

EUPEA
EUROPEAN PHYSICAL EDUCATION ASSOCIATION

32nd Forum Meeting
25th - 28th November 2021
Zaragoza / Spain

PREVIOUS FORUM MEETINGS

BRUSSELS	<i>Belgium</i>	1991
MADRID	<i>Spain</i>	1991
BERLIN	<i>Germany</i>	1992
HELSINKI	<i>Finland</i>	1993
COIMBRA	<i>Portugal</i>	1994
LIMERICK	<i>Ireland</i>	1995
OSLO	<i>Norway</i>	1996
BUDAPEST	<i>Hungary</i>	1997
NEUCHÂTEL	<i>Switzerland</i>	1998
WARSAW	<i>Poland</i>	1999
UTRECHT	<i>The Netherlands</i>	2000
COPENHAGEN	<i>Denmark</i>	2001
BRUSSELS	<i>Belgium</i>	2002
MALAGA	<i>Spain</i>	2003
LJUBLJANA	<i>Slovenia</i>	2004
TRIESTE	<i>Italy</i>	2005
LONDON	<i>United Kingdom</i>	2006
GHENT	<i>Belgium</i>	2007
LISBON	<i>Portugal</i>	2008
AMSTERDAM	<i>The Netherlands</i>	2009
PARIS	<i>France</i>	2010
BRUSSELS	<i>Belgium</i>	2011
HELSINKI	<i>Finland</i>	2012
MACOLIN	<i>Switzerland</i>	2013
MILAN	<i>Italy</i>	2014
BUDAPEST	<i>Hungary</i>	2015
GLASGOW	<i>Scotland</i>	2016
MANCHESTER	<i>England</i>	2017
THE HAGUE	<i>The Netherlands</i>	2018
MALIA	<i>Greece</i>	2019
ESCH-SUR-ALZETTE	<i>Luxembourg</i>	2020



31st EUPEA Forum Meeting

November 25th – 28th 2021

Zaragoza / Spain

EUPEA and Consejo-Colef have the pleasure of inviting you to the 32nd EUPEA Forum in Zaragoza (Spain) from Thursday, November 25th to Sunday, November 28th 2021. Due to the current situation in Europe, the 2021 Forum will be held in a hybrid format, bringing together offline participants present in Spain with those EUPEA members participating online from home. Please note that the decision to participate offline is free to any EUPEA member and we are looking forward to welcoming in Zaragoza, those of you that can and want to travel. All other members are welcome to join us via a link, shared with you prior to the meetings.

The EUPEA Board members participating offline are expected to arrive on Thursday 25th, for Part 1 of the Board meeting at 17:00. This will be followed by a Welcome Dinner. Once more we have organised an interesting programme giving you the opportunity to work, socialise and enjoy being in Zaragoza.

We are looking forward to welcoming you to the 32nd EUPEA Forum in Zaragoza.

Yours sincerely,

A handwritten signature in black ink, appearing to be 'G. S.', written over a horizontal line.

EUPEA President

A handwritten signature in black ink, appearing to be 'Chris Murphy', written in a cursive style.

Chris Murphy
EUPEA General Secretary

EUPEA Board & Forum Meeting Zaragoza 2021

Program

- November 25th** Arrival of EUPEA members
- 17:00 – 19:00 EUPEA Board Meeting Part 1**
- Updates and preparation of the Forum
- 20:00 *Welcome Dinner*
- November 26th** **09:00 – 12:00 EUPEA Forum Meeting Part 1**
- Reports and updates since the last EUPEA Forum
- 12:00 – 13:30 *Lunch break*
- 13:30 – 16:30 EUPEA Forum Meeting Part 2**
- 20:00 *Dinner*
- November 27th** **09:00 – 13:00 EUPEA Forum Meeting Part 3**
- EUPEA Projects: Multiplier events
- 13:00 – 14:30 *Lunch break*
- 14:30 – 17:00 EUPEA Forum Meeting Part 4**
- EUPEA Projects: Multiplier events
- 20:00 *Dinner*
- November 28th**
- 09:00 – 12:00 EUPEA Board Meeting Part 2**
- Preparation 2022
- Departure of EUPEA Members

Forum Meeting Zaragoza 2021

EUPEA Multiplier Events - November 27th

09:00 – 11:00 DIPPE: Disentangling inclusion in Primary Physical Education



The project

The Disentangling Inclusion in Primary Physical Education (DIPPE) Erasmus+ project began in January 2019 and draws to a close in the end of 2021. It...

