

Reforming the educational system: An opportunity to promote good practices focusing on physical activity, well-being, and health

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Active Living through Exercise and Sport Sciences:
Future Trends for Global Creativity and Sustainability

ICPESS 2021 - Jakarta



Content of this presentation

- 1) Presentation of the Belgian educational context
- 2) Description of the last educational reform implemented in Federation Wallonia-Brussels
- 3) Illustration of ressources and good practices

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What you need to know about ...



A complex country

- Belgium is a federal state characterized by
3 national languages and 3 economical regions



Communities in charge of what deals with the people (language)

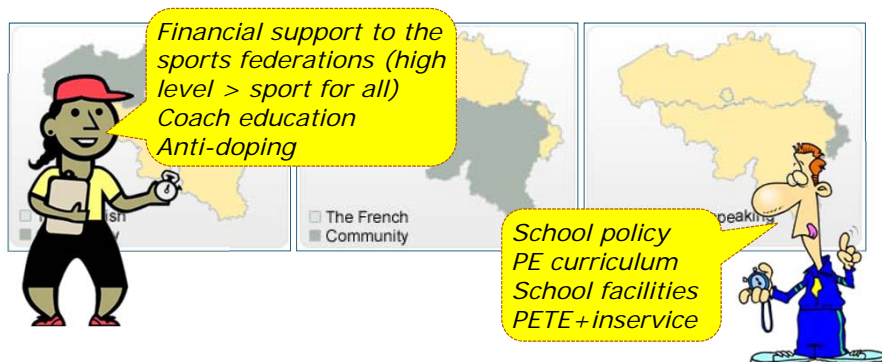


Regions in charge of what deals with the goods (geography)

5

A complex country

- Communities (languages – people)
 - ❖ Teaching, Youth, Culture, Sports, Justice



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A major reform in school education ...



Pact for Excellence in Education (PEE)

- Since 2015, the Federation Wallonia-Brussels prepares the implementation of a substantial reform of its educational system
- One of the axes of that project deals with a deeply modification of the core curriculum that will emphasize 8 domains
- Among these domains, one directly involves physical education (PE): “Physical Education, Wellbeing and Health”

PACTE POUR UN ENSEIGNEMENT D'EXCELLENCE

<http://www.enseignement.be/index.php?page=28280>

- PE(H) teacher is invited to:
 - get involved in a school policy focused on physical activity, wellness, and health
 - act during the specific course (inclusive quality physical education, societal transfer)
 - stimulate extracurricular physical and sport activities
 - galvanize and strengthen active transportation
 - initiate adjustments to the school environmental management
 - encourage collaborations in the context of interdisciplinary activities



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Pact for Excellence in Education (PEE)

- It means that it redefines PE teachers' missions and priorities
- As a consequence, new content and didactical knowledge is needed

Easy to say
hard to do ?



We are
here!

PACTE NSEIGNEMENT
POUR UN D' XCELLENCE

<http://www.enseignement.be/index.php?page=28280>

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Consortium Physical Activity, Wellness, And Health

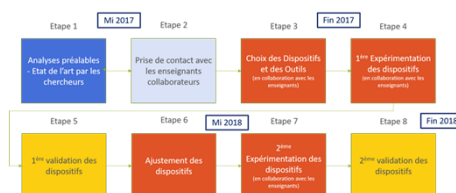
- In 2017, the Ministry of Education mandated a group of experts (the "CAPBES") from the 12 French-speaking institutions involved in physical education teacher education (PETE)



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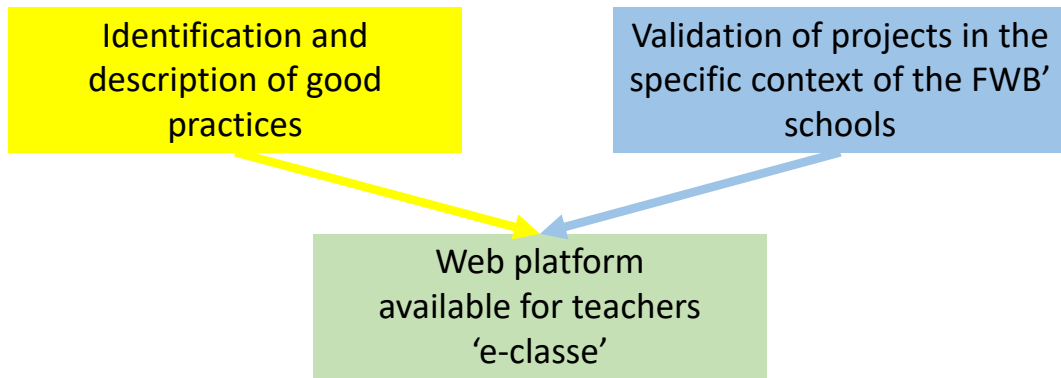
Consortium Physical Activity, Wellness, And Health

- Mission: identify, design and share teaching resources respecting the principles advocated by the PEE and aiming to promote physical activity, wellbeing and health
- The approach that was adopted laid on the collaboration between teacher educators and practitioners in line with the collaborative didactic engineering model (Goigoux, 2012; Sénéchal, 2016)

