 5 people will score at least **2100** minutes (points) per week (correspondingly the goal is adjusted if we have a smaller group)
 - ✓ To participate in several PA and get in touch with different sporting experiences

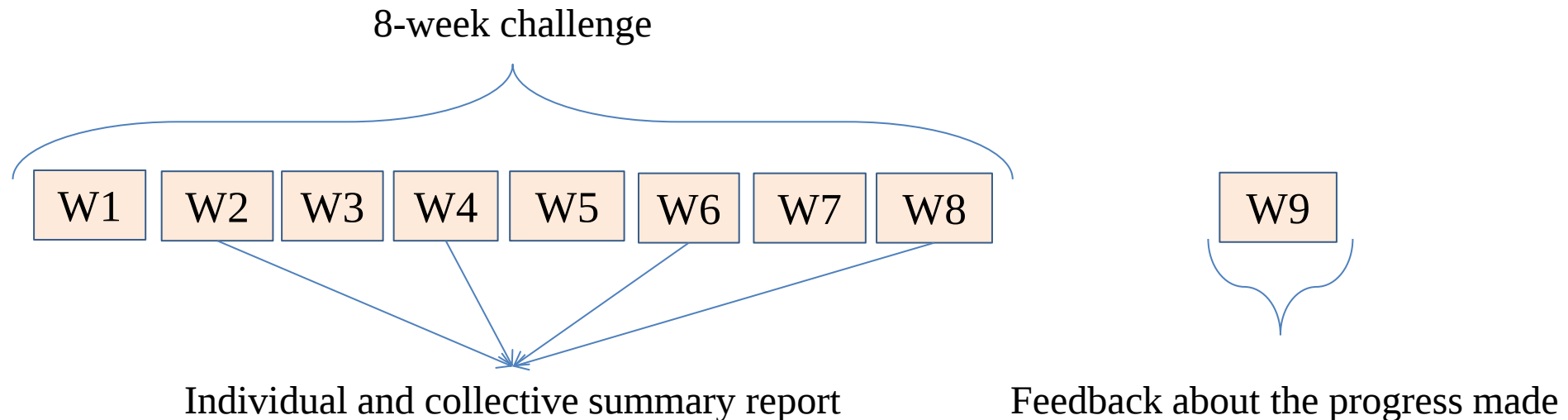
Individual and Team Goals per week

- **Individual goal:** 60 minutes (points) of Physical Activity X 7 days = **420** minutes (points)
- **Team goal:** 420 minutes (points) of Physical Activity X 5 persons = **2100** minutes (points) per week

Basic Structure of ATHLOS

- Every two weeks, the teacher provides the students with a summary report of PA performed by students and teams. It is an opportunity for students to see where they stand and set goals for the following week
- At the end of the 8-week challenge, teacher gives feedback about the progress made during the program (all 8 weeks)

Summary of the basic structure of ATHLOS



2. Team Pentathlon, an effective combination of motivational and self-regulation strategies

Strategy A:

Pleasure & motivational strategies

- ATHLOS takes the shape of a individual challenge linked to the achievement of individual and team. Students are encourage to try unknown PA.

✓ Challenge and Novelty

- In ATHLOS explanatory-meaningful rationales for PA participation are provided. Furthermore, students have the choice among several sports/ PA.

✓ Autonomy support

- Accumulating a given number of weekly hours of PA represents a meaningful challenge, a mastery goal. In addition, PE teachers will regularly provide encouragements, and periodical feedbacks given by the summary reports.

✓ Competence support

- Contributing to one's team success is likely to enhance students' feeling of relatedness.

✓ Relatedness support

*Strategy B:
Self-regulation strategies*

- ATHLOS makes provision for several regulation check points where students reflect on their recent PA in light of objectives pursued, discuss with team-members a plan of action for the coming days in order to keep making PA part of their daily life.

