



Enjoyment in safety: adjustments of physical activity games to COVID rules ...

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INTERNATIONAL VIRTUAL WORKSHOP

December 11 th 2020 at 1:30 pm

MANAGING OUTDOOR ACTIVITIES DURING COVID PERIOD

Experiences, Rules, Solutions and Perspectives from European Countries

During Covid period people are less engaged in physical activity worldwide, creating a greater risk of health loss. However, training indoor can represent a risk for increasing infection. Therefore the only real solution to this problem is to reinforce people to do physical activity outdoors while respecting existing social distancing rules. Taking into consideration this particular situation the need of exchanging knowledge about possible urgent solutions becomes of paramount importance.

Following on former project of OSRESS 2020, we are now proposing a virtual international workshop, with the aim to discuss about experiences, rules, solutions and perspectives in different European countries regarding the management of the outdoor activities during Covid period.

Participation is free, the link for the registration is:
https://univr.zoom.us/webinar/register/WN_dqP-pmDqQkSQnmC_19KP_g

Registration deadline: 4th december 2020

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Italian regulations

Rules and general provision:

CTS Documento tecnico Verbale 82 - 28 maggio 2020 CTS Verbale n. 90 - 22 giugno 2020

Piano scuola 2020-2021 - 26 giugno 2020

CTS Verbale n. 94 - 7 luglio 2020

For Physical Education (PE)

DPCM 17 maggio 2020 - Allegato 17

DPCM 14 luglio 2020 Allegato 1 “Linee guida per la riapertura delle Attività Economiche, Produttive e Ricreative”:

Scheda tecnica «Palestre» e Scheda tecnica «Attività fisica all’aperto»

USR Veneto Manuale operativo 7/7/2020 (ppgg 7/8) - faq

USR Lazio Suggerimenti operativi 13/7/2020 pag 9

USR Emilia Romagna Materiali per la ripartenza Ed. fisica 22/7/2020 Programmazione delle attività motorie e sportive nella scuola trentina agosto 2020 “Linee-Guida ai sensi dell’art. 1, lettere f e g - Modalità di svolgimento degli allenamenti per gli **sport** individuali”, contenute nel Decreto del Presidente del Consiglio dei Ministri 26 Aprile 2020

Il giorno 20 maggio 2020 l’**Ufficio per lo Sport** della Presidenza del Consiglio dei Ministri ha emanato delle specifiche linee guida recanti “Modalità di svolgimento degli allenamenti per gli sport idi squadra”

3 Dicembre 2020 Linee guida per la gestione in sicurezza di opportunità organizzate di socialità e gioco per bambini e adolescenti nella fase 2 dell'emergenza COVID-19

Risk levels

Gathering **is** the main risk.

A high cardio-respiratory effort **causes** an increase in inspired and exhaled liters of air resulting emission of *droplet*.

Space ventilation **is required**: to ventilate 6 times per hour

Physical exercise **increases** the development of aerosol

Advised procedures

- Limit the number of participants
- Slow the game pace
- Promote outdoor Physical Activity



What is COVID taking away from children's development?

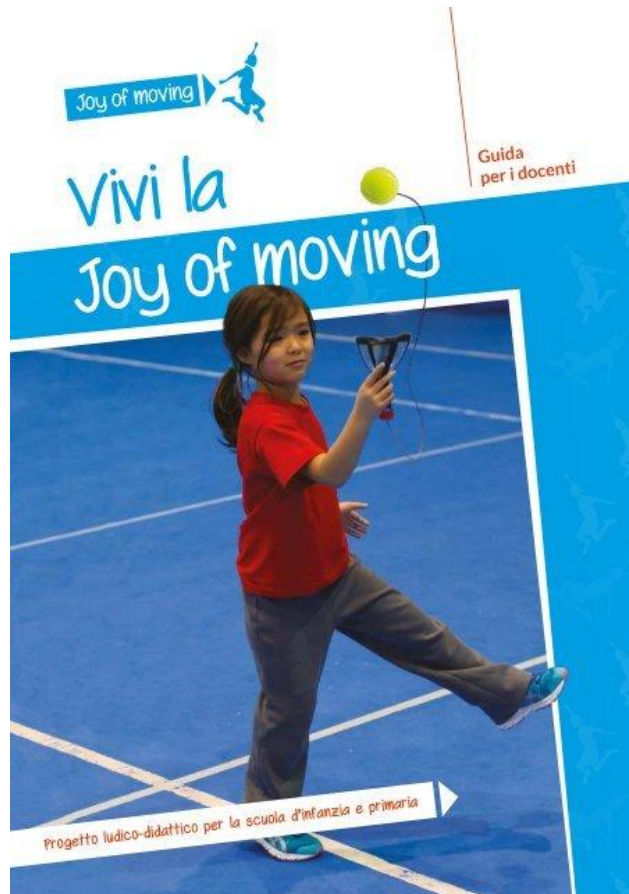
1. Optimal development:

Indeed, placing children in enriched environments that maximise the experience of quality activities during early childhood could result in optimal development (Ball, Mercado, and Orduña 2019; Rhemtulla and Tucker-Drob 2011).

