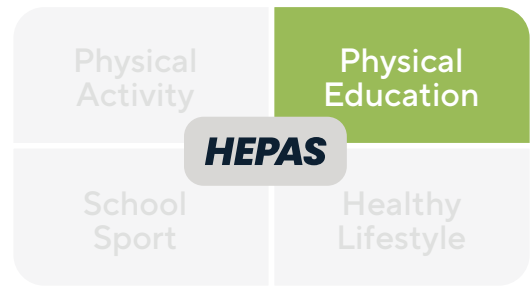


#3 Joy of Moving

University of Rome "Foro Italico" - Ministry of Education - Piedmont Regional School Office - Piedmont Region - CONI Piedmont - Campania Regional School Office
Italy



DESCRIPTION:

- METHODOLOGY AS THE BASIS OF GOOD PRACTICE:** Joy of Moving (JOM) is: a 'holistic' approach to physical education through physical activity games for the development of physical fitness and motor coordination, cognitive functions and life skills; an educational method centered on deliberate play and variability of practice; a method in which the educator adopts a productive teaching style, creates a motivational climate focused on satisfying the fundamental needs of autonomy, competence and relatedness and strengthens students' motivation to pursue a healthy and physically active lifestyle; a method that promotes a multi-sport, multilateral, stimulating and fun socialisation to physical activity and the transfer of physical activity experiences from the school and gymnasium to the open air, in a facilitating environment that emphasises the educational value of physical activity games.
- SCIENTIFIC VALIDATION, SCALING UP AND DISSEMINATION:** The experimental intervention "Joy of Moving" in Italian schools began locally in the Piedmont region in 2012 with about 1,000 children. It was coordinated by Prof. Caterina Pesce and her team at the University of Rome "Foro Italico" and an international scientific committee. First efficacy and effectiveness evidence was provided in 2015, when Joy of Moving was presented at the 2015 Milan Expo, and published in 2016 in peer-reviewed journals. In 2017-2018, a scaling-up at the national level followed, involving 262 schools, 1,358 classrooms and 31,235 students. A participatory evaluation of the implementation effectiveness was commissioned by the Ministry of Education (Office V for school sport policies). Positive evaluation outcomes to the further dissemination of Joy of Moving in preschools and primary schools in all Italian regions from 2018-2019 to summer 2020 (most latest statistics), with about 3,708 schools, 10,179 classrooms and 234,122 students involved. In the same year, the Ministry of Health cited Joy of Moving as a good practice example in its physical activity recommendations.
- TEACHER TRAINING, COMMUNITIES AND TEACHING MATERIALS:** Online training is provided through the www.joyofmovingeducation.com platform, authorised by the Ministry of Education, which has reached 9,588 teachers at the primary level and 2,587 teachers at the secondary level by Fall 2020. The online training was supplemented by face-to-face courses, which will be resumed when the Covid-19 emergency ends. The platform facilitated the creation of a "community", which promotes a virtuous cycle of good practices and contacts with families. The scientific methodology and physical activity games used have been made available to schools in the form of a teaching handbook and a kit to help teachers exploit the full potential of Joy of Moving.
- BRIDGING SCHOOL AND SPORT:** Joy of Moving is not simply a newly validated method of education through physical activity games. It represents a highly feasible way to implement high-quality physical education. It ensures an adequate balance of implementation fidelity and adaptation to local needs across schools and regions. Moreover, Joy of Moving bridges school and sport, actively supporting education "of" movement (motor abilities and skills), "to" movement (promoting an active lifestyle) and "through" movement (transferability of skills to other life domains).
- REGIONAL EXCELLENCE:** In the Piedmont, Campania, and Emilia-Romagna regions, and later in Puglia, Marche, and Umbria, Joy of Moving had a strong impact on the intertwined "school - families - health - sport - environment" system. This demonstrated the success of the multi-sectoral policies and strategies employed by Joy of Moving and the validity of the interinstitutional network model.
- Joy of Moving AND COVID-19:** In the COVID emergency, Joy of Moving has remained faithful to one of its principles: "variability of organisation" and commitment to concretely meeting real needs. Joy of Moving has proven its adaptability through #giocajoyacasa ("play Joy at home") and #giocajoyinsicurezza ("play Joy safely"), which support teachers and parents with recommended physical activity games appropriate to the home setting and to social distancing at school, respectively. Adaptations were also created for physically active learning and as "activity breaks" to compensate for screen time during distance learning.



LEARNING NEW SKILLS

As illustrated by the gyroscope image representing the Joy of Moving method, children develop new skills in the physical, cognitive and life skill domains in an interconnected way.



IMPACT ON ATTITUDES

The largely productive teaching styles that characterise the Joy of Moving method are tailored to generate gradually increasing student awareness of their learning process and autonomy in mastering it.

ORGANISATIONAL NEEDS

To implement the Joy of Moving method, no specific equipment or type of space is needed. The presence of a school physical activity coordinator strongly facilitates implementation and maintenance. It is essential to "make Joy of Moving your own" by those who adopt and implement it. Teachers' motivation to experience the educational value of physical activity games is essential for finding solutions to organisational needs. Indeed, Joy of Moving's catchphrases are not only "variability of practice" but also "variability of organisation".

If you want to know more about the practice

 joyofmovinghandbook.com

 Contact: helpdesk@joyofmovingeducation.com



The successful implementation of this practice will help you reach one of the Moving Schools Award levels.
www.movingschoolsaward.com