



Presentation of a new pedagogical methodology aiming to tackle the inactivity problem among 11/13 years old children – The Belgian implementation

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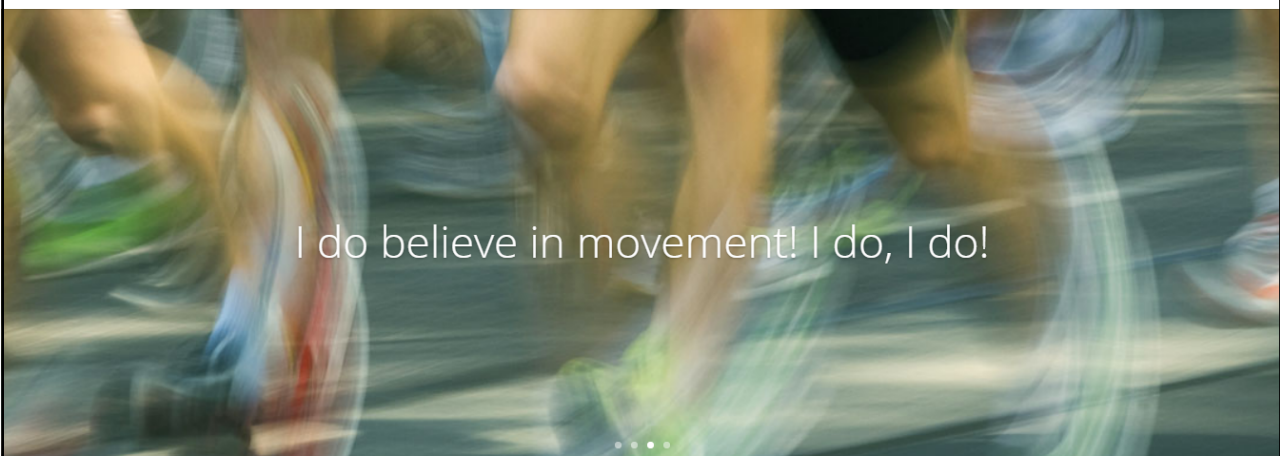


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HOME TEAM ACTIVITIES ▾ FOR SPORT FOR SCHOOL PARTNERS NEWS 🔍



I do believe in movement! I do, I do!



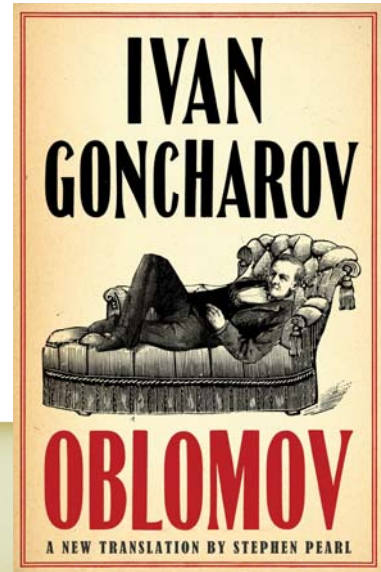
Introduction

The Oblomov methodology offers a new pedagogical method aiming to support an active and healthy lifestyle in 11-13 years old youths



Origin of the name

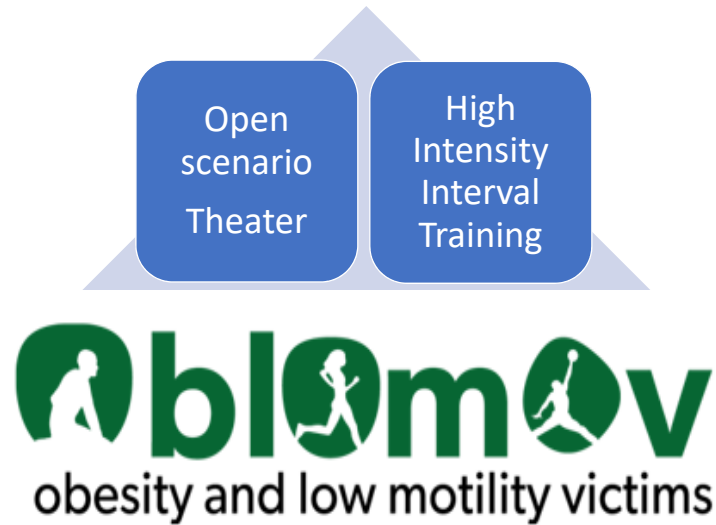
- ✓ Oblomov: a well-known Russian novel by Ivan A. Gončarov
- ✓ Portray of a nobleman who is unable of undertaking any important action
- ✓ Link to the laziness as a risk for the entire lifestyle and the dissemination of the overweight and obesity epidemic



Goals of the projects

- ✓ Promoting an active and healthy lifestyle among pre-adolescents (11-13 years-old)
- ✓ Developing autonomy, creativity, and cooperation
- ✓ Using new technologies
- ✓ Involving youths' entourage (parents, family, school, associations)
- ✓ Producing resources for sustainable changes

General principles



Open scenario - Theater

- ✓The Open Scenario is based on an Italian theatrical approach called “canovaccio”
- ✓The scenario of a piece is left open in a way to combine different subjects
- ✓In the Oblomov case, the subjects are physical activity, theatre, health

“The novelty of the educational approach of the “Oblomov methodology” is to let students acting and doing physical activity while narrating; to lead them to know their own body, accepting its limitations and characteristics, while understanding what can help and what can harm it, and to interact with other actors while acting on stage”



