

**PATHE presents »Healthy story«
from USEP France and SALSC from Scotland**



“My Health in Games” or “How to return the child an actor of his health”

SALSC stands for the Scottish Association of Local Sports Councils. SALSC is a 'not-for-profit' national organisation supporting member Local Sports Councils to deliver quality local sport and physical activity opportunities to their local communities. With a membership of over 50 Local Sports Councils from all over Scotland, in total representing almost 10,000 sports clubs, SALSC is a truly Scottish association. It works in partnership with key bodies such as sportscotland and the Scottish Government to develop sport and volunteering in sport at the local, grass roots level to ensure everyone in Scotland has access to quality opportunities to get physically active.



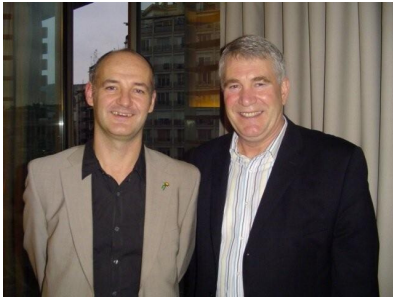
“At the end of May this year a delegation from the French Sport for All organization USEP visited Scotland on an invitation from SALSC. The Consultation meeting was part of the PATHE project. Although the visit was short, there was plenty of time for discussion on the non-stop tour of Scotland visiting member sports councils and local authorities to explain the system in France and learn from our experiences.....” says Vice Chair of the Member Services group, **George Morton from SALSC.**

USEP, 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, is a sports, educational and citizen movement. USEP highlights education in health through sport. On the slogan “My Health in Games”, children organize and participate in discussion forums and meetings. They illustrate and present their notions of health and the way of expressing it in sports activities. The main aim is to develop the taste for a regular and well balanced sports practice and so contribute to the education in health of children.

Pascale Portenart, project manager from USEP says: “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 and other materials.”

“.....To be quite honest, 2 hours was not enough mainly due to the enthusiastic workshop from Pascale assisted by Jean Claude and Colleen. Many thanks to Evelyn Milligan from East Ayrshire & David Carey, the Galleon Centre manager for providing hospitality and hosting the first workshop.....” said participants after the 1st PATHE workshop in East Ayrshire.





President of SALSC Mr. James Conn says: "SALSC, in its broadest definition, exists to support and represent the views of its member local sports councils, who in turn represent the views of Scotland's sports clubs. Through its restructuring SALSC is now able to support its members in new ways: Local Sports Councils play a very important role in local communities providing an independent voice for local sports clubs, regardless of size or sport. This is especially important for small clubs or minority sports but can be equally beneficial to

large and even professional clubs – collectively, as the Local Sports Council, clubs represent a significant number of the local community.....and we are very open to international cooperation..... I am personally satisfied and very grateful to the PATHE project and USEP's involvement in it. I am sure that our new relationship with USEP will bring us new experiences which can provide answers to international questions in the field of health and PA, particularly concerning the fight against physical inactivity in conjunction with nutrition and a healthy lifestyle. USEP school associations meet around physical activities and sports and get this opportunity to promote the educational and social values of a healthy and balanced lifestyle. Exchanging our practices, comparing our experiences will promote mutual enrichment, which is why SALSC is keen to participate in the PATHE project pioneered by ISCA."

SALSC and USEP worry about the educational aspects of sport and about its benefits for health and general balance for children. It is important not to be late for developing such a program because children are very receptive. They have both always given a special place to health, they can and do provide answers to public concerned in this field, particularly as regards the fight against physical inactivity in connection with nutrition. By promoting the practice of physical and sports activities, the objective is to seek to develop the culture of a balanced lifestyle through physical activity and to help children to become actively involved in their own health.



Jean-Claude Arnaud, USEP Vice President explained to us how he sees the international activities as a special means of creating international understanding: "We have always preferred to speak of activities between associations rather than matches between clubs because we believe that these activities with sport, cultural and festive contents allow children to become sport citizens. But also we are very committed to the fact that they discover all the facts of the sport and play several roles: as player, referee and organizer in the same activity. Boys and girls practice together: that seems also an important representative integration factor of social life. A good example of our model of organization is the »2nd Euro regional festival« that we organize with the UCEC in El Vendrell in Catalonia every year in June. We think that this kind of international level festivals and meetings, not only for teenagers but also for children, can bring together the youth from many countries." Jean Claude also expressed his respect for ISCA initiatives and activities for international understanding of Sport for All and for gathering together partners from whole Europe to PATHE.