



PROGRAM:

**INTERNATIONAL INTENSIVE COURSE
OF SCHOOLYARD AFFORDANCES
FOR STUDENTS FROM
NORDIC-BALTIC COUNTRIES**

5 ECTS

From 11th of March to 15th of March 2024

Faculty of Sport and Health Sciences

University of Jyväskylä, Finland

**Nordplus Horizontal -project: Schoolyard Affordances
for Physically Literate and Active Schoolchildren in Era of
Digitalization” (NPHZ-2021/10040)**

The right to changes is reserved.



JYVÄSKYLÄN YLIOPISTO
UNIVERSITY OF JYVÄSKYLÄ

Monday 11.3.2024

Travelling day to Jyväskylä & arrival to accommodation (see map)

Tuesday 12.3.2024

Arrive at 8.30 am at Seminaarinkatu 15, Lyhty building (see map)

8.30-9.45 Welcoming words & introductions (Task 2)

9.45-10.30 Lecture: schoolyard affordances

10.30-11.00 Discussion of the articles read for the course (Task 1)

11.00-11.15 Instructions to Dream schoolyard group task

11.15-12.15 Lunch (at campus area)

12.15-13.30 Dream schoolyard group task & presentations

13.30-16.30 Visit to Valteri school which provides special support

18.00-20.00 Get together -dinner at hotel Alba offered by Faculty

Wednesday 13.3.2024

8.30-9.00 Instructions to schoolyard observation (at Lyhty)

9.00-11.30 Schoolyard observations (at different schools)

11.30-12.30 Lunch (at campus area)

12.30-15.00 Schoolyard observation group task & presentations
(at L 209 at Liikunta building, see map)

15.00-16.00 Tour at the Faculty of Sport and Health Sciences

(Between 13-16 the staff can have a meeting concerning the article)

Evening: Optional dinner / visit to sauna Viilu (not paid by project)

Thursday 14.3.2024

8.30-9.00 Meeting at the lobby of Liikunta & walking to school

9.00-11.45 Visit to Voionmaa school & activities (Task 3)

11.45-12.30 Discussion of the course & closing words

12.30-13.30 Lunch (at campus area)

14.30 Free-time at Jyväskylä City / games at the Faculty

(Between 13.30-15.30 the staff can have a meeting concerning the article)

Friday 15.3.2024:

Departure



Preliminary assignments for students:

Altogether, there are 3 different preliminary tasks to do before the course. See the detailed instructions below.

TASK 1: Read three articles and reply to given questions below

Read three pre-determined research articles on schoolyards (you can find them as attachments). Answer the questions below. Submit your task (including your answers, name, university and country) in PDF- or Word-format at Pedanet e-learning environment (see instructions as attachment) by 4th of March 2024. Be prepared to discuss about the findings of these articles during the intensive course in Finland. Below are the questions concerning the 3 scientific articles:

1st article:

“Schoolyard Affordances for Physical Activity: A Pilot Study in 6 Nordic–Baltic Countries”

- What are the main characteristics of the schoolyard from your own country described in this article? → Main characteristics: space, topography vegetation, facilities, regulations.
- What are the main findings in this study of the 6 schoolyards?

2nd article:

“Affordances of School Ground Environments for Physical Activity: A Case Study on 10- and 12-Year-Old Children in a Norwegian Primary School”

- What are the main differences between the natural environment and the constructed environment in the Norwegian schoolyard?
- Explain and justify how the natural environment in the schoolyards may have an impact on children’s play and physical activity.

3rd article:

“School Children’s Physical Activity and Preferred Activities during Outdoor Recess in Estonia”

- This article focused on 4 different schoolyards. – Which schoolyard has the best qualities and facilities to promote children’s play and physical activity?
- Justify your assessment with examples.

TASK 2: Your own introduction with the twist of schoolyard memories

Get ready to introduce yourself by sharing the favorite spot on your childhood schoolyard and the spot you never used on the schoolyard. If possible, take a video or photo of these places from your childhood schoolyard (or from similar place if the schoolyard has been, for example, renovated). Each country has 5 minutes to present themselves (thus, about 1-2 minutes / person) on Tuesday the 12th of March. Make one Power Point -presentation / country. Submit your Power Point -presentation at Pedanet e-learning environment (see instructions as attachment) by 11th of March.

TASK 3: Planning and teaching a physically active play in a schoolyard

Plan one physically active game / play that could be played in a schoolyard. Be prepared to teach it to the pupils in a schoolyard during recess. The pupils are 7 to 16 -year-olds. Please note that everyone should have an equal possibility to participate in the game if they wanted to. Be clear in instructions as you probably won't have a common language! Thus, demonstrate the game / play, for example, with your body or pictures. Some basic equipment (e.g., balls, jumping robes, cones) will be available if needed. If you need something special, you need to carry the equipment with you from your home country. Also, it is probably still rather snowy in Finland so plan a game / play that can be played in snow (it might also be slippery). The game / play should be rather simple as you might only have 10-15 minutes for the game (depending on the length of the recess). You can teach, for example, some traditional game from your home country. Submit your activity at Pedanet e-learning environment (see instructions as attachment) by 11th of March.