High Intensity Interval Training

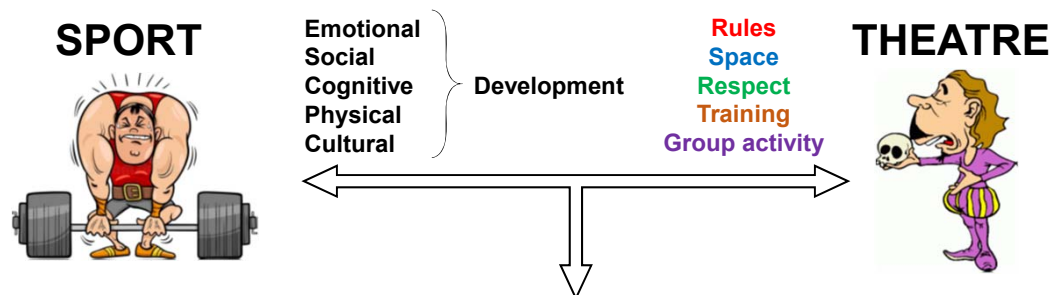
- ✓ Short-to-long bouts of high-intensity exercises interspersed with recovery periods
- ✓ Low volume → time-efficient
- ✓ Variety of forms: <10 sec ($\geq 100\% \text{VO}_2\text{max}$) → 45 sec <T< 3 min (high- but not maximal intensity ($\geq 90\% \text{VO}_2\text{max}$))

Eddolls et al. (2017)
Buchheit & Laursen (2013)

- ✓ Shorter distances and duration
- ✓ Less boring and funnier than Moderate Intensity Training
- ✓ Easier planning of team play-game
- ✓ Similarity to natural intermittent children's movements
- ✓ Obese kids' opportunity to compete with others

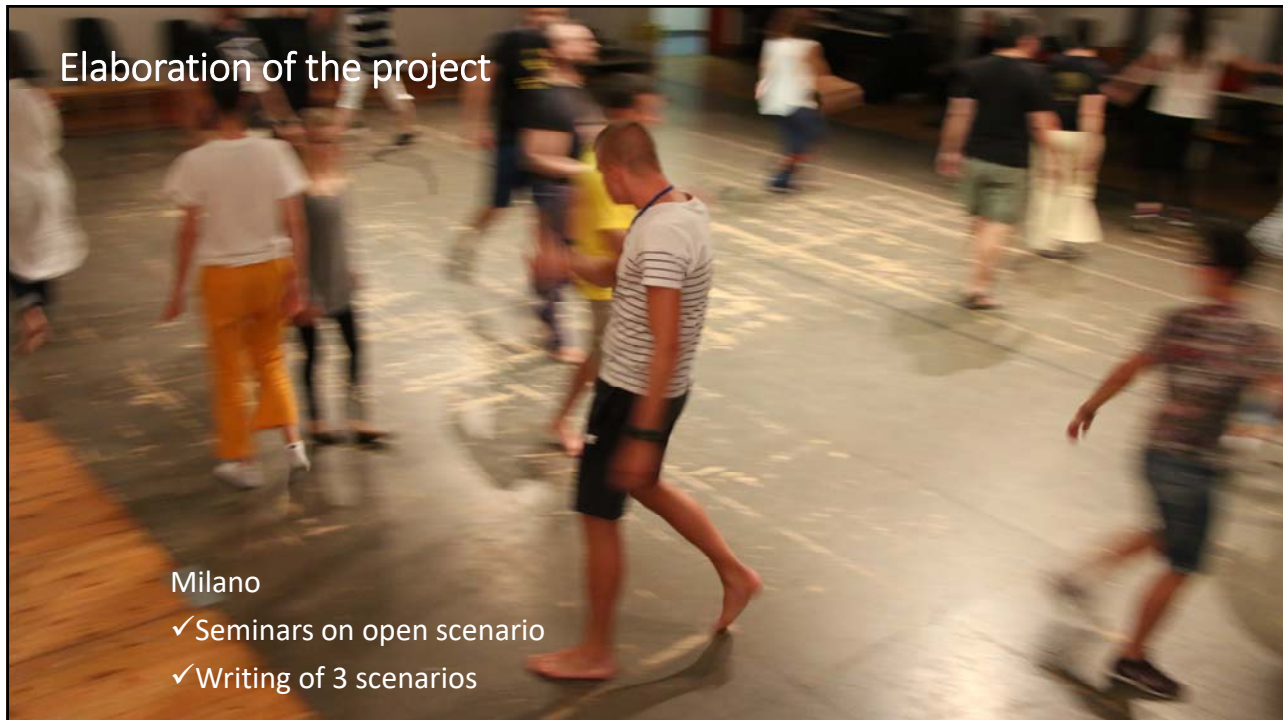
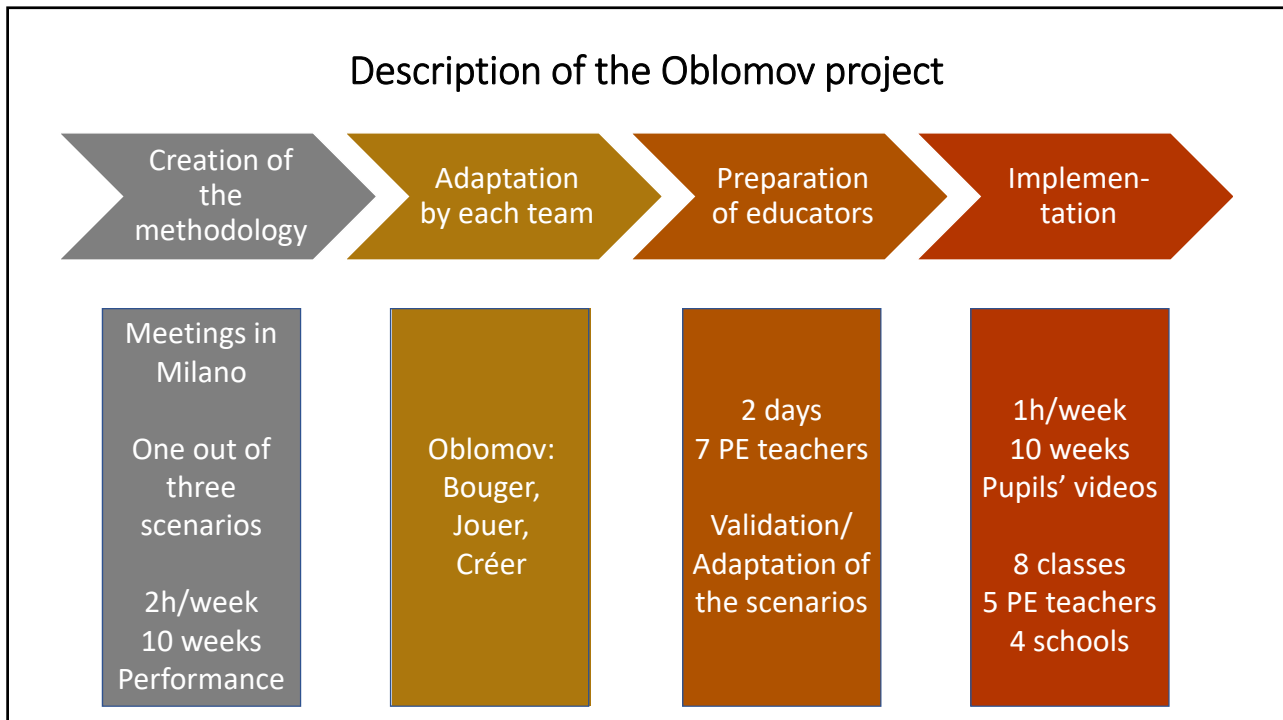