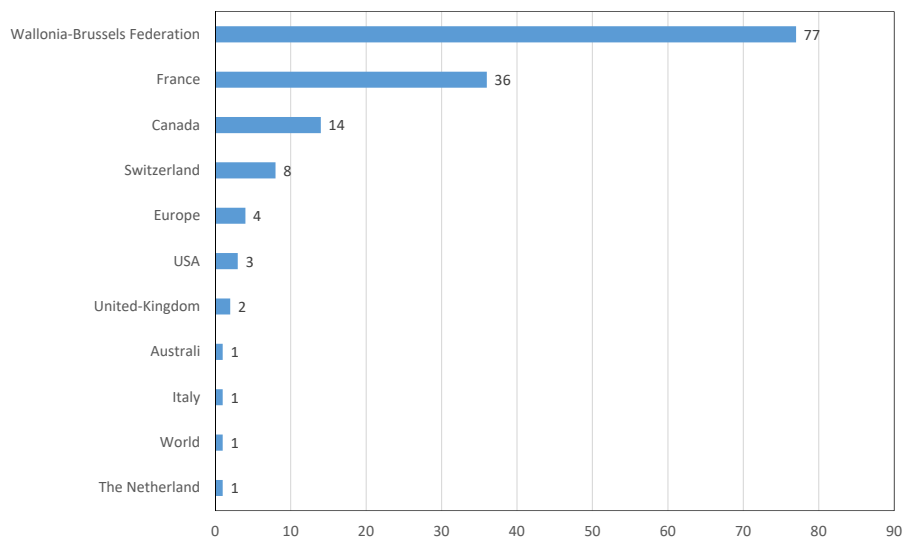


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Consortium Physical Activity, Wellness, And Health



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Distribution of the analysis sheets

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	Purposes	Validation type	Approaches	Subjects
1. Development of the playground 	<ul style="list-style-type: none"> - Measure the level of physical activity through a living environment. - Evaluate the impact of a device co-built with educational actors (teachers, teacher in physical education, management) whose goal is to meet the objectives targeted by the teaching team (management of social reports, level of physical activity). 	Longitudinal study	<ul style="list-style-type: none"> - Mixed methodology : <ul style="list-style-type: none"> • Qualitative • Quantitative 	Samples of 20 students per school, mixed and equal (8 schools)
2. Nutriathlon 	<ul style="list-style-type: none"> - Bring each participant to improve the quality of their diet by increasing and diversifying the consumption of fruits, vegetables and dairy products. 	Longitudinal study	Quantitative	72 students (41 girls and 31 boys)
3. Oblomov: move, play, create! 	<ul style="list-style-type: none"> - To propose an original educational method aimed at combating physical inactivity in adolescents and testing it with at least 1,000 young Europeans aged 11 to 13 years old. - Help young people to adopt healthy behaviors (diet, health behaviors), promote autonomy through expression and decision-making (management of emotions), involve the young person's entourage (parents, family, school, associations) in its efforts to combat a sedentary lifestyle. 	Quasi-experimental study	<ul style="list-style-type: none"> - Mixed methodology : <ul style="list-style-type: none"> • Qualitative • Quantitative 	<ul style="list-style-type: none"> - Students: 178 - Teachers: 5 - Teaching staff: 8 - Directors: 4
4. PAPS (Physical Activity Pauses at School) 	<ul style="list-style-type: none"> - Allow students to meet their need for physical exertion in the classroom. - Promote physical activity. - Reduce periods of inactivity. - Improve attention, concentration and focus on students' tasks following this break in learning. 	Case study	<ul style="list-style-type: none"> - Mixed methodology : <ul style="list-style-type: none"> • Qualitative • Quantitative 	20 teachers of primary schools
5. Dare to save at school 	<ul style="list-style-type: none"> - Analyze the impact of a first aid cycle, taught in physical education classes, on the theoretical knowledge and practical skills of students in secondary 5-6, secondary III, and primary 5-6. 	Quasi-experimental study	Quantitative	<ul style="list-style-type: none"> - 5-6 secondary: 155 students, 6 teachers. - Secondary III: 112 students, 5 teachers. - 5-6 primary: 186 students, 5 teachers.
6. Playground layout 	<ul style="list-style-type: none"> - Studying the behavior of children in the playground before and after setting up a teaching device. 	Quasi-experimental study	Quantitative	<ul style="list-style-type: none"> - Havré site: 3 teachers and 48 students - Morlanwelz site: experimental courtyard (9 teachers and 196 students); witness court (12 children and 284 pupils)

Bonni et al. (2019)

FÉDÉRATION WALLONIE BRUXELLES | ENSEIGNEMENT.BE

e-classe.be DISCIPLINES NIVEAUX CATALOGUE Chercher une vidéo, une thématique, un mot clé

Accueil > Recherche > sport

Education physique

RESSOURCES (84) Vidéos (86) Articles (1) Thématiques (2) Extraits vidéo (0) Cartes mentales (0)

Ajouter un filtre : Disciplines Niveaux Thesaurus Sources

OSER SAUVER À L'ÉCOLE

« Oser sauver à l'école » est un cycle basé sur l'apprentissage du protocole de la réanimation cardiopulmonaire avec et sans défibrillateur durant le cours d'éducation physique. Le cycle peut être proposé dans l'enseignement primaire et secondaire.

CHEMINS DES ÉCOLIERS

Ce projet propose aux élèves de l'enseignement primaire (4ème-5ème-6ème) de devenir acteurs de leur mobilité. Ils réfléchissent et proposent des pistes d'action concrètes leur permettant d'aller à l'école via des itinéraires piétons sécurisés.

ObLoMoV : bouger, jouer, créer

ObLoMoV est un projet européen qui encourage l'adoption d'un style de vie sain et actif chez les préadolescents. Ce projet combine deux éléments originaux : le High Intensity Interval Training et la théâtralisation de leçons d'éducation physique.

Je m'informe sur mon niveau d'activité physique

Cet outil permet d'identifier le niveau d'intensité d'une activité physique (AP) pratiquée, suivant des sensations physiques simples (rougeur, transpiration, essoufflement...). Les élèves apprennent à classer diverses AP en fonction de leur intensité.

Je gère mon temps libre

Dans le cadre d'un parcours de gym, l'enfant reçoit une étiquette sur laquelle un loisir est représenté ou écrit. À l'issue du parcours, il dépose son étiquette dans un cerceau correspondant aux loisirs passifs ou aux loisirs actifs.

