

# Cities for Sports

The European Network of Cities  
for Sport and Physical Activity

## Lodz Sister Cities Meeting

Lena Knorr Sports Department Stuttgart  
Coordination „Cities for Sports“



# Network Background

Healthy life calls for physical activity!

## **Sports departments main purpose**

- Promote exercise and physical activity
- Make the city more active and healthy

## **Challenge of implementation**

# Network Background

Make the city more  
active and healthy

Save time  
and money

Cities for Sports

EXCHANGE

Solutions

Concepts

Ideas

Knowledge

100.000+ European cities are the most important  
supporter of sports and physical activity

# Routes to exchange

- **EU funded project “You need exercise!”**
  - Focus: Children’s physical activity promotion
  - Conference “Active Cities – Active Children“
  - Recommendations for how the promotion of exercise among children can be implemented within a local authority
- **1st Network Meeting**  
20.10.2011 with 35 participants  
from 10 countries
- **Extension of themes**

**You need exercise!**  
Promoting children’s physical activity

**Promotion of Children’s  
Physical Activity**

Practical Guidelines for  
European Cities

# Population - EU 27

<b>6-12</b> 68 Mio.	<b>13-17</b> 27 Mio.	<b>18-60</b> 296 Mio.	<b>60+</b> 110 Mio.
<b>Settings</b> Kindergarten School Sports Club	<b>Settings</b> School Sports Club	<b>Settings</b> Firm Sports Club Gym	<b>Settings</b> Networks Sports Club Gym
<b>Questions</b> Overweight and motor (dis)abilities	<b>Questions</b> Dropout Peer Groups	<b>Questions</b> Worktime vs. Leisure Time Family Structure	<b>Questions</b> Engagement vs. Disengagement Self-determined Life

# Sports Development

Objectif

**MAKE THE CITY MORE ACTIVE AND HEALTHY**

Age groups

**CHILDREN**  
0-12

**YOUTH**  
13-17

**ADULTS**  
18-60

**ELDERLY**  
60+

Communication

**Information of the target groups (off-/online, networks, peer group)  
Motivation of the target groups (i.e. campaigns, parent work)**

Offers & Settings

**Sports Clubs**

**Kindergarten  
Schools**

**Events**

**Open Offers**

Ressources

**Staff**

**Sports Halls  
Spaces**

**Finances**

**Networks**

# Organisation

## Tools for communication and information

- > **Internet** [www.citiesforsports.eu](http://www.citiesforsports.eu)
  - Focus on best practices - documents, concepts and contacts
  - Problems and solutions
  - Interactive message board
  
- > **Newsletter**
  
- > **Central network meeting**
  
- > **Working groups**
  
- > **Other networks**

# „Gemeinschaftserlebnis Sport“



- since 1995
- reaches 15.000 persons
- 5-17 y.o.
- free and very open
- special target group



# “Sport at the park“



- since 2010
- 20-80 years old
- free and open
- with sportclubs

# „Aktiv älter werden“



- 500 Offers
- Sportclubs most important with German Red Cross
- reaches approx. 7.000 persons each week
- 50 to 98 years old

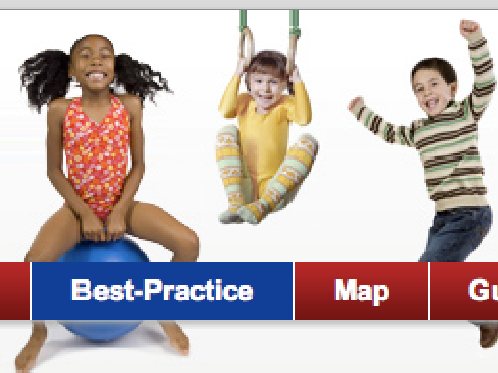
## Problem

in Stuttgart 140.000 persons are older than 60 years

# You need exercise!

Promoting children's physical activity

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## New Best-Practice

[Network "Cities for Sports"](#)

[AOK Pausen-Liga](#)

[Bewegungswelt Karlsruher Kindergarten](#)

[Open Sunday](#)

[Weltspieltag am 28. Mai](#)

## Popular Best-Practice

[Kinderleicht aktiv \(A\)](#)

[Kinder-Sport-Sonntag \(Sports Sunday for Kids\) - Lörrach \(DE\)](#)

[schule bewegt / l'école bouge / scuola in movimento \(CH\)](#)

[Gesund sind wir stark! \[Healthy we are strong!\] \(DE\)](#)

[Projekt gewichtig! in rundum gesund \["weighty!" project within "all-round health"\] \(DE\)](#)

## Submit your own best practice

You want to present your best practice in promoting children's physical activity?

## European's Best Practice in promoting children's physical activity

Search Anywhere



### [schule bewegt / l'école bouge / scuola in movimento \(CH\)](#)

«schule bewegt» ist ein Schweizer Bewegungsförderungs-Programm für das Setting Schule des Bundesamts für Sport BASPO. Allen Schweizer und Liechtensteiner Schulen stehen einfach umsetzbare Unterrichtsmaterialien kostenlos zur Verfügung. Im Gegenzug verpflichten sich die angemeldeten Schulklassen zu täglich 20 Minuten Bewegung – zusätzlich zum obligatorischen Sportunterricht. [» more](#)