Theatre and sport: an interesting connection



THEATRE IS USED AS MOTIVATION TO DO SPORT

Vitale (2018)



Three scenarios

Let's move to leave our ship !

Pirate of the Caribbean

Let's cross this tricky bridge !

Peter Pan

Let's run to get rid of Voldemort !

Harry Potter

OPEN SCENARIO

Vitale (2018)

oblomov
obesity and low motility victims

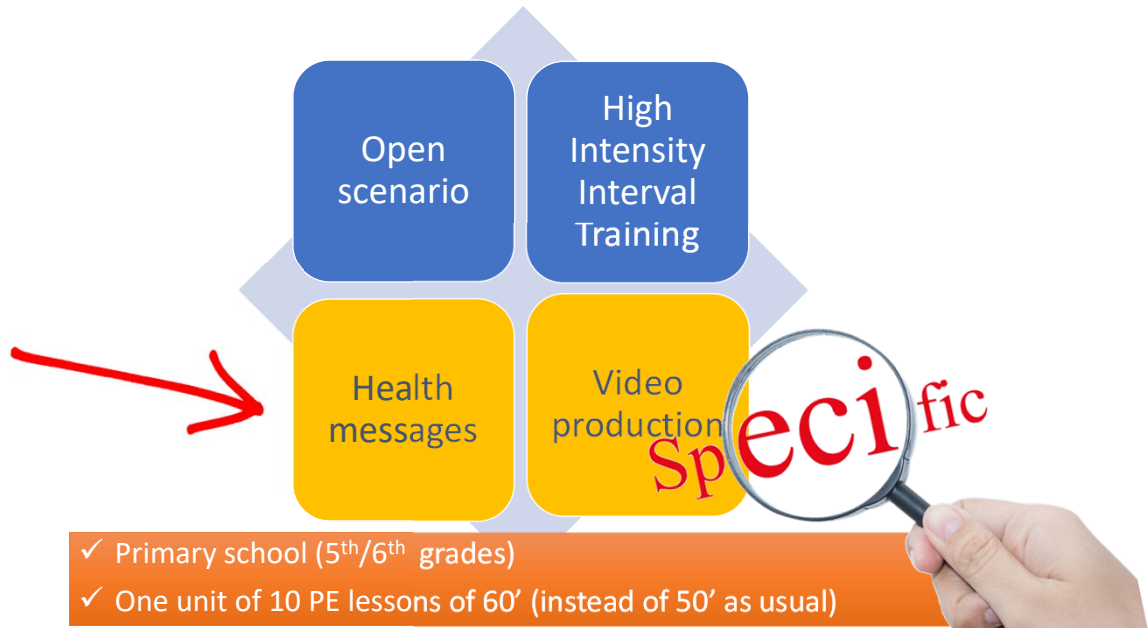
“Oblomov: bouger, jouer, créer!”