✓ Monitoring,
goal setting &
planning

3. ATHLOS Program

step by step

1-2 weeks before the beginning of ATHLOS program

- Inform or remind parents of the beginning of the ATHLOS program
- Inform or remind teachers responsible for school sports of the ATHLOS program

One example of letter

Dear Parents,

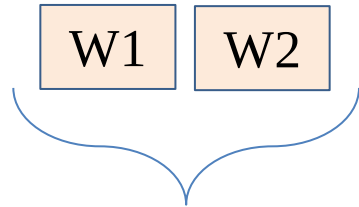
I want to remind you of the beginning of the ATHLOS program in two weeks. The aim of this program is to encourage students to engage in physical activities out of school. The long term purpose is to help them to adopt a physically active lifestyle to prevent chronic diseases.

This program will last 8 weeks. Students are in team of 5. Your child was instructed to participate to as many physical activities as possible, during this period. His/her goal was to practice a diversity of physical activities, and to accumulate hours of physical activities. At the end of the week he/she have to report time spent in physical activities and to specify the physical activities practiced.

If you have any question, do not hesitate to contact me.

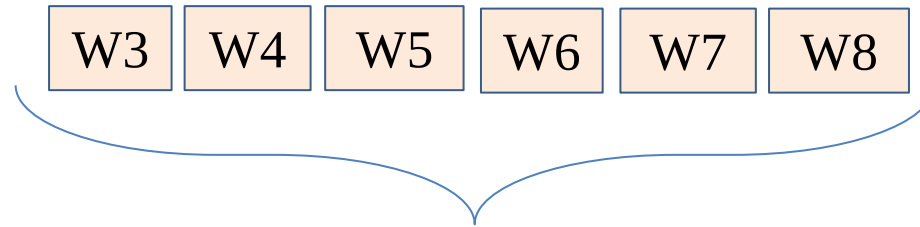
Regards,

The ATHLOS is implemented in 3 phases



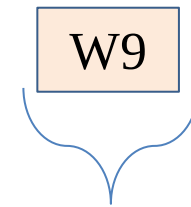
- Presentation of the ATHLOS and instructions to the students
- Team building
- Delivering of record sheet
- Baseline assessment of student's PA (S1 and S2)
- Feedback 1 (summary report S2)

Preparatory phase



- Implementation of the TP (S3 to S8)
- Registering of bout of PA (S3 to S8)
- Supervision of students by the PE teachers (S3 to S8)
- Feedback 2 (S4), feedback 3 (S6), Feedback 4 (S8)

Carrying out phase



- Summary report made by the teachers to the students

Assessment phase

- **Week 1 (first day of the challenge): the first PA plan**

Key points for the presentation of the ATHLOS and instructions to the students:

- Present the aim of the program: to increase PA out of school and try several sports/ PA in order “to adopt an active and healthy lifestyle”.
- Its duration: 6 to 8 weeks
- Present **Individual and Team goals** for students (420 minutes per week at individual level and 2100 minutes per week for a 5-member group)
- Specify that active transportation is also taken into account but not PE.
- Insist on the fact that this is **NOT a CONTEST!**

Insist on the fact that this is
NOT a CONTEST!

Everyone at individual level and every team are
trying to do their best!

Realistic expectations

A student who increases his/ her PA from 100 minutes per week of PA to 200 has 100% improvement

A student who increases his/ her PA from 500 minutes per week to 500 has 25% improvement

Each step, every minute counts for the Individual and for the Team itself

Depending on the way of life and other factors that often do not depend on the students, there might be a significant deviation within each group

Everyone does the best he/ she can and contributes to the team goal

WE DO NOT CARE TO COMPARE THE PERFORMANCE OF OUR TEAM WITH THE OTHERS?

- **Week 1 (first day of the challenge)**

Key points for team building:

- Students can decide who is part of their team or you can build team
- Give feedback on the relevance of their choices
- Ideally, each team is composed of sporty and less sporty students
(heterogeneous teams)

- Week 1 (first day of the challenge): the first PA plan



ATHLOS Challenge

STUDENT PHYSICAL ACTIVITY REPORT

My name is:

My teammates are:

.....

