

HSSF's mission on Quality Physical Education

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Structure of the presentation

- QPE – Results and activities of HSSF
- QPE – Challenges and new perspective during COVID-19 pandemic and the lockdown(s)





Physical Education in Hungary

What is QPE in our perception?

Recognising the importance of regular PA led to daily P.E. program:

- compulsory for all schools from 2012
- 5 hours per week within the curricula
- 3+2 hours may be substituted by other forms of PA (school sport)

Challenges:

- Lack of facilities, methodological development needed
- Review of the role of school sport, P.E. and PA in the life of schools
- Forming positive attitudes towards sport and PA
- Supporting teachers and providing CPD courses for the quality lessons

HSSF's answers to the challenges targeting QPE

- **National P.E. Strategy** endorsed by the government (2016)
- **The Framework of Quality Physical Education**
- **Offline and online methodological support** to all Hungarian teachers (online methodology site with a year planner and assessment and evaluation tool for PE; publications, in-service trainings for +18000 teachers)
- Developing **NETFIT®** and the adaptation of **NETFIT ® for children of special educational needs** – compulsory, health-related fitness assessment (data available on state, county, town, school levels, according to gender)
- Key competences for lifelong learning: **new, health-conscious, future-oriented life management competence proposed** – as an indicator in the revised EU framework



Testnevelés az
Egészségfejlesztésben
Stratégiai Intézkedések



Redefining school sport

- **Student Olympics:** 1987 – 2012 – 2020+: from traditional competition to grassroots sport
- 2018/2019 - 322.000 nominees (compare: <1,2 m children in Hungarian schools)
- Connection to the sphere of **higher education: +10 points** during the admission process for podium finishers, academic competition recognised by the state
- Connection to the sphere of **health:** campaigns – healthy diet, water consumption.
- **Supporting national sports federations** in the field of grassroots school sport – 6 sports (football, foam-handball, judo, floorball, volleyball, karate), targeting 8600 teachers in 30 hours CPD courses
- Child-centred, fun and safe sport for every student



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Physical Activity Programs in schools (beyond P.E.)

Several programs (both at national and at international level)

- **European School Sport Day** (www.essd.eu): success story, 45+ countries, 3 million participants in 2019, a consortium of 6 organisations – yearly thematic campaigns (healthy nutrition, mental health, movement spaces)



- **DO 60** campaign and **grassroots sport festivals**



- **"TE IS"** (literally: "YOU TOO"): a school sport volunteering program in 144 schools, thousands of children involved

- **Moving Schools' Alliance** and **Moving Schools Award**: a network of physical activity promoters across Europe



COVID-19 Pandemic

- Quality Physical Education meets new challenges and we need a different approach
- Under lockdown PE was cancelled or realised only in remote mode
- Inactivity crisis became even more tangible
- Affected children more than the virus itself



What could we do?

- Launched a COVID-survey in 11 European countries, in collaboration with WHO regional offices and our partners
- Provided methodological support and prepared a proposal for the Ministry of Education
- Adapted and adjusted our programs and initiatives
- Launched new programs



Physical activity and screen time during the COVID-19 pandemic: an observational study of school-aged children and youth from 11 European countries

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Future tasks

Support will be more important than ever:

- Online PA, PE and school sport teaching tools
 - Digital technology integration to PA, PE and school sport
 - Outdoor and distance PE teaching
 - Learning in movement
 - Intercurricular development
 - Initiate the Hungarian Observatory for QPE
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- **Quality Mark** programme development for schools at national and at international level focusing on PE, school sport and other PA related opportunities (like before and after school PA, „moving breaks” between lessons, learning through PA)
 - **PA programmes** for schools throughout the whole academic year





Thank you for your attention!