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Examples of good practices ...

**TOUGH
DECISIONS
AHEAD**

A model to guide PE teachers to become changing agents



Prof. Marc CLOES

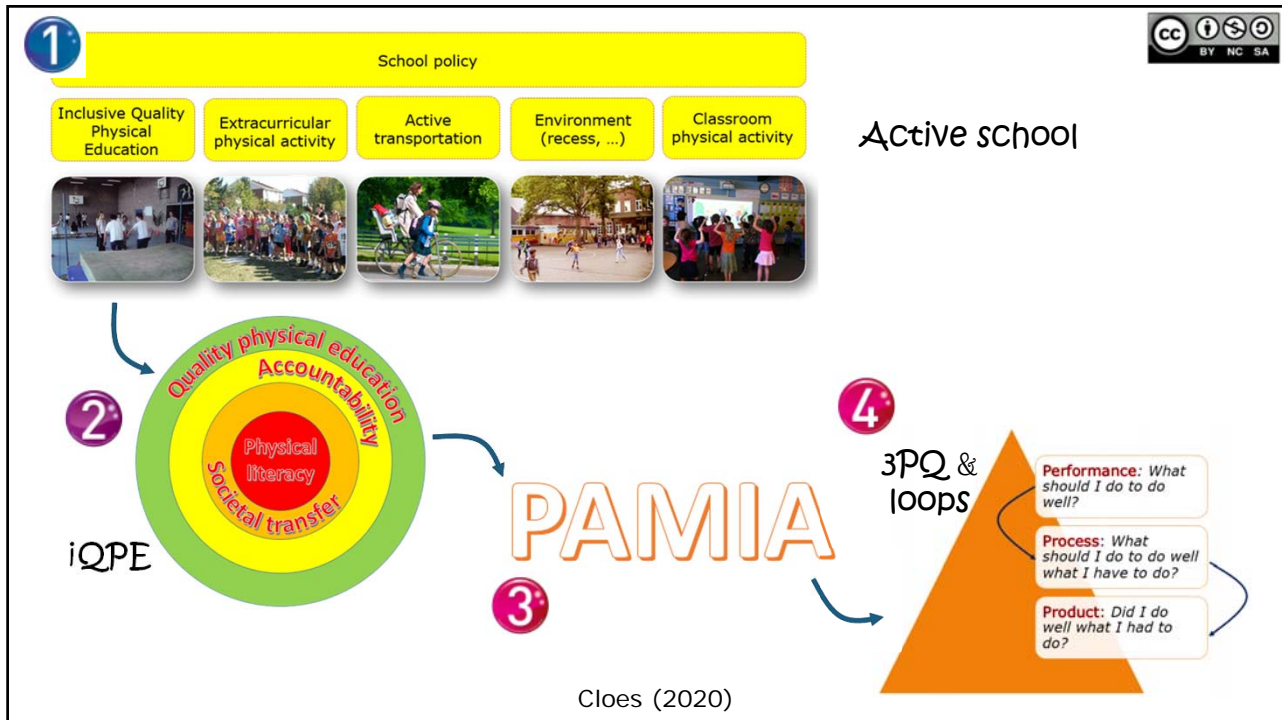
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University of Liege, Belgium