My PE teacher is:

School:

Class:

Preparatory phase: During PE class

- Week 1 (first day of the challenge): the first PA plan

1. Be active!

How much do I need to be active every day?

According to World Health Organization, children and adolescents should accumulate at least 60 minutes of moderate- to vigorous-intensity physical activity (MVPA) daily, or 420 minutes per week.

Examples of moderate to vigorous intensity physical activities

Moderate physical activity refers to activities equivalent in intensity to brisk walking, tennis, volleyball, folk dancing, or easy bicycling (not exhausting).

Vigorous physical activity produces large increases in breathing or heart rate (hearts beat rapidly), such as jogging, soccer, basketball, handball, cross-country skiing, judo, vigorous swimming, aerobic dance or long distance bicycling.

2. Set goals for yourself!

How can I use this diary?

How much time do you participate in moderate- to vigorous-intensity physical activity (MVPA) during your free time (out of school)?

Each box below represents a 10 minutes consecutive bout of MVPA. Please check with an X the number of boxes you believe you were doing MVPA each day. At the end of the week, please sum the total score of the boxes you have checked for every day.

1ST WEEK **DATE: from** ____ / ____ / 2019 **to** ____ / ____ / 2019

Previous 7 days 	Light Physical Activity (e.g. walking)													Moderate or/ and Vigorous Physical Activity												
	10'	20'	30'	40'	50'	60'	70'	80'	90'	100'	110'	120'	TOT	10'	20'	30'	40'	50'	60'	70'	80'	90'	100'	110'	120'	TOT
MONDAY																										
TUESDAY																										
WEDNESDAY																										
THURSDAY																										
FRIDAY																										
SATURDAY																										
SUNDAY																										
	Total number of minutes the last 7 days:													Total number of minutes the last 7 days:												
Next 7 days 	My personal GOAL to participate in MVPA for the next 7 days is:													My personal GOAL to participate in MVPA for the next 7 days is:												

3. Be a leader!

Am I helping others to increase their physical activity?

Take the first step to call or invite your friends or family to be physically active. Check every day that you were the leader or the inspiration of exercise and/or physical activity for your loved ones.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY

- Week 1 (first day of the challenge): the first PA plan

Key points for delivering of physical activity planning notebook:

- Give each member of the teams his/her own PA planning notebook
- Help them for the first plan: each student will complete their first PA plan individually during the PE class. They can to record what they usually do and what they want to do next week. A table with examples of PA is included in their notebook. They can use it if needed.
- They will plan their PA every week, during the PE class.

Preparatory phase: During PE class

- 1ST WEEK (First day of the program)

2. Set goals for yourself!

How can I use this diary?

How much time do you participate in moderate- to vigorous-intensity physical activity (MVPA) during your free time (out of school)?

Each box below represents a 10 minutes consecutive bout of MVPA. Please check with an X the number of boxes you believe you were doing MVPA each day. At the end of the week, please sum the total score of the boxes you have checked for every day.

	10'	20'	30'	40'	50'	60'	70'	80'	90'	100'	110'	120'	SUM
MONDAY	X	X	X										30
TUESDAY	X	X	X	X	X								60
WEDNESDAY	X	X											20
THURSDAY													0
FRIDAY	X	X	X										30
SATURDAY	X	X	X	X	X	X	X						70
SUNDAY	X	X	X	X	X	X							60
Total number of minutes this week:													270
My personal GOAL to participate in MVPA for the next week is:													300

3. Be a leader!

Am I helping others to increase their physical activity?

Take the first step to call or invite your friends or family to be physically active. Check every day that you were the leader or the inspiration of exercise and/or physical activity for your loved ones.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY

Preparatory phase: At school

- **2nd WEEK (7 days after completing the first plan/ diary)**

Key points when delivering the PA plan/ diary:

- Give to each STUDENT of each group a PA TEAM RECORD PLAN/ DIARY
- Help them on the first plan/ diary
- Tell them they have to record what they actually did last week
- Each student completes his/ her name and next to (on the same line) records:
- The minutes of his/ her PA made the PREVIOUS week and
- The PA Goal he/ she has put for the NEXT week.
- Explain that this will happen every week.