APS

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LIÈGE université

General principles applied in Liege



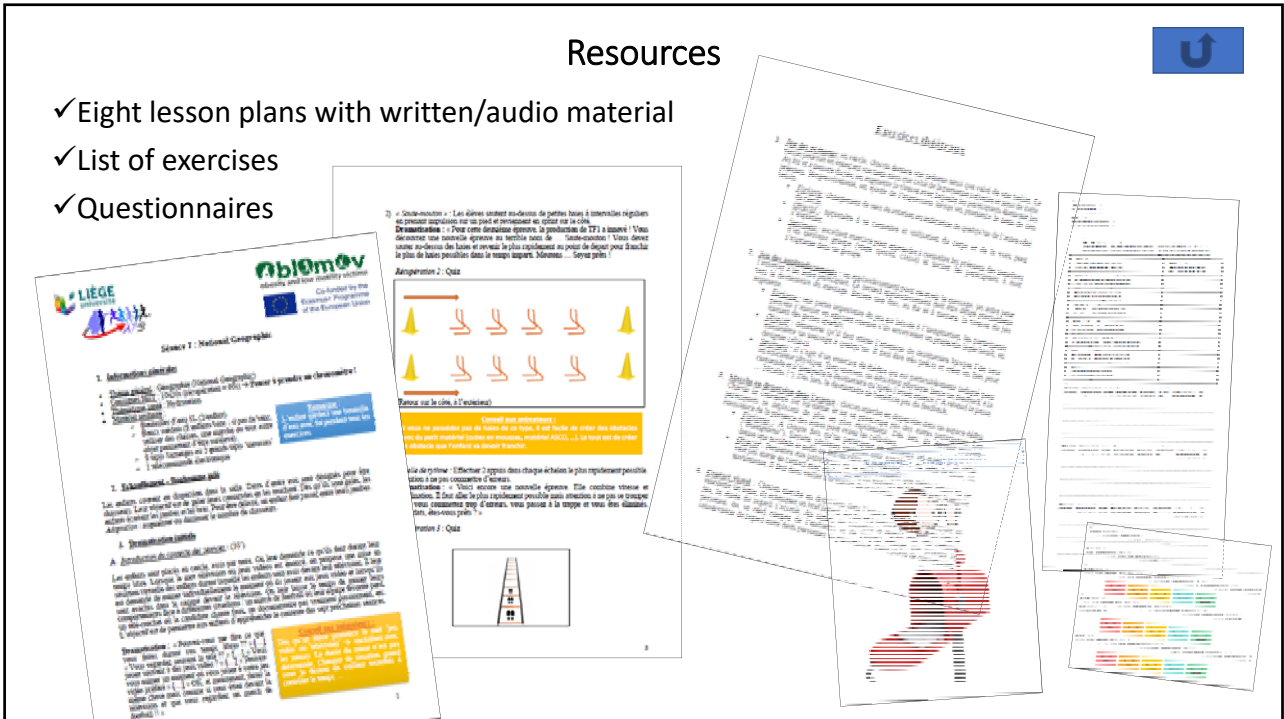
Project overview

	Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 5	Lesson 6	Lesson 7	Lesson 8	Lesson 9	Lesson 10
Imaginary world :	National Geographic	Eurosport and the Olympic Games	24	Survivors	Ninja Warrior	Fort Boyard	The Simpsons	Preferred lesson	Video	Video
HIIT Protocol :	10 x 20s Rest = 90s (Ratio 1:4)	10 x 20s Rest = 90s (Ratio 1:4)	10 x 30s Rest = 90s (Ratio 1:3)	10x30s Rest = 90s (Ratio 1:3)	10x40s Rest = 90s (Ratio 1:2)	10x40s Rest = 90s (Ratio 1:2)	10 x 45s Rest = 90s (Ratio 1 :2)	10 x 45s Rest = 90s (Ratio 1 :2)	Video	Video
Health topic :	Hydration	Recommendations Physical activity	Breathing and effort management	Balance food	Posture, back ergonomics	Sleep	Sedentari-ness, inactivity	General knowledge about sport	Video	Video

Resources



- ✓ Eight lesson plans with written/audio material
- ✓ List of exercises
- ✓ Questionnaires



The scenarios



7 scenarios based on popular TV programmes :

1. National Geographic
2. Eurosport
3. 24h
4. Survivors
5. Ninja Warrior
6. Fort Boyard
7. The Simpsons





Example of scenario

The teacher places children in the context of the Olympic Games. The children arrive in a huge stadium. The stadium is filled with spectators. We hear trumpets, drums (*audio sequence!*). The fans scream and chant the names of the children. There is an athletics track with a green area in the center. From a distance, there is a velodrome and, next door, a sports hall. The children understand that they have landed at the Olympic Games. They replace the athletes and must perform the tests. These Olympics are special in that they involve performing well in sports events but also in cognitive tests (quiz).

Open scenario for the exercises

Round trip sprint (MINF) : The queen of athletics par excellence, the 100 meters! It's about running from one cone to another as fast as you can for 20 seconds.

Dramatization (take the role of a journalist commenting): Presentation of the sprinters: "In the lane number 1 ... Jean! etc. "Once the presentations are made, we start the 100-meter run:" On your marks ... Ready ... Go "



Example of scenario

Today, the children arrive in a house that they recognize ... the house of a famous US family : the Simpsons !!! They will have to learn to live together and do the daily tasks of the Simpsons to hope to come out of the episode. **Dramatization** : «« Where are we??? » [...] « Ooooh ! Do you see the house over there ? » [...] « Do you recognize it ?!! It looks like there is a quite big man, yellow, who eats donuts ! »

Open scenario for the exercises

Crunches : The children have to put the laundry in the laundry basket in front of them. To do so, they will have to perform abdominals. **Dramatization** : « Wow! you've seen all that laundry ? » [...] «Which room do you think we are in? Bart's, no? What do you think ? » [...] «We came to rest and we must put away, pffff» [...] «Well, let's put this laundry in the bin in front of us ! Go, go, go !! »





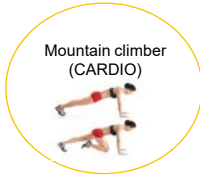
The High Intensity Intervals

Progression :

- Séances 1 et 2 : 20" exercise – 90" recovery (1:4)
- Séances 3 et 4 : 30" exercise – 90" recovery (1:3)
- Séances 5 et 6 : 40" exercise – 90" recovery
- Séance 7 : 45" exercise – 90" recovery (1:2)

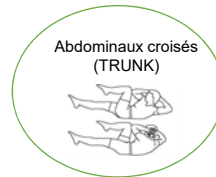
Variety of the exercises

1. Muscle strengthening with small equipment
2. Muscle strengthening without equipment
3. Cardio-respiratory endurance exercises
4. Round-trip runs
5. Plyometric and jumps
6. Games of opposition



Types of efforts :

- Upper body (arms)
- Abdominals, back muscles
- Lower body (legs)



Health education activities

Quiz on back ergonomics (10 questions)

At the sport hall, when I have to carry a bench with a friend ...

- ... I lean forward to grab it and straight up to lift it.
- ... I raise it without thinking.
- ... I bend my legs to grab him and hold them to lift him.



7 health topics:

1. Hydration
2. Physical activity recommendations
3. Breathing and effort management
4. Balanced food
5. Posture/back ergonomics
6. Sleep
7. Sedentariness, inactivity

Use of bottles of water

- Show the amount of water to be ingested daily using bottles
- Does it differ by sex?
- Does it differ when playing sports or physical activity?
- What consequences if you do not drink enough? Can we drink too much water?
- Show how much soda should be ingested daily
- Pyramid of hydration



Brainstorming by groups on sleep and sharing of ideas


1. Why is it so important to sleep well?
2. Name 3 good habits to sleep well
3. Name 3 bad habits that prevent you from sleeping well
4. How many hours would it be ideal to sleep per night?




True / False about recommendations and definition of physical activity

1. Define the concept "physical activity" (distinction physical activity-sport, 5 dimensions of physical activity)
2. True or false
 - I must be active at least 1 hour every day, even on weekends. T-F
 - 10 minutes of physical activity is not enough to have positive effects on health. T-F

Health education activities



5° Ninja Warrior – Ergonomie du dos







Ce que tu as fait :

.....

Avec qui ?

Où ?

Je me sens capable de garder cette habitude longtemps (entoure une case) :

Post it: At the beginning of the lessons (2^d to 8th), the pupils are invited to write good practices of using health messages that they learned since the beginning of the Oblomov unit ...
What? Self-confidence to implement?

