



Mobility of Youth Workers
Training Course

SPORT it out! Vol. 2

10-19/05/21
online training

SUGGESTED TIME LINE:

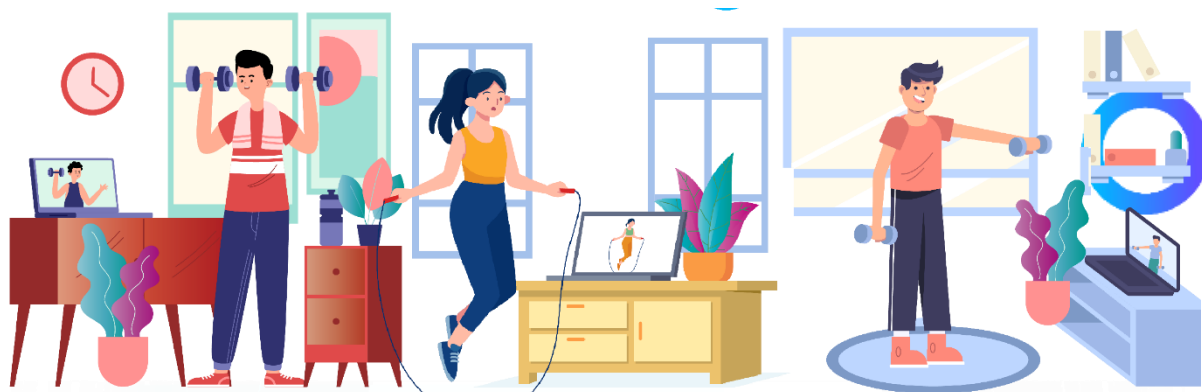
	Monday 10.05	Tuesday 11.05	Wednesday 12.05	Thursday 13.05
Session 1 (09:00 – 10:45)	Welcome and getting to know each other	Key words of the training: sport, outdoor and inclusion	Offline	Offline Task: get warmed and show some drills
Break (10:45 – 11:15)				offline
Session 2 (11:15 – 13:00)	online	Physical activity and health	offline	offline
Break (13:00 – 15:00)				offline
Session 3 (15:00 – 16:45)	offline	Offline Task exp. Mapping successful sport initiatives in their community	Mental and physical development of individual through sports and outdoor activities	offline
Break (16:45 – 17:15)				offline
Session 4 (17:15 – 19:00)	offline	offline	Sharing experience from local communities	offline



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



Nationale Agentur Erasmus+



	Monday 17.05	Tuesday 18.05	Wednesday 19.05
Session 1 (09:00 – 10:45)	Criteria and indicators of quality sport, outdoor and health-enhancing physical activities	Sport in action: Full day online competition in various sport activities 1	Challenges in implementation of quality sport, outdoor and health-enhancing physical activities
Break (10:45 – 11:15)			
Session 2 (11:15 – 13:00)	Case study - Cyprus Case study North Macedonia	Sport in action: Full day online competition in various sport activities 2	Participants in action – presentation and discussion about new joint projects and ideas for implementation
Break (13:00 – 15:00)			
Session 3 (15:00 – 16:45)	Nutrition for sport, outdoor and health-enhancing physical activities		Evaluation, lessons learned and future planning
Break (16:45 – 17:15)			
Session 4 (17:15 – 19:00)	offline		



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



JUGEND
für Europa

Nationale Agentur Erasmus+