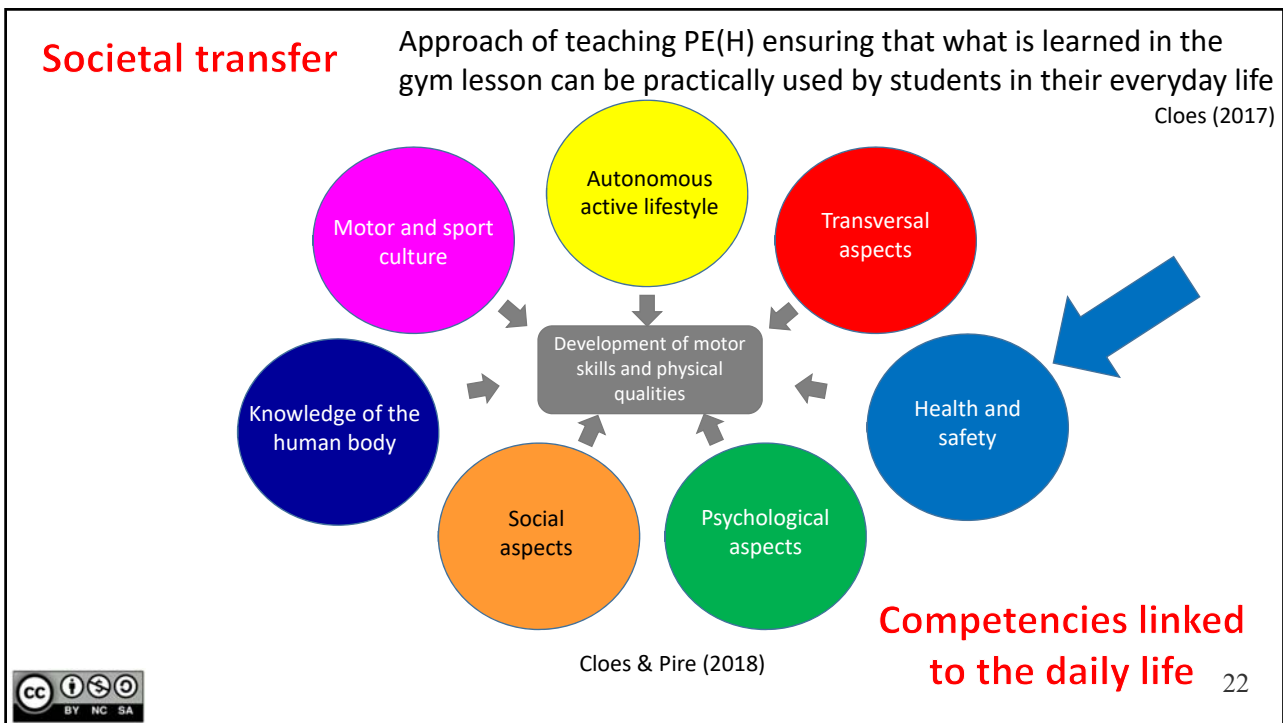
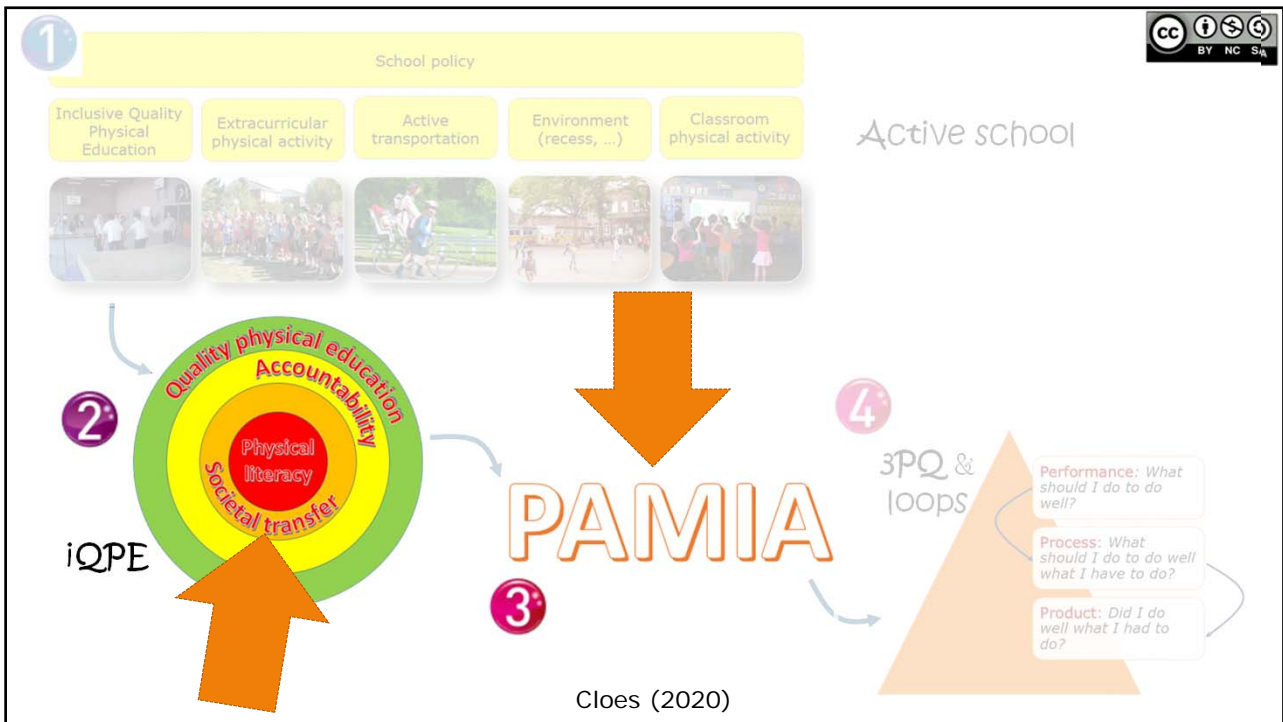


CEREPS+ Summit – HIPE 2020

Quality physical Education – What does it mean, and how should it look like?