2. Physical activity (PA)

is one of the meaningful activities that have been coupled with the concept of enrichment. The relation between Physical Activity (PA) and cognitive function in children is receiving considerable attention: the utility of PA is crucial (Pesce, 2019)

Which Physical Activity ? Which game?



Physical Activity games train children's motor skills, cognitive skills and life skills (Tompson et al., 2015)

Deliberate play helps children to develop problem solving skills thanks to the variability of practice (Pesce et al., 2019)

Performance Games

The rule is
intrinsic to
the game



They arise from
the pleasure of
putting oneself
to the test



Collective games

Characterised by flexibility and positive enjoyment (a.k.a Deliberate play)

Es. “The active neuron”



Team play (cooperative play)

The actions of the players add up to one another. An example, "Mummy sparrow": in this games need to get to their mummy sparrow in turns while avoiding the balls thrown at them by the hunters.



Team games with a ball... slower paced games, games of focus

Tagging games. *An example is “Popper ball”*

*Players’ actions are inter-connected with
other players*



Games outcome after the application of COVID regulations

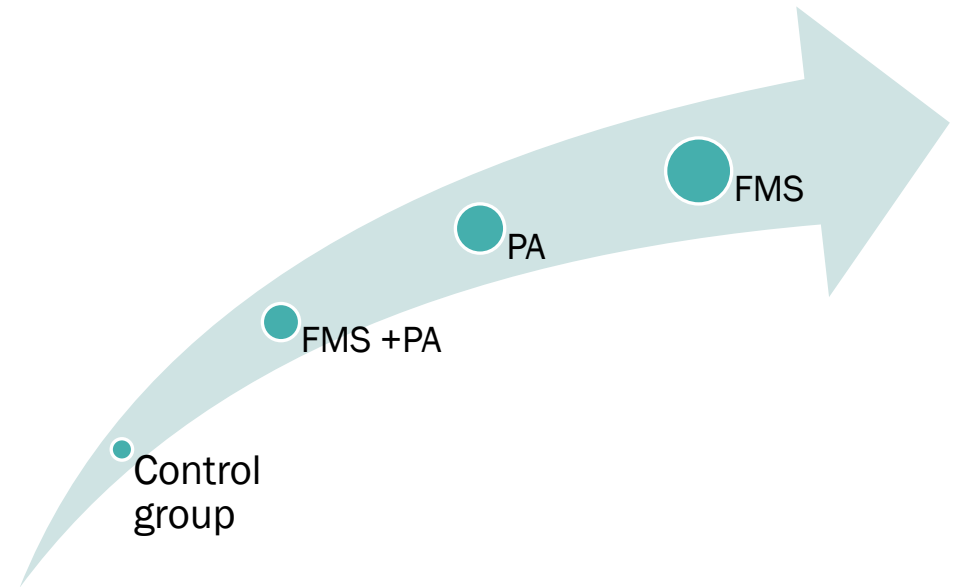
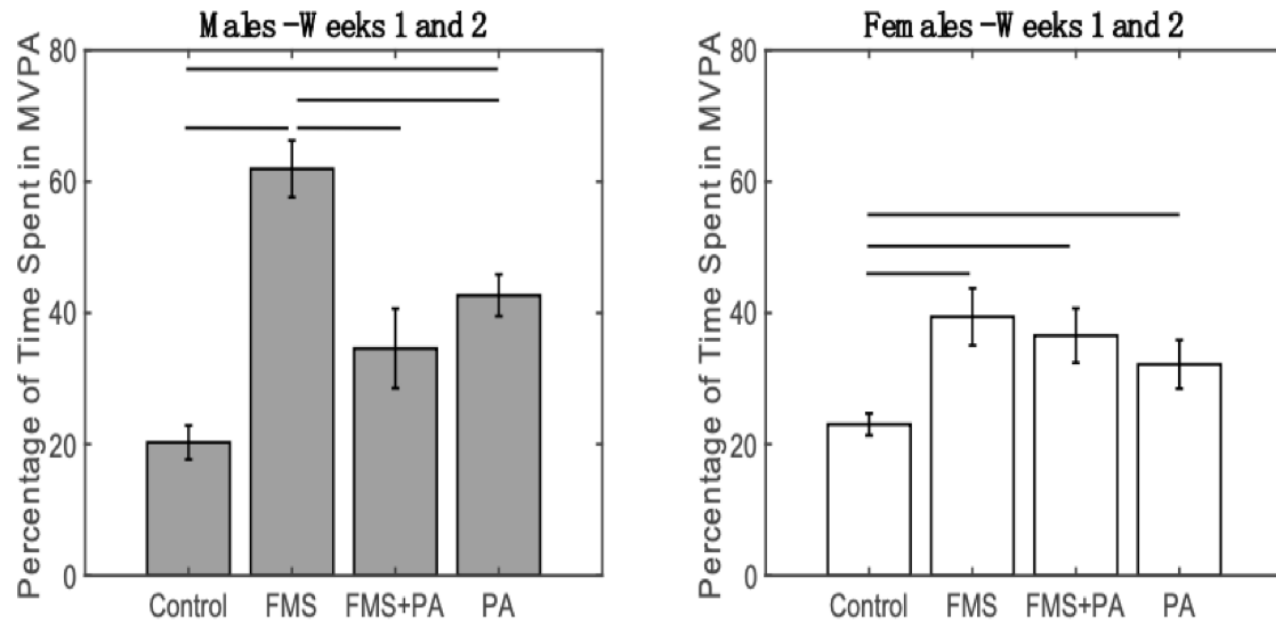
- Performance games can be played in a cooperative form
- Collective and team games become object- control- skill games.
They're games develop the FMS

