

# Promoting physical Activity for Children in outdoor Areas in educational Settings

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<b>Aims of the transfer activity</b>	Promoting physical activity for girls and boys in outdoor areas of kindergartens and schools; sensitizing educationists for the needs of girls and boys with and without migration background; increase the educationist's competencies to plan, design and organize outdoor areas of kindergartens and schools.
<b>Person(s) responsible for the project</b>	Ass.-Prof. Mag. Dr. Rosa Diketmüller
<b>Affiliation of the transfer activity at the University of Vienna</b>	Institute of Sports Sciences / Sport Pedagogy
<b>Project runtime</b>	2006-2016
<b>Funding</b>	Learnsapes and gender: 2006-2007/2010: Fonds Gesundes Österreich, MA57, bmukk, the city of Graz; Nursery Schools: 2012-2016: Fonds Gesundes Österreich, Ministry of Sports, MA57, State of Lower Austria: „Natur im Garten“
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<b>Cooperation partners from outside of the University</b>	tilia – studio for landscape planning, Vienna Municipal Department 10 Kindergarten; Austrian Federal Ministry of Education, Arts and Culture; Lower Austria; the city of Vienna, the city of Graz; BOKU – University of Natural Resources and Life Sciences; University of Graz; Charité Berlin (GER), FHNW – University of Applied Sciences and Arts Northwestern Switzerland (CH)

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## Project description

Target groups: Licensed kindergarten teachers, elementary teachers, teachers in lower and upper secondary schools

Learnsapes: 20 schools in Vienna and Styria, observations (60), interviews (~100), documentary research, archival analysis, workshops and trainings with teachers (ongoing)

Kindergarten: 8 kindergartens in Vienna and Lower Austria, observations (20), interviews (16), workshops with educationists

Implementation: Embedding the subject of health and activity promotion through arranging and taking care of outdoor areas within the training of educationists and further training of them (schools, kindergartens).

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## Integration of the transfer-activity in academic teaching

(1) Qualitative analysis, (2) setting-oriented health promotion (health promotion in schools / kindergartens, municipal health promotion), (3) gender-sensitive teaching (teacher training)

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### **Results/Impact**

Intervention studies (mainly in kindergartens): Raising the educationist's awareness (through involving them in evaluation processes, tasks and workshops); remodeling of kindergarten areas; developing of new day care concepts with focus on gender relations, diversity categories and health promoting concepts

Including knowledge in higher level organizations: education authority, kindergarten authority (NÖ, MA10; private kindergarten organizations); impulse for discussions in regard of day care and supervision in schools and kindergartens; cooperation with further institutions, e.g. AUVA

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### **Transfer aspect of the activity**

Knowledge transfer to and raising awareness of the educationists and superior authorities as to the importance of activity promotion through arranging and taking care of outdoor areas in educational settings.

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### **Achievement of objectives**

Pre and post-checking the target achievements of the kindergarten's intervention studies

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### **Measures for a longer-term realization**

Transfer to guidelines; establishing task groups and groups who are in charge of educational settings; developing criteria for exterior arrangement and maintenance; integrating the issue in further training

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### **Visibility of the transfer activity**

websites, publications, lectures, folders

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### **Webpage/Publications**

Homepages of the University of Vienna: [kindergarten.univie.ac.at](http://kindergarten.univie.ac.at); [schulfreiraum.univie.ac.at](http://schulfreiraum.univie.ac.at);

Homepage of project partner tilia: [www.tilia.at](http://www.tilia.at)

Publications: [kindergarten.univie.ac.at](http://kindergarten.univie.ac.at)

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### **Keywords**

Learnscape; gender relations