Campus Belval, Luxembourg – November 16-19, 2020





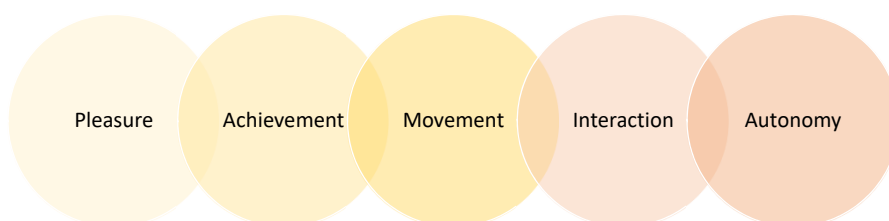
PAMIA

2017, Retos, 31, 245-251

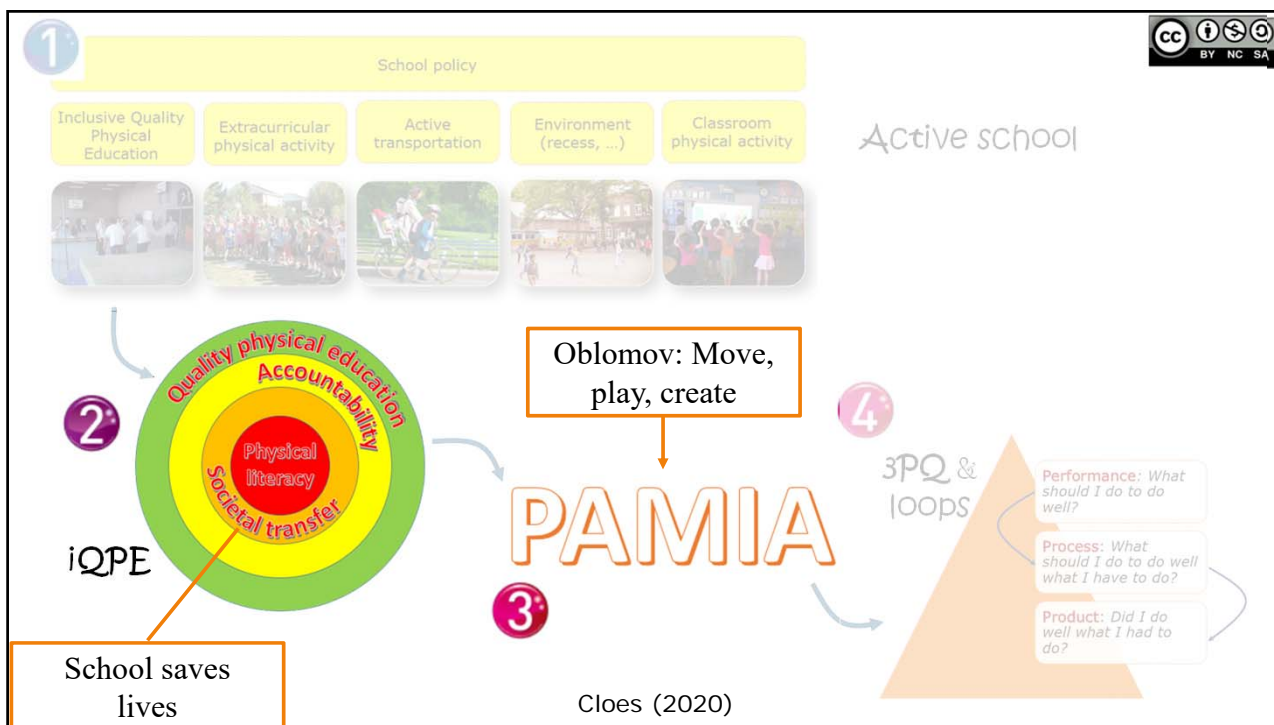
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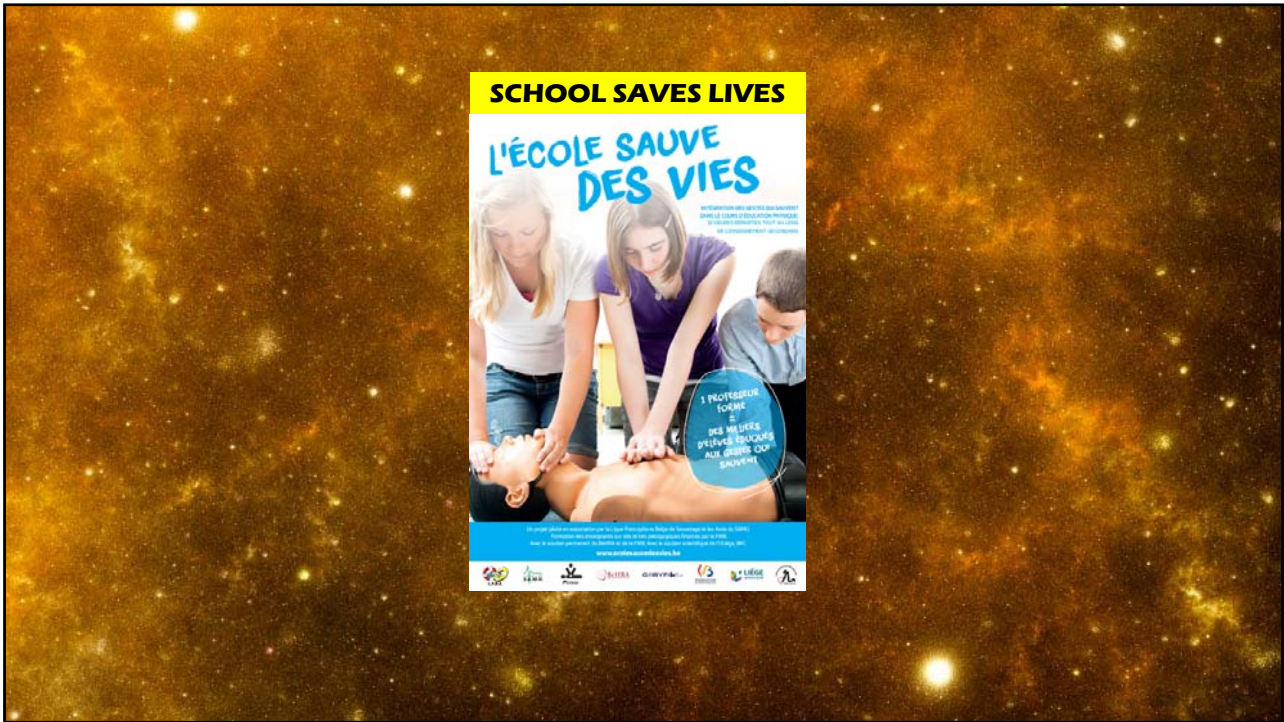
Preparing physically educated citizens in physical education. Expectations and practices Preparar ciudadanos físicamente bien educados en Educación Física. Expectativas y prácticas

Marc Cloes
University of Liege (Belgium)



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<https://ecolesauvedesvies.be/>

L'ÉCOLE SAUVE DES VIES - ESV



ACCUEIL POUR LES ENSEIGNANTS POUR LES ÉLÈVES TARIFS INSCRIPTION CONTACT

ONE EDUCATED TEACHER

=

THOUSANDS STUDENTS PREPARED TO THE ACTION TO SAVE LIVES

EN SAVOIR PLUS

APPEL À CANDIDATURE

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School saves lives

Mouton et al. (2018a)

- ✓ Collaboration between the Belgian Francophone Rescue League (LFBS) and the University of Liege (SIGAPS) + non-profit organization + FWB



- ✓ Recruitment of physical education teachers at 3 levels of education (scientific validation):

- 5th and 6th grades – 10 to 12 year-old children – 5 PE teachers ①
- 9th grade – 12-13 year-old adolescents – 5 PE teachers ②
- 11th and 12th grades – 16-18 year-old adolescents – 11 PE teachers ③