Physical activity games adapted, develop fundamental motor skills (FMS)

1. Exercising and developing FMS is important as FMS are not learnt naturally as a result of age and maturation (Logan et al., 2012).
2. These skills need to be learned, practised and reinforced (Goodway & Branta 2003; Valentini & Rudisill 2004a; Robinson & Goodway 2009).

FMS;FMS+PA; PA gr followed by instructors

Figure 1. Percentage of time spent in MVPA by group across the intervention.



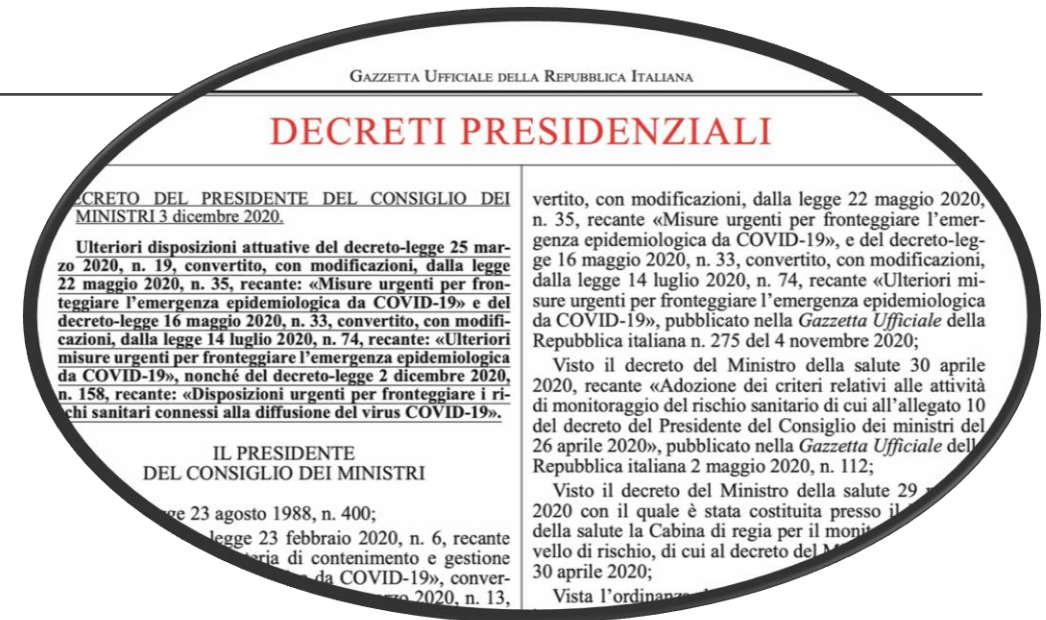
PLAY WITH LEARNING

*“A substantial body of research (e.g., Stodden et al., 2008; Robinson and Goodway, 2009; Giblin et al., 2014a,b) highlights how structured instruction and feedback are required to ensure that **essential movement skills** (EMS) develop appropriately*

It is important that quality early physical experiences, delivered in an appropriate manner, are necessary to ensure the optimal development of EMS.

(MacNamara et al., 2015)

“Outdoor Education” (DPCM 3-12-2020) to ensure children and adolescents’ rights to socialise and play



But which play?

Deliberate play is often misunderstood because it suggests that children play without appropriate feedback or instruction,

but children need to be supported, guided, and encouraged.

Further research is necessary to compare spontaneous play with structured games



In conclusion: *putting everything together*

The restrictions to games applied by COVID regulations, have surprisingly resulted in successful outcomes as they:

- have forced children to develop additional problem solving skills
- promote social dynamics
- develop FMS
- these games can also be played outdoors



**Thanks for your
attention**