



School Equity Best Practice

Title: *SPORTS PLAN*

Equity dimension: Fairness Inclusion Access Opportunities
 Personalised learning Personal and social development

Subject: *Social cohesion*

Target groups: Early Years Primary education Lower secondary education
 Upper secondary education Vocational Training Other

Source: *Institut El Calamot is a Public Secondary School located in Gavà, a town 20 km away from Barcelona which has a population of 46.000 inhabitants. Institut El Calamot was created in 1986 and, due to its growing educational needs, moved to a new location in 1996. With a total enrolment of over 1.000 students, there are mainly immigrant and middle/working class students. Institut El Calamot provides Secondary Education -lower & upper- and Vocational Training -intermediate & advanced-.*

Address: Avda. Joan Carles I, 62. 08850 – Gavà, Barcelona.

Phone number: +34.93.633.44.50. E-mail address: ieselcalamot@xtec.cat

Description: *The Sports Plan is a Sports Educational Project that aims at fostering social cohesion in school through physical activity, reinforcing healthy habits and increasing the following aspects: the choice of sports activities, the number of students who practice sport on a regular basis, the participation in extracurricular sports activities and the frequency of after-school continuous/discontinuous/punctual sports activities. It also offers students and their families the possibility to become coaches and manage the sports activities held at school.*

Methodology: *In order to implement the Sports Plan good practice, the school needs to assign a Sports Plan coordinator, who will preferably be a P.E. teacher. This person will be in charge of creating a Sports Plan Project and implementing it, which implies organizing both school day & after-school activities.*

The school day activities include:

- *Physical Education as a compulsory subject*
- *Additional sports as optional subjects -for example: tennis, swimming,...-*
- *Environmental one-day trips to practice group sports, which also helps bring students together*
- *End-of-year synthesis activities*
- *Supervised sports activities & leagues during break time, which include the student role of “dynamizer”. The “dynamizer” gets specific training and receives a certificate once the volunteering task has been completed. He/She supervises and referees the school’s leagues. There are end-of-year winners and prize awards.*

The after-school activities include:

- *Participation in sports activities organized by the Catalan Sports Council and the Town Council*
- *Participation in continuous/discontinuous/punctual sports activities.*

In all cases and at all times, the coordinator must promote using bicycles and walking, foster a healthy and active lifestyle, recommend linking most school trips to the practice of a sport and make sure sports activities are included in the school’s celebrations. Furthermore, the coordinator also has to apply for scholarships, register students in the different competitions, manage insurances, buy or hire sporting equipment and coordinate any other issue to guarantee a well-functioning Sports Plan.

Resources:

Human resources: *P.E. teachers, a coordinator, “dynamizer” students and parents/students/former students who volunteer as coaches or sports technicians.*

Financial resources: *70% of the budget comes from the Catalan Sports Council due to the fact that Institut El Calamot is recognized and officially registered as a nonprofit Sports School Association. Another 20% comes from the very low fees students pay. The remaining 10% comes from the Town Council because of the school’s participation in the town’s School Sports Games. Expenses are reduced by having members of the educational community who volunteer in the Sports Plan. Institut El Calamot also belongs to a group of associations which share and exchange sporting equipment with no additional cost.*

Technical resources: *easy access to a computer, a phone and a printer.*

Materials needed: *sporting equipment.*

Spaces needed: *a gym, changing rooms and sports fields.*

Outcomes: *The impact of the Sports Plan on the school is very positive. The results show that it fosters inclusion, improves social cohesion and group identity, increases respect towards peers and the school's installations, and promotes a healthy and active lifestyle. The aim of its assessment is to verify that the objectives have been achieved and apply corrective measures if needed. The assessment is divided in quantitative and qualitative. The quantitative assessment measures participation, frequency and number of activities offered. The qualitative assessment offers corrective and improvement measures. There is a specific assessment sheet for each activity. The coordinator, "dynamizers" and technicians also have to evaluate to what extent the results have been achieved according to the assessment sheet provided for this purpose. An audition is carried out yearly to guarantee the success of this procedure.*

Supporting documents:

1. Sports Plan 10th Anniversary Video:

<https://drive.google.com/file/d/1d9zGnoLBvHywDJ0feXxNnZP8mbaqbKLM/view?usp=sharing>

2. Sports Plan PowerPoint Presentation:

<https://docs.google.com/presentation/d/1mySDpPfxX2i9Qd99pobrndD-26XpTccmJXby78pp1S4/edit?usp=sharing>

3. Sports Plan Brochure:

<https://drive.google.com/file/d/1zABqo66FuqJ0jvD917wf1tYQy42daeSm/view?usp=sharing>

Interview:

<https://drive.google.com/file/d/1XqNd1kXEY5WKv5Ex3eXDFtSPFQyPR3UI/view?usp=sharing>