### [Motorikpark Feldkirchen \(A\)](#)

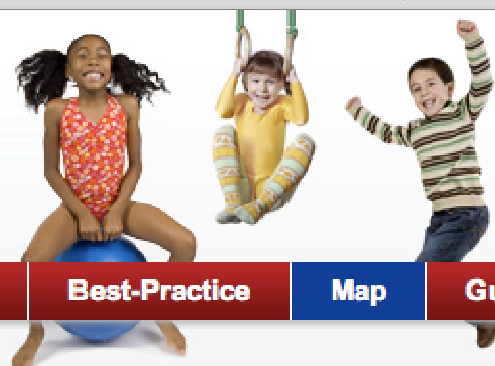
Der Motorikpark Feldkirchen stellt ein wahres Bewegungsparadies für alle Bevölkerungsgruppen und Altersstufen dar. Vom Kindergartenkind über Fitness- und Leistungssportler bis zu aktiven Senioren, jeder Gast kann hier in einer wunderschönen Naturlandschaft einen wesentlichen Beitrag zur persönlichen Gesundheit und Fitness leisten. [» more](#)

### [Spilleitplanung - ein Weg zur kinderfreundlichen Gemeinde und Stadt \(DE\)](#)

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## European Database for promoting childrens physical activity

Target group  Guideline

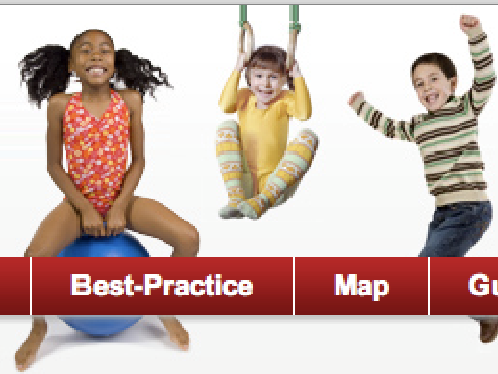
Map Satellite Hybrid

**Best-Practise**

- Kindergarten Kids in Bewegung (Kindergarten kids on the move) – Saarland (DE)
- MOVE - Exercise lessons for children with special needs – Zurich (CH)
- Kinder-Sport-Sonntag (Sports Sunday for Kids) – Lörrach (DE)
- Kinder fit machen (Making kids fit) – Hoyerswerda (DE)
- Network "Cities for Sports"
- Gemeinschaftserlebnis Sport (Sport – a shared experience - [GES]) – Stuttgart (DE)
- TigerKids – AOK (National Statutory Health Fund) nationwide nutrition and exercise programme (DE)
- Netzwerk g'sund & g'scheit (Healthy and smart network) – Stuttgart (DE)
- Hoosi Hooper – the fit and

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## The Cities in the network

### Search

Area

show all



Language

show all



Search term

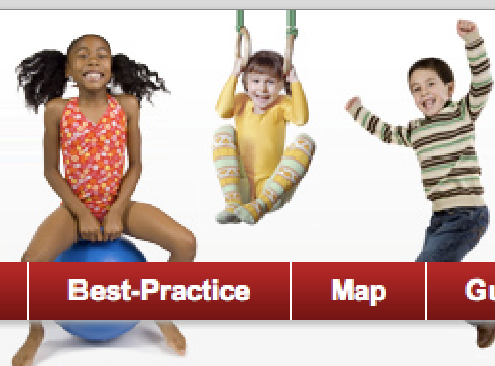
Search

Name	Area	Persons	Telephone	Language	eMailWWW
Bundesministerium für Landesverteidigung und Sport - Österreich		Christian Felner	+43 (1) 501995235	German	<a href="#">www</a>
City of Arnsberg		Siegfried Rump	+49 2932- 2011040	German	<a href="#">www</a>
City of Darmstadt - Sportamt		Torsten Rasch	+49 6151- 132970	German	<a href="#">www</a>
City of Friedrichshafen - Amt für Schulen Freizeit und Sport		Heiko Gottwald	+49 7541- 2033205	German	<a href="#">www</a>
City of Karlsruhe - Schul- und Sportamt		Christine Hagg	+49 721-133- 4161	German	<a href="#">www</a>
City of Rosenheim		Michael Keneder	+49 8031-365- 1400	German	<a href="#">www</a>
City of Sindelfingen - Sport- und Bäderamt		Thomas Jeggle	+49 7031-94- 363	German	<a href="#">www</a>
City of Stuttgart - Sports Department	Kindergarten, Sportclub, open Offer	Lena Knorr Andi Mündörfer	+49 711 216- 4544	English, German	<a href="#">www</a>
City of Zoetermeer - section sports		Karen Van Drimmelen	+31 793 469 911	Dutch	<a href="#">www</a>
Satus Schweiz - Bern		Fred Gerber	+41 7020 82167	German	<a href="#">www</a>

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## Documents & Concepts

More than XX Documents for your daily work

## Latest

Stuttgart - kitafit  
Physical Activity in Kindergarten

## Kindergarten

### Stuttgart

[Kita-Fragebogen zur Bewegungsförderung – 4 Seiten – 23kb](#)

[kitafit-Konzept – 12 Seiten – Word – 30kb](#)

[kitafit-Umsetzung – 10 Seiten – Word – 12 kb](#)

## Schools

### Düsseldorf

[Düsseldorfer Modell – Elternbrief – Word – 30kb](#)

## Sports Development Concepts

### Liverpool

[Sports Development Concept – 60 Pages – PDF \(214kb\)](#)

## Ressources: Facilities

### Zürich

[Offene Hallen – Wie Turnhallen optimal genutzt werden können – 60 Pages – PDF \(214kb\)](#)

[kitafit umsetzung 29.08.11 Optimal Nutzung von Sporthallen – 60 Pages – PDF \(214kb\)](#)

# Prospect

## Expand the network

- continue the established work
- fill the online database
- increase the number of network partners

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