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USEP was created in 1939. It is the biggest school sports federation of France with more than 835 000 members (children and adults) distributed in more than 12 000 associations of public schools in 104 departmental committees. USEP is a sports, educational and citizen movement. Its activities take place in and around primary schools. USEP is a member of the French National Olympic Committee.

USEP has signed one convention with the French Ministry of Education. This convention states that USEP is the privileged partner for providing sporting activities in the primary schools.

USEP worries since 1999 about the educational aspects of sport and about its benefits for health and general balance of children from 3 to 10 years old. It is important not to be late for developing such a program because children are very receptive.

USEP is a member of ISCA and participate at the ISCA Health Program.



USEP NATIONAL PROJECT

"My health in Games " or how to return the child an actor of his health.



USEP highlighted the education in the health trough the sports practice. On the slogan "My Health in Games", children organise and participate in forums of discussion and meetings. They illustrate as well as represents for them the notion of health and the way of expressing in sports activities.

The main aim is to develop the taste of a regular and well balanced sports practice and so contribute to the education in health of children.

This program includes two stages:

The reflection is the first

The weekly National participation of the young sports citizen supposes at first the implementation of a reflection which has for objective to return the child an actor of his health to allow him then to make the most enlightened choice to protect his health capital. To understand and to know his body, to practice sports activities, to share with his friends sensations and feelings are the searched goals. The reflection phase becomes a reality by the production of posters.

The sports meetings is the second

The sports meetings follow the reflection. They allow the children the implemented of the skills acquired in term of balance. Taking place on the day, these meetings are the occasion to share a well balanced meal. Posters realized before are exposed during these meetings.

This program includes an important educational device

Every school association received an educational bag realized in partnership with the CIDIL (Center Inter professional of Dairy Documentation and Information). This bag contains many small sporting equipment : mini skills, one pedal, pucks, rubber balls, tennis balls, bullets to jungle, games of ossicles, elastics, rope ,hoops ,scarf, a flag.

Beyond these small sporting equipment, the bag includes an educational notebook "My Health in Games" realized by USEP in association with the French mission Nutrition and food Security (NSA).

It's added a guide of educational applications entitled : " Food and physical activities", 3 pedagogic posters , 9 games cards for pupils and a booklet parents children.



This operation which is led by USEP in partnership with CIDIL in and around school wants to copy at the level of realization but also the implement financial means.

"The spring of kindergarten"

The next step of "My health in Games" are activities for children from 3 to 6 years called "The spring of kindergarten."

USEP developed an educational tool aimed at children of nursery schools of the national territory, in the form of CD-rom with a box of pictograms and developed also the USEP HEALTH KIT "(Volume 1- kindergarten), for teachers / facilitators USEP public school kindergartens of the national territory, to ensure the dissemination and the accompanying, making an assessment.

USEP submits two - accompanying methodology building:

- a project in maternal health: the subjects "health ", methods of animation, the team and potential partners
- a pedagogic accompaniment of tools: the pictograms and their use ,the puppet "Health", some songs, rhymes ,books of youth literature ,works of art and the language of emotions
- also some teaching on the breath, sleep ,solar Education , feeding, security and prevention
- and some athletic events and their health dimension :descriptions of the possible workshops



The network USEP in terms of value has always given a special place to health. USEP can provide answers to public concerned in this field, particularly as regards the fight against physical inactivity in connection with nutrition and hygiene of life (sleep, and oral hygiene, lifestyle, prevention and safety). USEP meetings, which are the subject of our association in the school and outside school may participate in the promotion of health.

By promoting the practice of physical and sports activities, the objective is to seek to develop the taste and culture of a balanced practice through physical pleasure and to help children to become actively involved in their own health.

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