- ✓ Grade specific inservice teacher education (5h):

- Upgrading on CPR + Early defibrillation
- Presentation of the didactical and pedagogical equipment (loan)

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Dare to save a life at school - Content

Mouton et al. (2018a)

- ① Competence/certificate «I can call help and compressions»



- ② Competence/certificate «I can call help, compressions, and defibrillate»



- ③ Competence/certificate «I can call help, compressions, defibrillate, and insufflate (+ teach CPR to my relatives)»



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Dare to save a life at school - Knowledge

		1		2		3	
		n = 186 97 ♀ 89 ♂ 10,7 ± 0,8 year-old		n = 112 65 ♀ 47 ♂ 14,5 ± 0,9 year-old		n = 307 166 ♀ 141 ♂ 17,1 ± 0,8 year-old	
Before	T0	4,80/20	± 3,69	5,11/20	± 2,99	6,82/20	± 3,59
	p	$p_{T0vsT1} < 0,000$		$p_{T0vsT1} < 0,000$		$p_{T0vsT1} < 0,000$	
After	T1	11,75/20	± 3,60	13,71/20	± 3,15	15,86/20	± 3,19
	p	$p_{T1vsT2} = 0,59$		$p_{T1vsT2} = 0,17$		$p_{T1vsT2} = 0,64$	
3 months	T2	11,09/20	± 3,40	11,62/20	± 3,49	15,92/20	± 2,97
	p	$p_{T0vsT2} < 0,000$		$p_{T0vsT2} < 0,000$		$p_{T0vsT2} < 0,000$	

Mouton et al. (2018a)

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Dare to save a life at school - Practice

		1		2		3	
		n = 186 97 ♀ 89 ♂ 10,7 ± 0,8 year-old		n = 112 65 ♀ 47 ♂ 14,5 ± 0,9 year-old		n = 307 166 ♀ 141 ♂ 17,1 ± 0,8 year-old	
After	T1	17,08/20	± 1,82	9,77/20	± 2,55	15,3/20	± 1,96
	p	$p_{T1vsT2} = 0,04$		$p_{T1vsT2} = 0,06$		$p_{T1vsT2} = 0,17$	
3 months	T2	15,53/20	± 2,16	10,31/20	± 2,25	14,5/20	± 1,83

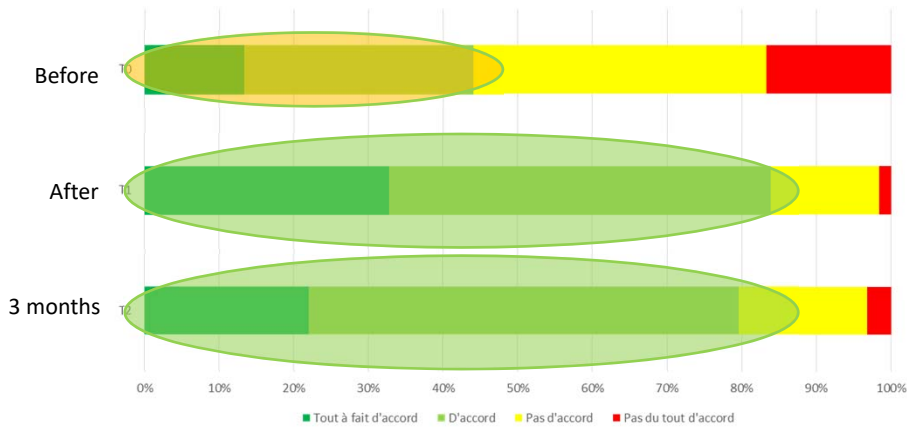
Mouton et al. (2018a)

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« Today, you feel able to provide first aid to a cardiac arrest people »

Mouton et al. (2018a)

10-12 year-old

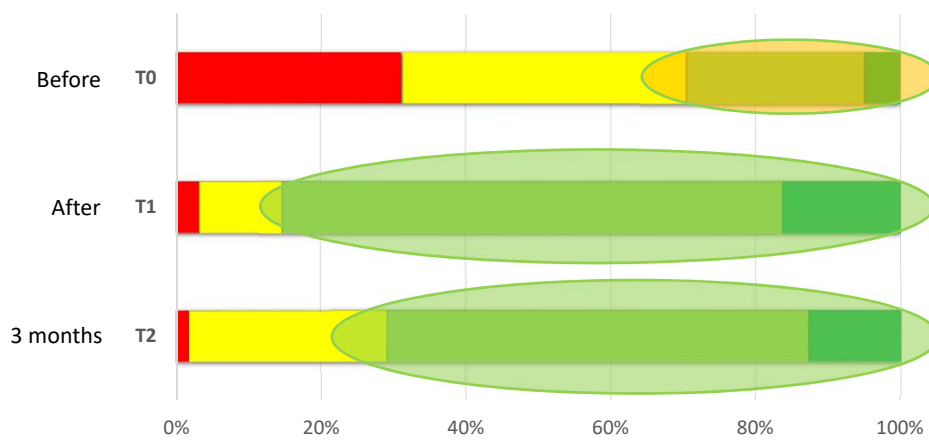


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« Today, you feel able to provide first aid to a cardiac arrest people »

Mouton et al. (2018a)