(i) investigated teachers' practices related to inclusion of children with additional needs (AN) in primary physical education (PE) in order to identify supports that could enhance these practices. Results from an online questionnaire, completed by 1206 teachers, reported that teachers considered guidance on children's motor needs and video-based resources particularly useful in promoting inclusion;

(ii) reviewed literature and recommended the adoption of the Universal Design Principles in the development of DIPPE teaching resource materials;

(iii) developed an online toolkit highlighting practices, strategies and resources to support teachers to include all children in primary PE lessons;

(iv) designed a resource for teacher educators consisting of a user manual and materials to support planning and implementation of a teacher education seminar;

(v) undertook professional development seminars with a large and still increasing number of teachers and student teachers in different countries since June 2021. The seminar delivery and complimentary materials and resources are regularly evaluated by the participants at the end of the professional development seminars.

The event at the EUPEA Forum

The EUPEA forum will summarise the project and share with the delegates and teachers, both face-to-face and online, the key outcomes from the project and the teaching resources that were developed.

Participants will be enabled to use the developed material and to voluntarily organize related workshops in their own countries while finding at the same time possible solutions for challenging inclusive scenarios in their own working life.

11:00 – 13:00 FitBack: European Network for the Support of Development of Systems for Monitoring Physical Fitness of Children and Adolescents



About the project

FitBack is a European project whose full name is “the European Network for the Support of Development of Systems for Monitoring Physical Fitness of Children and Adolescents”.

Its mandate is to advocate for, and provide tools that will allow examination of population health trends, the effects of national fitness policies and interventions on child health at the local, regional, national and European level. FitBack will enable the prediction of future trends in population health by relating health risk to physical fitness status. The FitBack network has been developed in collaboration with 10 European partners who have been measuring physical fitness assessment in children and adolescents for a long time. This network is coordinated by the University of Ljubljana, Faculty of Sport, Slovenia which has more than 30 years’ experience monitoring the physical fitness of all school children in the country every year.

The FitBack network welcomes new researchers and research groups from around the world. It can offer European expertise and support on all aspects of physical fitness monitoring of children and adolescents. For example, FitBack provides fitness monitoring tools for parents, teachers and children, organises regular meetings, workshops on current topics of interest, provides networking opportunities to interested stakeholders (like conferences), maintains links to European databases on physical fitness and other resources, educational materials, and provides best-practice descriptions on how to maximize one’s fitness. FitBack provides collaboration on fitness data analysis and counselling to new members on how to establish their own fitness monitoring system.

13:00 – 14:30 Lunch break

14:30 – 16:30 SUGAPAS: Supporting Gamified Physical Activities in & out of Schools



The Problem

European recommendations state that children and adolescents aged 5–18 years should accumulate at least 60 minutes of moderate to vigorous physical activity daily most days of the week (activity that noticeably increases the heart rate and breathing rate). However, the HELENA (Healthy Lifestyle in Europe by Nutrition in Adolescence) study of 12.5–17.5-year-olds reported that under one-third of European girls and under two-thirds of boys achieve this (Ruiz JR, et al. 2011). It is estimated that one third of (34%) the adult population is obese, and the number raises to 68% if obese and overweight are combined (Flegal et al., 2010). This is the result of reduced physical activity due to the modern way of living.

