



ObLoMoV (Obesity and Low Motility Victims):
combining physical activity and theatre to tackle inactivity in preteens

Arja Sääkslähti & Marc Cloes

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<https://www.oblomovproject.eu/>

info@oblomovproject.eu



HOME TEAM ACTIVITIES ▾ FOR SPORT FOR SCHOOL PARTNERS NEWS 🔍

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



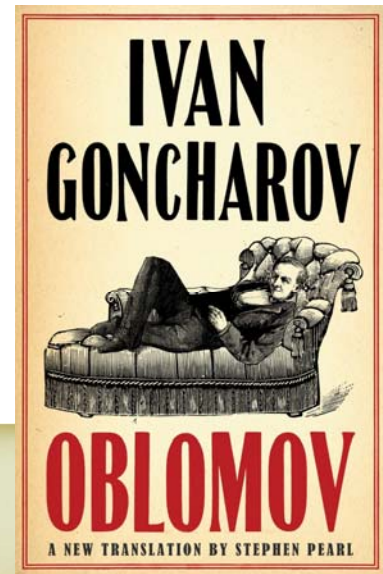
Introduction

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

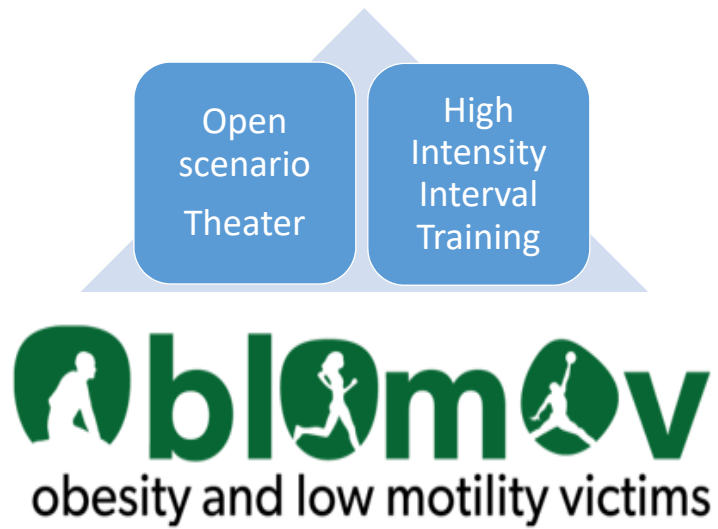
- ✓ Oblomov: a well-known Russian novel by Ivan A. Gončarov
- ✓ Portray of a nobleman who is unable of undertaking any important action
- ✓ Link to the laziness as a risk for the entire lifestyle and the dissemination of the overweight and obesity epidemic