12-13 year-old

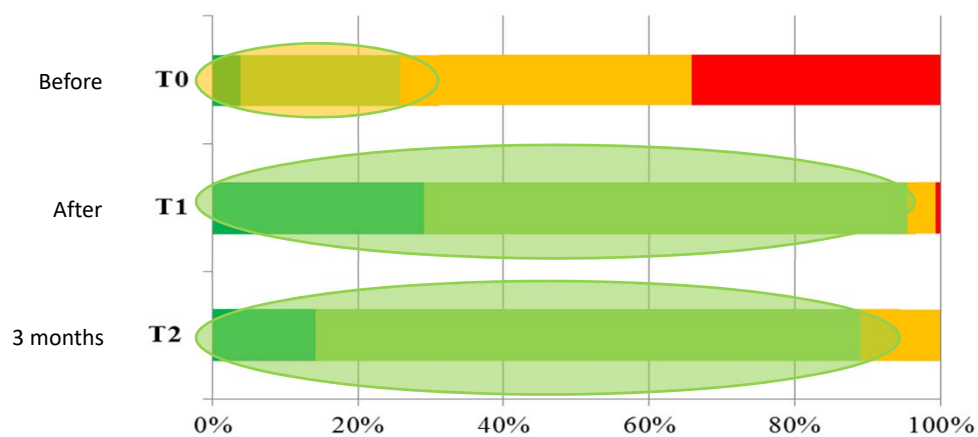


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« Today, you feel able to provide first aid to a cardiac arrest people »

Mouton et al. (2018a)

16-18 year-old



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Strengths

- Fast results on lifesaving skills
- Students motivation
- Limited need for sport facilities
- Physical literacy/accountability
- PE role highlighted in society
- Certificate delivered
- **Effectiveness**

Mouton et al. (2016)
Mouton et al (2018b)

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

info@oblomovproject.eu

blomov
obesity and low motility victims

HOME TEAM ACTIVITIES FOR SPORT FOR SCHOOL PARTNERS NEWS

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

A pedagogical methodology aiming to tackle the inactivity problem among 11/13 year-old children

blomov
obesity and low motility victims

“Oblomov: bouger, jouer, créer!”

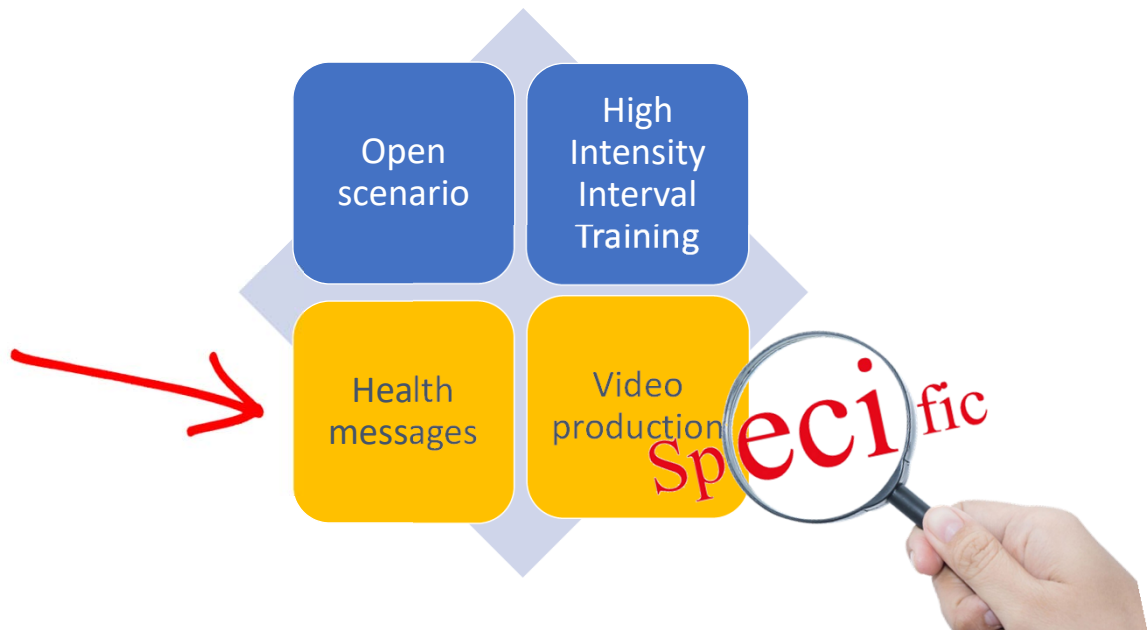
APS

Co-funded by the Erasmus+ Programme of the European Union

LIÈGE université

General principles applied in Liege

Remacle et al. (2018)



Open scenario - Theater

Remacle et al. (2018)

- ✓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

Remacle et al. (2018)

- ✓ 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)

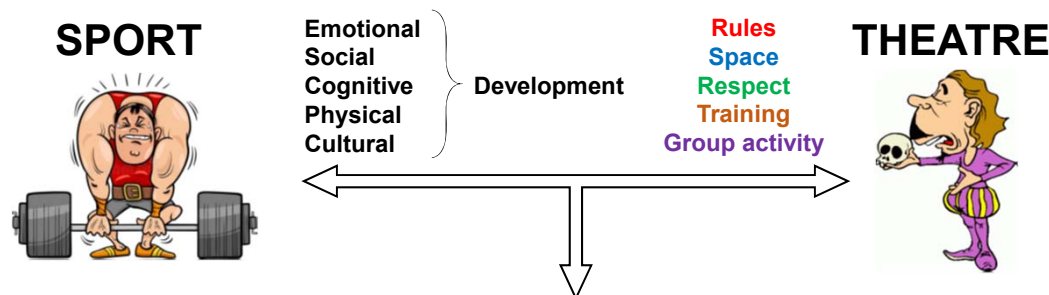
- ✓ Shorter distances and duration
- ✓ Less boring and funnier than Moderate Intensity Training
- ✓ Easier planning of team play-game
- ✓ Similarity to natural intermittent children's movements
- ✓ Obese kids' opportunity to compete with others



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Theatre and sport: an interesting connection

Vitale (2018)



THEATRE IS USED AS **MOTIVATION** TO DO SPORT

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Project overview

Remacle et al. (2018)

- ✓ Primary school (5th/6th grades)
- ✓ One unit of 10 PE lessons of 60'