Proposed Solution

SUGAPAS, supports the “Europe 2020 strategy” that stresses the need for transforming educational content for instruction and training in a way that engages, motivates and immerses people to develop personal experiences of constructing their learning experiences. SUGAPAS’s approach contributes to this by highlighting the following innovative aspects:

- The introduction and application of training content in schools (and outside of them) for the development of students’ awareness about Physical Activity (PA) in a gamified manner. Thus, SUGAPAS will propose teaching as well as physical training via mobile serious games, and underlying mechanics and dynamics (i.e. goals, challenges, levels, progress bars, scoring mechanisms, dialogues, avatars for coaching / mentoring about how to be more active in everyday life, to fulfil the international guidelines of PA for health, train in a specific sport). SUGAPAS designs, develops and implements two serious game for (i) PA; (ii) nutrition habits & healthy lifestyle. All games will encompass rules, goals and free-play for young people to be trained on how to conceptualize abstract theoretical aspects of physical activity added value, good nutrition habits, healthy lifestyle and sports.
- The exploitation of school-oriented, safe and online communities focused on better health and adopting physical activity. SUGAPAS will build its community of practice as a European School Physical Activity Community for students and teachers, in order to achieve as much impact as possible.

16:30 – 17:00 Be Like an Athlete (Consejo-Colef)**BE LIKE
AN ATHLETE**

Promote education in and through sport with special focus on skills development, as well as support the implementation of the EU Guidelines on Dual Careers of Athletes

Be like an Athlete Mission Statement

Draw a transnational socio-psychological profile of student-athletes involved in dual careers programmes. This profile will be used to promote the positive development of youth in sports and school contexts, through the implementation of digital, interactive and pedagogical tools.

Be Like an Athlete - BLA aims the personal development of young people, through the optimization of psychosocial skills. The project will outline a transnational socio-psychological profile of student-athletes involved in dual careers programmes. This profile will be used to promote the positive development of youth in sports and school, through the implementation of digital, interactive and educational tools. Direct participants are student-athletes from 12 to 18 years old involved in dual careers programmes, as well as non-athlete students. Awareness of the psychosocial skills developed by student-athletes with a dual career will allow these young people to enhance their own profile, as well as allow other student-athletes (not involved in dual careers programmes) and non-athlete students, to adjust, monitor and share the acquisition of such competences, under the supervision of their coaches and teachers.

Accommodation



HOTEL HIBERUS****

Dirección:

P.º de los Puentes, 2, 50018 Zaragoza

Teléfono: 876 54 20 08

Email: hotelhiberus@palafoxhoteles.com

Web:

<https://www.palafoxhoteles.com/es/hoteles-en-zaragoza/hotel-hiberus>

91€/day Single Room / 106 €/day Double Room

Participants will receive a hotel reservation form once registered for the Forum:

[Registration link](#)

Costs

Forum	
Registration Fee	There will be no registration fee, participants will have to cover only their travel and accommodation costs.

EUPEA

EUROPEAN PHYSICAL EDUCATION ASSOCIATION

No Education without Physical Education

EUPEA Board

Executive Committee

- Claude Scheuer, President, Luxembourg
- Marcos Onofre, Vice President, Portugal
- Chris Murphy, Secretary General, UK
- Martin Holzweg, Scientific/Project Advisor, Germany
- Bruno Cremonesi, responsible for development and fundraising, France
- Lucas Janemalm, Treasurer, Sweden, co-opted
- Rose-Marie Repond, Past President, Switzerland

Representatives of the regions and institutions

- North: Kasper Salin, Finland; Olegas Batutis, Lithuania
- South: Viviana Zito, Italy; Joao Costa, Portugal
- South East: Yiannis Griparis, Greece; Biljana Popeska, North-Macedonia
- East: Peter Vlcek, Czech Republic; Jana Vasickova, Czech Republic
- Central: Susan Marron, Ireland; Elinor Steel, Scotland
- Institutions: Tamás Csányi, Hungary; Sandra Heck

Board members

- Garrett Coyle, Ireland
- Avelino Acevedo, Portugal

EUPEA Secretariat

20 Ainsdale Drive
Sale, Cheshire
M33 4JU UK
chris.murphy6@virginmedia.com

Email: info@eupea.com
URL: www.eupea.com
Twitter: [@EUPEA_tweet](https://twitter.com/EUPEA_tweet)

Bank Account: European Physical Education Association
IBAN: LU94 0019 4055 5172 7000
BIC: BCEELULL

