



# « Pleasure, effort, progress in physical activities for children »

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- » **Sport movement** – 900 000 members
  - » **Associative world**– 10 200 school associations
  - » **Educational and pédagogique movement** - Mission of public service
- 
- » A child, an actor from the beginning (3-11 years old)
  - » **Political projet** with a health through sport dimension



# 1 - L'USEP



« A least 1 hour of physical activity per day and from 2 or 3 of 20 minutes of an activity of high level intensity per week»



« To make children having pleasure while practicing a physical activity from their youngest age »

## 2 - A message





- » The environnement
- » The social support
- » The individual



# Levers







**Mix experiences and  
pratique in a positive  
environnement**







Encourage the dialogue between adults and children, the pleasure of taking part together in a sport project



Solve problems, take decisions

Have creative and critical thoughts

Manage their stress and their feelings

## Health Attitude



Communicate efficiently, be perceptive in their interpersonal relationships

Have empathy for others and self-awareness

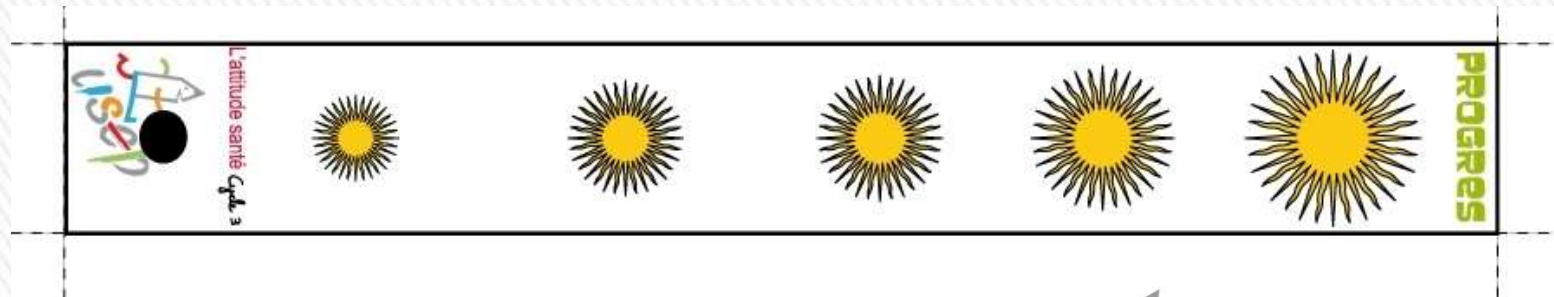
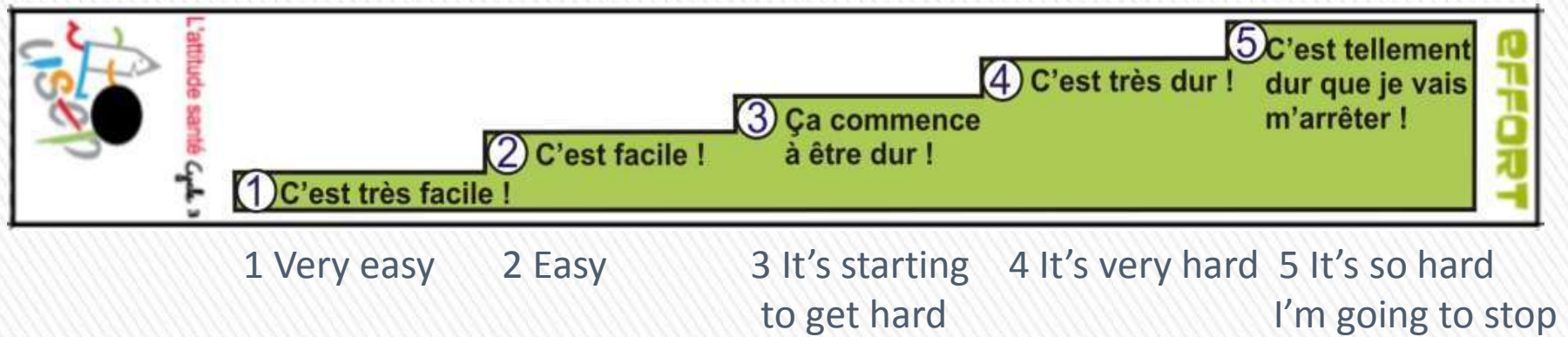
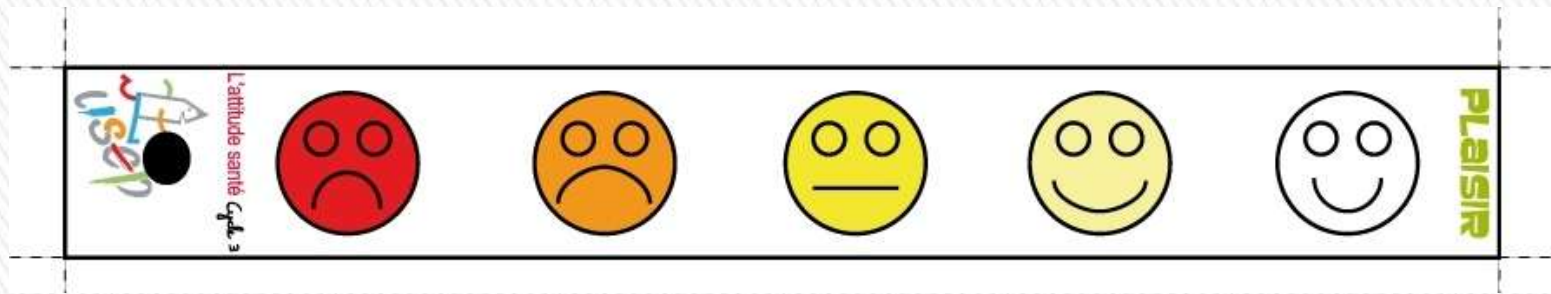


- Kids are able to:
- mark these practices
  - gain cognizance
  - know their tastes
  - interchange with their peers

# 3 – Concept - tools >







# Rulers







**L'attitude santé Cycle 3**

**usep**

	20'	40'	60'	80'	100'et+
<b>LUNDI</b>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>MARDI</b>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>MERCREDI</b>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
<b>JEUDI</b>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b> VENDREDI</b>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>SAMEDI</b>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>DIMANCHE</b>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Total de périodes d'intensité forte</b>	<b>(1)</b>	<b>(2)</b>	<b>(3)</b>	<b>(4)</b>	<b>(5)</b>

**COMPTeur-REPÈRES**  
**usep** L'attitude santé Cycle 3

Compare avec la semaine dernière

Prévois pour la semaine à venir

**usep**

**Nom : CHANGU**  
**Prénom : ENNA**  
**Semaine du 19/09 au 25/09**

# A counter of physical activity





LUNDI



MARDI



MERCREDI



JEUDI



VENDREDI



SAMEDI



DIMANCHE



Total de périodes  
d'intensité forte



Plaisir



Nom : .....

Prénom : .....

Semaine du .....au .....







» It's with a kid illustration that I thank you all for your attention»

« Running makes you blush of pleasure »



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