9th and 10th lessons

Groups of 4-5 pupils

Creation of a scenario

A short story

5 minutes, 3 exercises

Video prepared by the teacher

C R E A T I O N

Resources

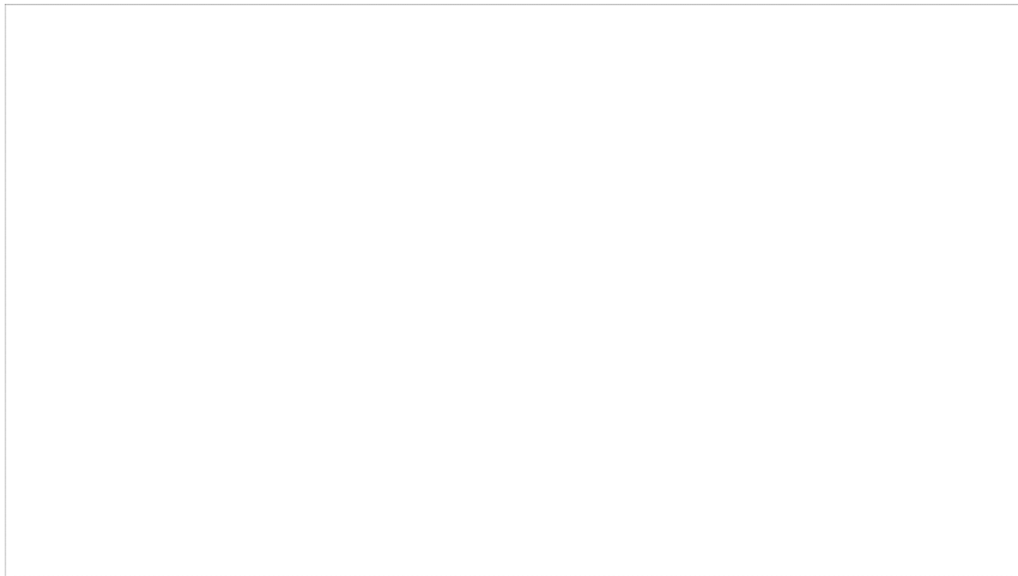
- ✓ 9th and 10th lessons plans with written material
- ✓ Instruction booklet

The collage features three main items:

- Lesson Plan (left):** Titled "Séance 9.10 : Préparation de séances et vidéo", it includes sections for "Contenu", "Objectifs", and "Méthodes de l'enseignant".
- Instruction Booklet (center):** Titled "Fiche exercices HIIT et", it lists various exercises categorized by body parts: Membres supérieurs, Tronc, and Membres inférieurs. Exercises include "Pompe sur genoux", "Dips", "Burpees", "L'oiseau", "Gainage de twist", "Mountain climber", "Gainage dynamique", "Superman", "Reliever bassin", "Abdominaux", "Abdominaux essuie-glace", "Abdominaux croisés", "Levées jambes sur le côté", "Sit-ups", "V-ups", "Squat", "Jump squat", "Jumping jack", "Sauts groupés", "Extension jambes fléchies", "Chaise", "Reliever bassin", and "Mountain climber".
- Video Creation Software (right):** A screenshot of "Windows Movie Maker" showing the "Ajouter une vidéo" button highlighted with a blue arrow.

Additional elements include a red warning triangle icon and a blue circular arrow icon in the bottom right corner.































PE teachers training: Two days

































Participants

Esneux	P5	17	11	6	Classe #1	Directeur #1
Esneux	P6	24	15	9	Classe #2	
Tilff-Centre	P5	19	6	13	Classe #3	Directeur #2
Tilff-Centre	P6	16	6	10	Classe #4	
Tilff-Hony	P5	7	4	3	Classe #5	
Tilff-Hony	P6	12	7	5		
Monfort	P5	15	9	6	Classe #6	Directeur #3
Monfort	P6	17	9	8		
Verlaine	P6a	24	6	18	Classe #7	Directeur #4
Verlaine	P6b	25	8	17	Classe #8	
		176	81	95		

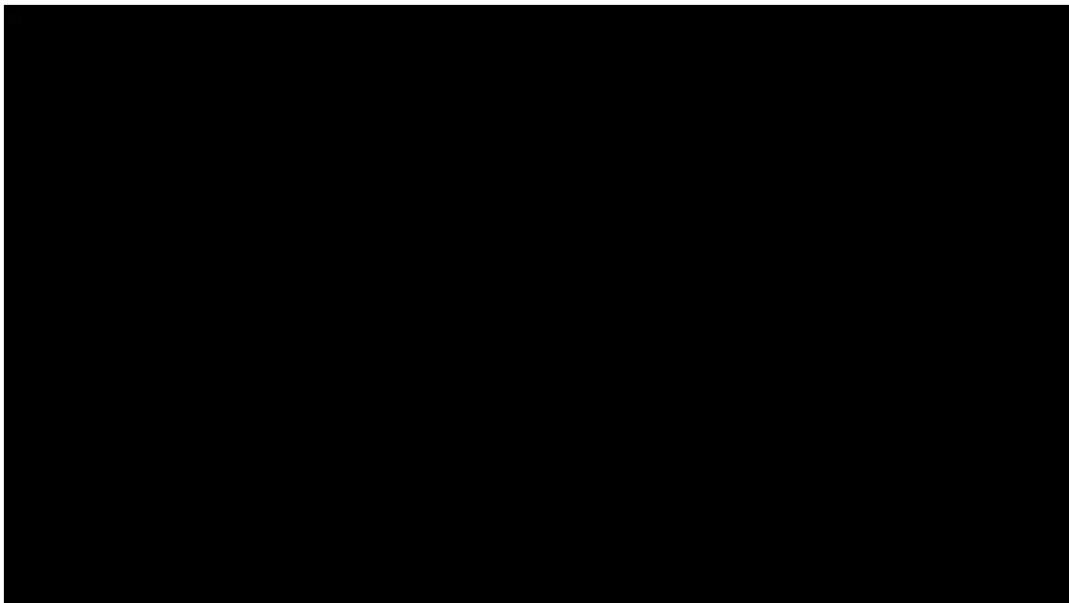
Video tapes

	1	2	3	4	5	6	7	8	9	10	
Class 1											
Class 2											
Class 3											
Class 4											
Class 5											
Class 6											
Class 7											
Class 8											