EXAMPLE OF A TEAM SHEET - DIARY

TEAM NAME: _____

1ST WEEK

DATE: from ____ / ____ / 2019 to ____ / ____ / 2019

STUDENT NAMES	PHYSICAL ACTIVITY DURING PREVIOUS 1 ST WEEK (MINUTES)		INDIVIDUAL GOAL FOR NEXT WEEK (MINUTES)	
	Light PA (e.g. walking)	Moderate/ Vigorous	Light PA (e.g. walking)	Moderate/ Vigorous
1.				
2.				
3.				
4.				
5.				
TEAM TOTAL				

1. Check yourself!

How well am I doing?

0-700 minutes per week	701-1400 minutes per week	1401-2100 minutes per week	More than 2101 minutes per week
Really?	That's something!	So far, so good!	Excellent!
You are not moving very much. You need to increase your physical activity. Select an activity that you like and plan to exercise. Go out and play!	You have a medium level of physical activity. However, you need to increase your physical activity to get higher benefits for your health.	You are close in achieving the WHO recommendations for physical activity. However, you still need to increase your physical activity to maximize benefits.	You are an achiever! Daily physical activity at that level makes you feel better every day. Can you keep it for life?

How well am I doing? (5 members)

0-700 minutes per week	701-1400 minutes per week	1401-2100 minutes per week	More than 2101 minutes per week
Really? You are not moving very much. You need to increase your physical activity. Select an activity that you like and plan to exercise. Go out and play!	That's something! You have a medium level of physical activity. However, you need to increase your physical activity to get higher benefits for your health.	So far, so good! You are close in achieving the WHO recommendations for physical activity. However, you still need to increase your physical activity to maximize benefits.	Excellent! You are an achiever! Daily physical activity at that level makes you feel better every day. Can you keep it for life?

How well am I doing? (4 members)

0-560 minutes per week	561-1120 minutes per week	1121-1680 minutes per week	More than 1681 minutes per week
Really? You are not moving very much. You need to increase your physical activity. Select an activity that you like and plan to exercise. Go out and play!	That's something! You have a medium level of physical activity. However, you need to increase your physical activity to get higher benefits for your health.	So far, so good! You are close in achieving the WHO recommendations for physical activity. However, you still need to increase your physical activity to maximize benefits.	Excellent! You are an achiever! Daily physical activity at that level makes you feel better every day. Can you keep it for life?

EXAMPLE OF A TEAM SHEET DIARY

IMPORTANT!

Key points for delivering of record sheet:

- It is important to record what they really did to help them to know if they are active or not sufficiently active regarding the WHO recommendations
- Insisted on the fact that there is no need to cheat or lie

Carrying out phase

- Periodic assessment in weeks 2-4-6-8

Central Question: What are the ways to increase their PA levels?

- Dedicate 15 minutes during the PA lesson to discuss with them ...
- The average time they spent in PA
- The increase of PA they had in 8 weeks
- The issues they face and ways to overcome barriers
- Explain that they will discuss with each other (team-level) to find the best way to collectively raise their PA levels
- You can help them to find solutions according to the specificities of their team

- **Discussion group 1:**

How to explain to students how to use the weighted score (related to intensity) to improve their global score

- **Discussion group 2:**

In a team one student is way below his/her partners' scores. How can you help this team to improve their score?

- **Discussion group 3:**

In a team one student is way above his/her partners' scores. How can you help this team to improve their score?

- **Discussion group 4:**

In a team, all students are very active. However they only practice one kind of activity and they do not have time for another PA (they reached the 420 points goal, each week). What can you do to help them to engage in another kind of activity and to urge them to further increase their AP time.

- **Discussion group 5:**

In a team, all students are very inactive. What can you do to urge they to be more active?