Goals of the projects

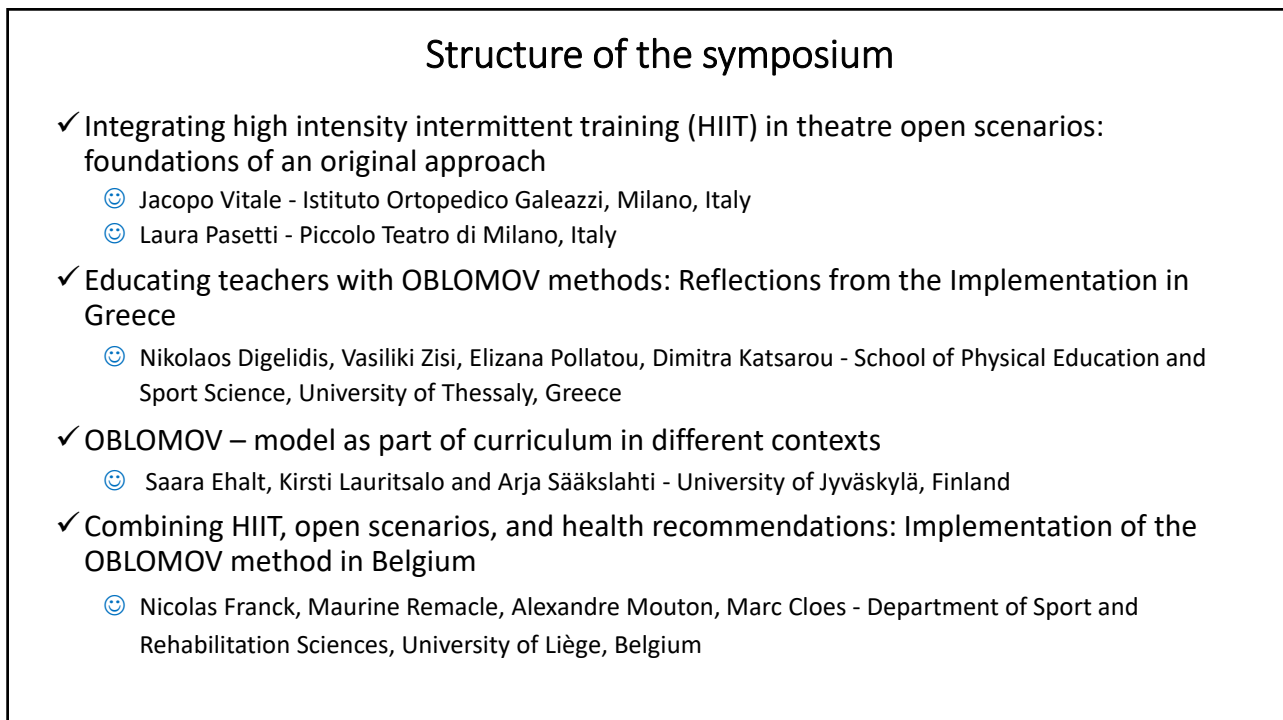
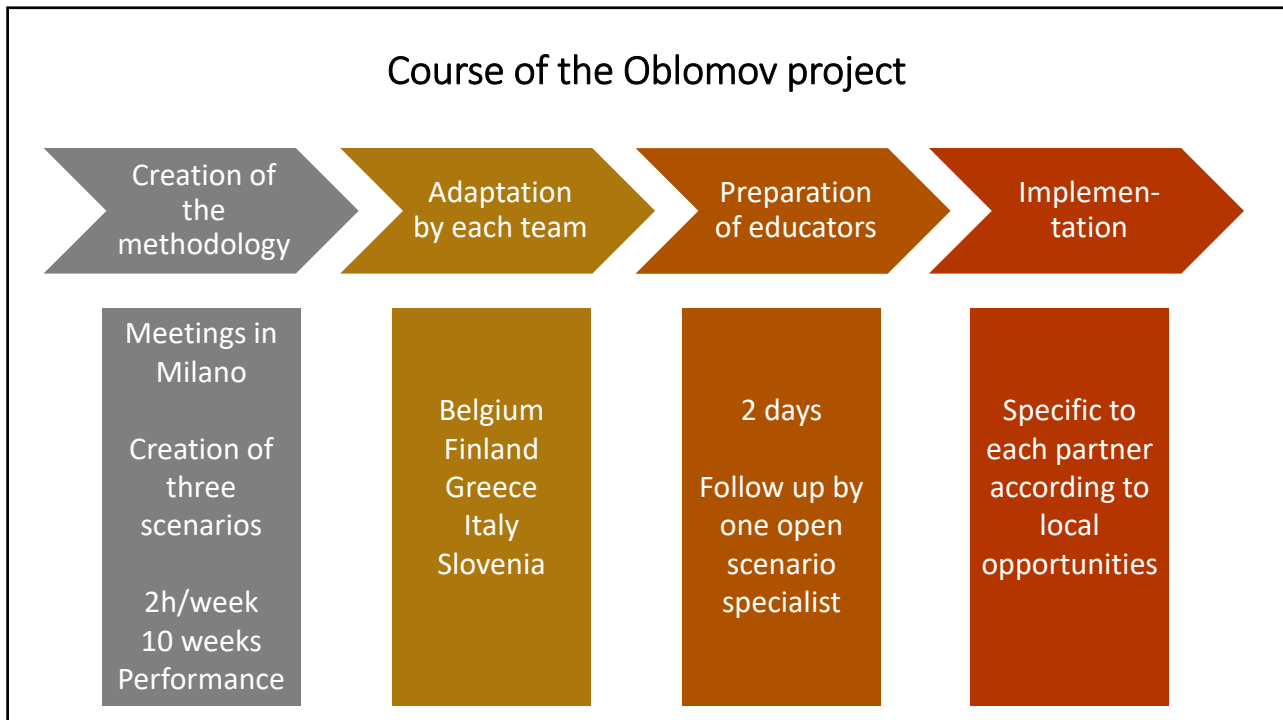
- ✓ Promoting an active and healthy lifestyle among pre-adolescents (11-13 years-old)
- ✓ Developing autonomy, creativity, and cooperation
- ✓ Using new technologies
- ✓ Involving youths' entourage (parents, family, school, associations)
- ✓ Producing resources for sustainable changes

General principles



Course of the Oblomov project





Let's Go
with the children

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Illustrations

- <https://almabooks.com/product/oblomov/>
- <https://www.marketing-mojo.com/blog/before-you-spend-another-dollar-on-digital-advertising-complete-these-4-steps/>
- <https://letsgowiththechildren.co.uk/family-events-and-places-to-go-in-june/>