Video tapes : Open scenario

	1	2	3	4	5	6	7	8	9	10	
Class 1											
Class 2											
Class 3											
Class 4											
Class 5											
Class 6											
Class 7											
Class 8											

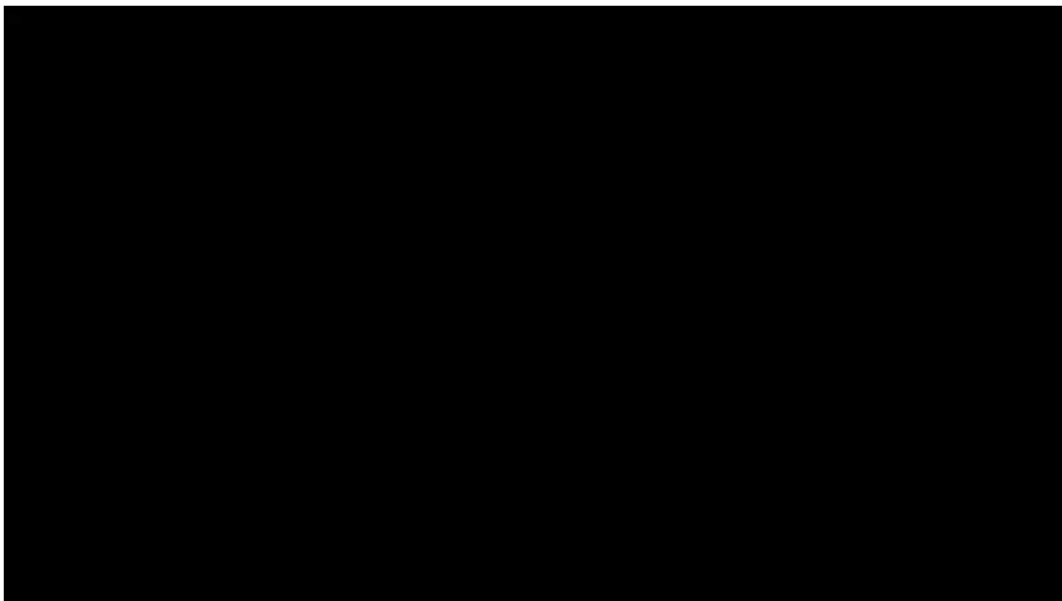
Video tapes : Open scenario

































Video tapes : HIIT

	1	2	3	4	5	6	7	8	9	10	
Class 1											
Class 2											
Class 3											
Class 4											
Class 5											
Class 6											
Class 7											
Class 8											

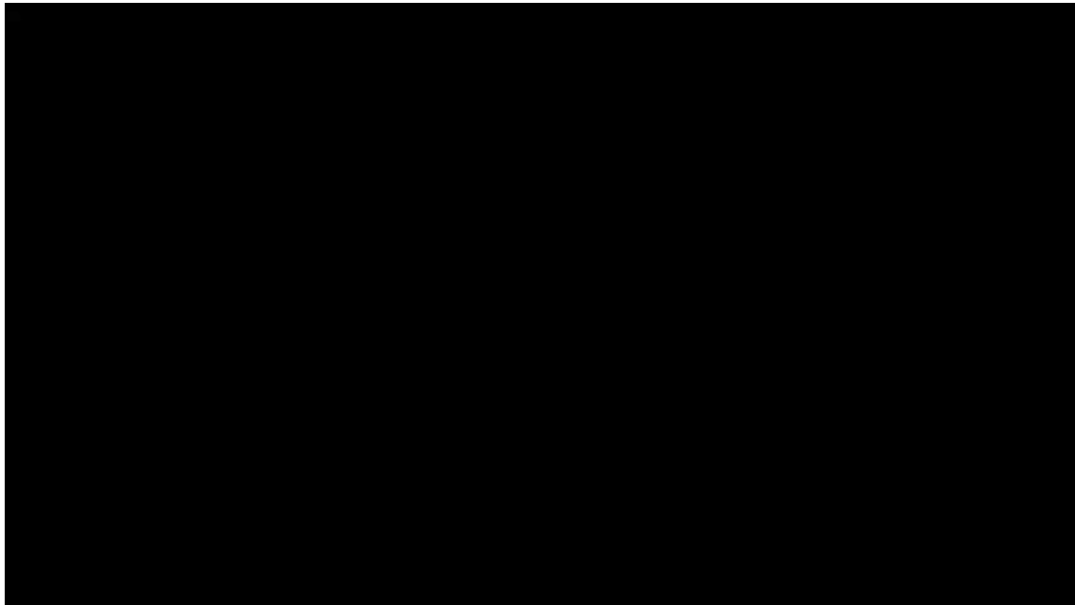
Video tapes : HITT

































Video tapes : Health messages

	1	2	3	4	5	6	7	8	9	10	
Class 1											
Class 2											
Class 3											
Class 4											
Class 5											
Class 6											
Class 7											
Class 8											