	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

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SWOT analysis

Remacle et al. (2018)



- Name of the project
- School principals' interest and satisfaction
- Support for the schools and hospital stakeholders
- Children's behaviour and interest
- PE teachers' interest
- Overall interest about health topics
- Gamelike approach appreciated by the pupils
- Selection of the scenarios focusing on TV series
- Enthusiasm of the pupils for videos
- Quality of the videos produced by the pupils
- Availability of the booklets
- Adapted use of the approach by the practitioners
- Integration into PE teacher education

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SWOT analysis

Remacle et al. (2018)



- Lack of diversity of the conditioning exercises
- Lack of motor engaged time (???)
- Short duration of the project for concrete effects on lifestyle
- Decrease of some PE teachers' motivation for open scenario
- Lack of imagination of some PE teachers
- Scenarios considered as for young children by 6th graders
- Length of the unit focusing on a single aspect
- Difficulty to manage the timing of the lesson and children's skills

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SWOT analysis

Remacle et al. (2018)

O

OPPORTUNITIES

- Long term follow up on lifestyle
- Collecting and sharing of good practices
- Enrichment of the scenarios
- Development of a video data bank
- Additional preparation for PE teachers to use open scenarios
- Proposing tools for creation of new scenarios
- Use of the approach with other public (adaptation)
- Proposing shorter units or using Oblomov during short bouts of lessons
- Promote use of health messages and video production by children

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SWOT analysis

Remacle et al. (2018)

T

THREATS

- Lack of support for sustainability
- Time requested for the video preparation
- Lack of interest of the parents about the health messages
- Boredom when overuse

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What are Project Deliverables ?

Deliverable = Something Produced or Provided as a result of a process.

Input

- Information
- Documents
- Plan
- Equipment
- Money
- Software

Process

Output

- Consultation
- Project Plan
- Tool
- App
- Software
- Test Results
- Contract

Project

- Project Life Cycle
- Product Life Cycle

Project Management Deliverables

- Project Plan
- ...

Product Deliverables

- Hardware
- Software
- App
- Contract
- Assessment Results

Due Dates (Milestones).
 ... outcome.
 ... online software tool. *Simplify!*

Videos produced by the pupils

Oblomov : bouger, jouer, créer !

"LE TOUR DU MONDE"
réalisé par les élèves de 6èmes de Montfort

Oblomov : bouger, jouer, créer !

"LES BANDITS A NEW YORK"
réalisé par les élèves de 6èmes de Verlaine

Oblomov : bouger, jouer, créer !

"LES JEUX VIDEO"
réalisé par les élèves de 6èmes de Saint-Michel Esneux

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9 booklets for physical educators



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

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Some videos from practitioners





**Take
home message*

Four key messages for PETE

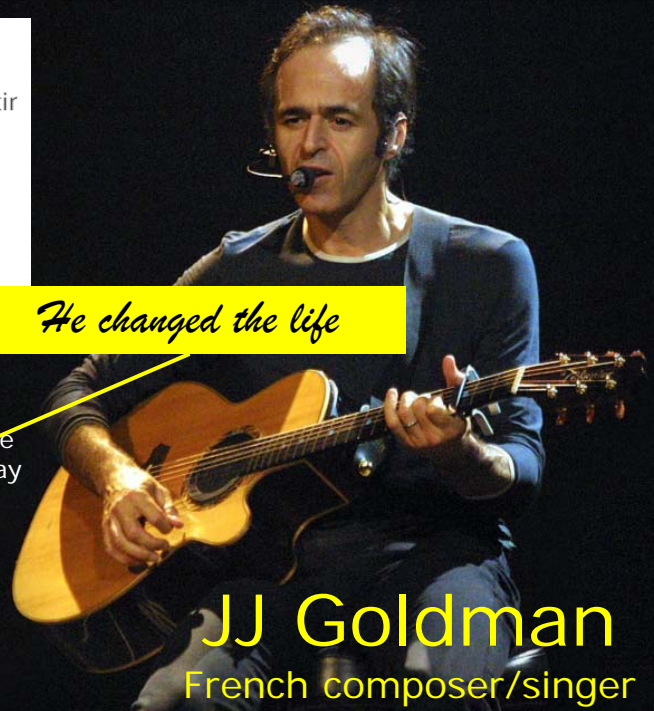
- Importance of the identification of good practices that emphasize the meaning of the teaching
- Need of validation of the original teaching designs by communities of practitioners
- Need of resources enabling to share interesting projects
- Translation in multiple languages to increase the available references

C'était un professeur, un simple professeur
 Qui pensait que savoir était un grand trésor
 Que tous les moins que rien n'avaient pour s'en sortir
 Que l'école et le droit qu'a chacun de s'instruire

Il y mettait du temps, du talent et du cœur
 Ainsi passait sa vie au milieu de nos heures
 Et loin des beaux discours, des grandes théories
 A sa tâche chaque jour, on pouvait dire de lui
 Il changeait la vie

He was a teacher, a simple teacher
 Who thought that knowing was a great treasure
 That all the second class people had to get away
 That school and the right of everyone to learn

He put time, talent and heart into it
 So spent his life in the middle of our hours
 And far from the rhetoric, the great theories
 To his task every day, one could say of him
 He changed the life



He changed the life

JJ Goldman
 French composer/singer



<http://hdl.handle.net/2268/259975>

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Could you have made a difference?



<https://youtu.be/etoqiZqxsDE>

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Oblomov : bouger, jouer, créer

Théâtralisation

Oblomov : bouger, jouer, créer

HIIT (High Intensity Interval Training)

Oblomov : bouger, jouer, créer

Messages santé

A large, stylized red number 2, rendered in a thick, brush-stroke style, centered within a white rectangular frame.