Assessment phase: Week 9

- For each team, presented their progression regarding:
 - Their score for each week
 - The mean time spend in PA
 - The increase of PA they had in 8 weeks
 - The barriers they faced and their experience in participating in the ATLOS program in general

Discuss with your students

Ask them if they think they can do better or continue to be physically active

Ask them what they liked in this program, what new activity they tried and what they would like to do again

Before we end up this webinar let's start talking about the European Social network in The Identification and Motivation of inAcTivE children (ESTIMATE)

ESTIMATE

ESTIMATE Network

- **Who are they;** We / you and colleagues in Europe have begun this endeavor.
- **What is it?** The constant exchange of different forms of experience between us (e.g., from these years as new things/ projects that we will be implement in the future), so that **the identification, motivation and promotion of PA of non-active pupils** can be done.
- **Who leads it?** We, and you, will elect a steering committee.
- **When;** Let's see first how we go, who has appetite/ time, and decide at the next meeting.
- **Θα είναι virtual or real;** We start as **virtual** and, depending on the evolution, we can organize **regional meetings**, e.g., **November-December in Athens at the IMPACT FINAL EVENT.**
- **Will we create an official statute?** We will discuss it, depending on your interest.
- **We will have a forum/website/newsletter/journal;** We start now with IMPACT PE Project Forum <https://www.impactpe.eu/forum/>

How we continue?

At <https://www.impactpe.eu/forum/> we have:

- (1) Posted the educational material, for example, the students' PA book and the present webinar (PowerPoint presentation).
- (2) In relation to what we have mentioned today, we have set you a goal to implement it until 31/1/2019. You can customize it to suit your needs. It is entirely up to you how you answer, how you respond.
- (3) For more, please register with one step (1 minute) at <https://www.impactpe.eu/forum/> and check the above.

ImpactPE Project Forum

discussion board (discussion group, message board, online forum)

 Notifications  Private mess

 **Welcome to ImpactPE Project forum.**

Note that the max upload file size is 5MB

019 7:13 pm

Last visit was: W

YOUR REGISTRATION DATE	YOUR ID	YOUR POSTS	YOUR TOPICS	Y
Tue Jan 15, 2019 9:58 pm	62	9	9	

	TOPICS	POSTS	LAST POST
Discussion	3	3	Περιγράψτε την by APapaioannou Wed Jan 16, 2019
Files	2	2	Κάρτες για μαθη by APapaioannou Wed Jan 16, 2019

	TOPICS	POSTS	LAST POST
Discussion	1	1	Create ESTIMATI by APapaioannou Tue Jan 15, 2019 1
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	TOPICS	POSTS	LAST POST
Discussion	1	1	Create ESTIMATI by APapaioannou Tue Jan 15, 2019 *

ImpactPE Project Forum

Discussion board (discussion group, message board, online forum)

Search..

 Notifications  Private

General Discussion

 Welcome to ImpactPE Project forum.

Note that the max upload file size is 5MB

Forum search forum...  

Mark topics

	REPLIES	VIEWS	LAST POST
Επίσημη ανακοίνωση για τις 31-1-2019 Wed Jan 16, 2019 6:56 pm	0	2	by APapaioan Wed Jan 16, 2019 6:56 pm
Επίσημη ανακοίνωση για τον δίκτυο Wed Jan 16, 2019 12:01 am	0	11	by APapaioan Wed Jan 16, 2019 12:01 am
Work - English lang. Tue Jan 15, 2019 11:15 pm	0	6	by APapaioan Tue Jan 15, 2019 11:15 pm

Mark topics

APapaioannou and 0 guests

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Forum
Forum
Forum
Forum
Forum

Questions

... and answers!

1. Do you think you can implement ATHLOS Program in your class?
2. What do you think are the obstacles/difficulties for the implementation of this program? How do you plan to overcome them?

Try to exchange experiences
& ideas with your colleagues
& future friends!

<https://www.impactpe.eu/forum/>