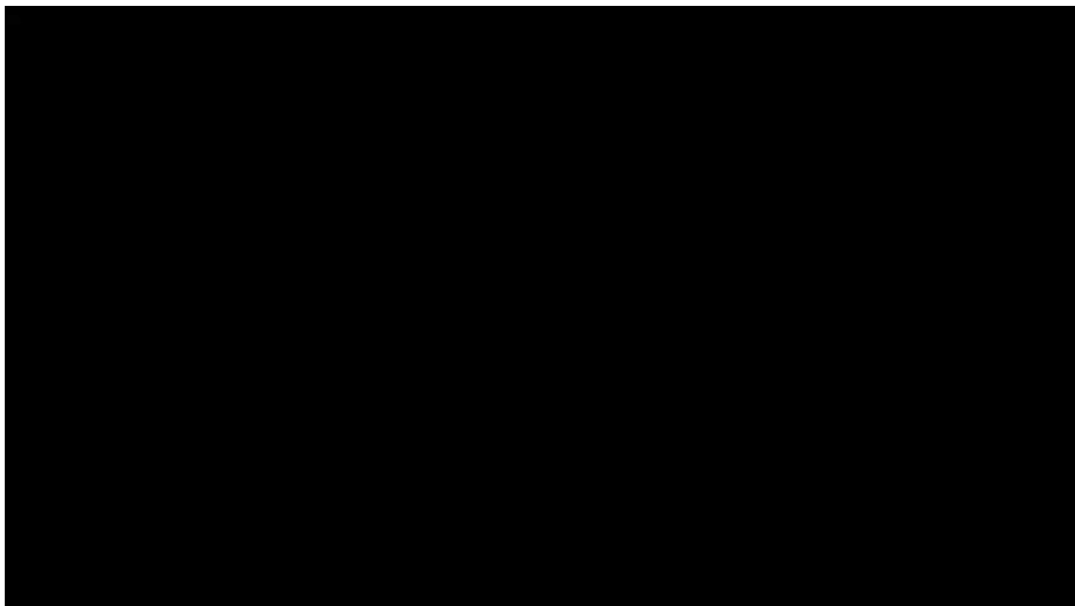
Video tapes : Health messages

































Video tapes : Sequences' creation

	1	2	3	4	5	6	7	8	9	10	
Class 1											
Class 2											
Class 3											
Class 4											
Class 5											
Class 6											
Class 7											
Class 8											

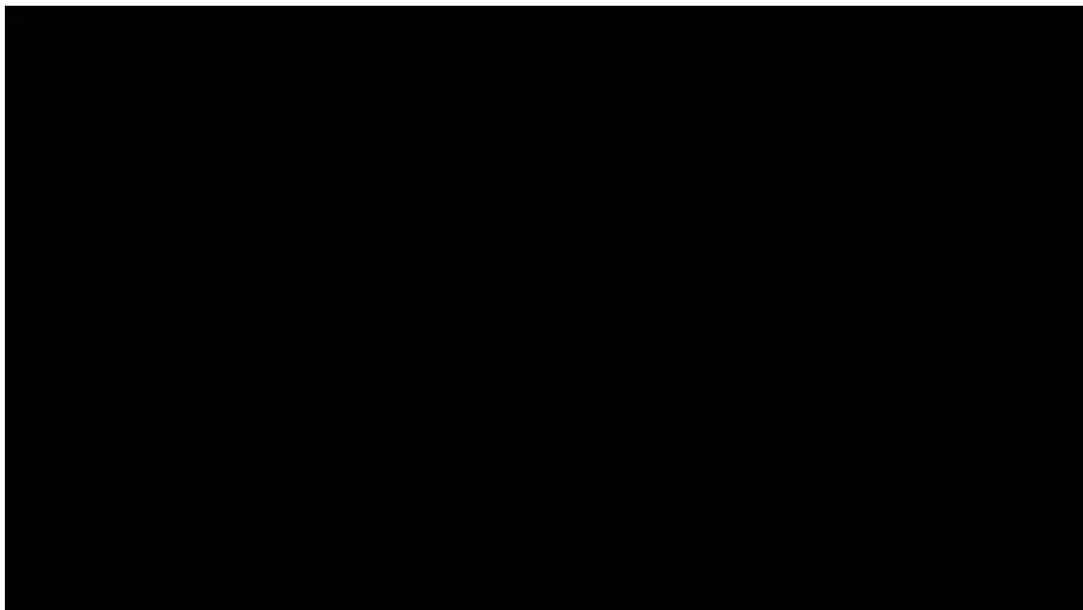
Video tapes : Sequences' creation



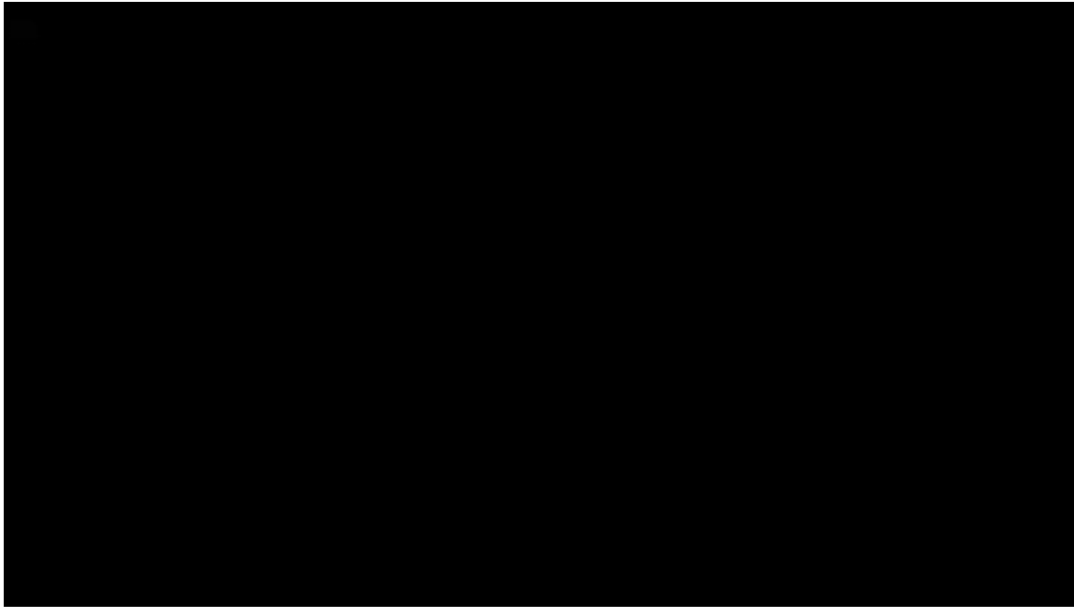
Pupils' scenarios

	1	2	3	4	5	6	7	8	9	10	
Class 1											
Class 2											
Class 3											
Class 4											
Class 5											
Class 6											
Class 7											
Class 8											

Pupils' scenarios : A example of short story – *Le tour du monde*




Pupils' scenarios : An integrated scenario - *The robbers' run away*



PE teachers' audio diaries



Audio diaries



	1	2	3	4	5	6	7	8
Class 1								
Class 2								
Class 3								
Class 4								
Class 5								
Class 6								
Class 7								
Class 8								


“Students less liked the questionnaires during the periods of recovery”

« With dramatization, timing is hard to respect »

“I did less dramatization because I’m not easy with that”

“The kids were less interested in The Simpson”

Audio diaries



	1	2	3	4	5	6	7	8	9	10
Class 1										
Class 2										
Class 3										
Class 4										
Class 5										
Class 6										
Class 7										
Class 8										

« It was very dynamic. The kids invented shouts of teams »

“Questionnaires « sports quiz » were adapted to children “

“The children adhered very quickly to the open scenario”

“The lesson was very well. The children remembered the different health topics”

“There is progress in hydration. Children have understood its importance”

Audio diaries

	1	2	3	4	5	6	7	10
Class 1								
Class 2								
Class 3								
Class 4								
Class 5								
Class 6								
Class 7								
Class 8								

"I kept the context but I added a racket and a badminton shuttlecock"

« I created 2 teams. I did exercises closer to the TV show »

"I changed the open scenario. I created the context « Karate Kid » because I felt better"



SWOT analysis



- Name of the project
- School principals' interest and satisfaction
- Support for the schools' organization
- Pupils' behaviour and interest in some schools
- PE teachers' interest in some schools
- Overall interest about health topics
- Gamelike approach appreciated by the pupils
- Selection of the scenarios focusing on TV series
- Enthusiasm of the pupils for the final sequences conceptions
- Quality of the final video sequences

SWOT analysis

W WEAKNESSES

- Drop out of 2 PE teachers out of 7 after the seminar (sport oriented)
- Repetition of many conditioning exercises
- Parents' attitude concerning respect of children's image
- Lack of motor engaged time (???)
- Short duration of the project for concrete effects on lifestyle
- Decrease of some PE teachers' motivation for open scenario
- Modification of the planning due to field reality
- Lack of permanent support of the PE teachers
- Lack of imagination of some PE teachers (need of more preparation)
- Scenarios considered as for young children by 6th graders

SWOT analysis

O OPPORTUNITIES

- Long term follow up on lifestyle
- Collecting and sharing of good practices
- Enrichment of the scenarios
- Development of a video data bank
- Interest of additional principals/PE teachers
- Proposals of improvement by PE teachers
- Availability of human resources for the follow up
- Additional preparation for PE teachers on open scenarios
- Use of the approach with younger pupils
- Transfer of the scenarios in other classes by the PE teachers
- New scenarios for adolescents
- Collaboration between PE teachers and classroom teachers

SWOT analysis

T

THREATS

- Resistance to change of some PE teachers
- Lack of financial support for sustainability
- Time requested for the video preparation
- Lack of effectiveness pointed out by the data



Conclusions



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of the European Union



PAMIA

2017, *Retos*, 31, 245-251

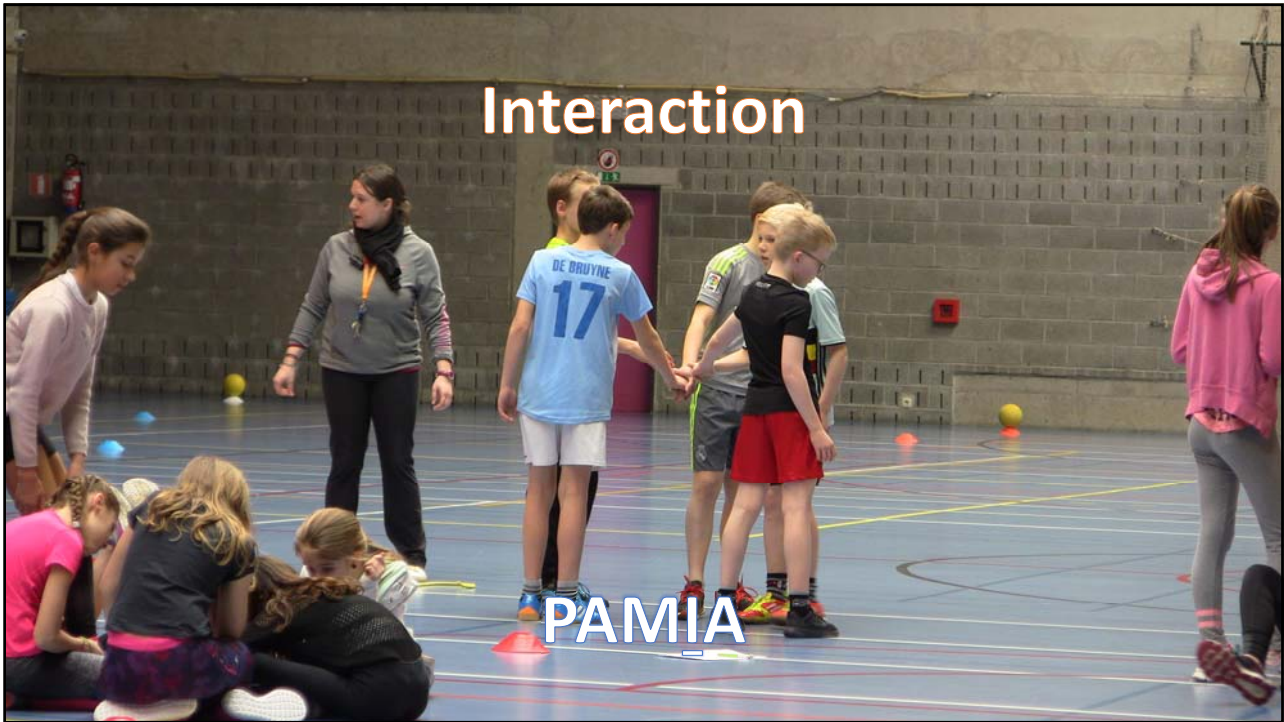
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Preparing physically educated citizens in physical education. Expectations and practices Preparar ciudadanos físicamente bien educados en Educación Física. Expectativas y prácticas

Marc Cloes
University of Liege (Belgium)







Illustrations

- <https://almabooks.com/product/oblomov/>
- <https://erasmusu.com/fr/erasmus-liege/experiences-erasmus/experience-erasmus-a-liege-belgique-557337>
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