



Golden Goal Plus - Integrating Sport Activities with Basic Skills & Communication Training. A LEONARDO DA VINCI – Transfer of Innovation Project

### About the project

Golden Goal Plus” is a Curriculum for basic skills and social skills training in combination with sports activities.

The Toolbox containing materials and methods is developed by a large partnership. In many European countries, this combination of basic skills education and sports (as a learning subject *and* activity) has proved to increase learners’ motivation to participate in learning and training.

### The project’s main products

During the last period we developed a country-specific collection of training materials, a teachers’ handbook with guidelines and curriculum for basic skills training for young disadvantaged adults, as described in newsletter 1.

### Golden Goal Plus in Poland, Portugal and Germany

The three countries who participated in Golden Goal Plus Germany, Poland and Portugal, showed as we expected some differences with regards to target groups, as well as in the recommendations they give for the country-specific customisation of GOLDEN GOAL PLUS products.

All partner countries experienced the high usability of the approach and on the type of potential beneficiaries.

All partners also had the experience that the project is of interest and use for the final target group of “low skilled, poorly qualified and young adults” who have left school with insufficient reading and writing skills and with low communication and social skills.


The training materials we introduced a larger range of exercises with different levels of difficulty.

Also more local sport events are introduced as part of the activities. And a shorter and more compact Golden Goal plus Handbook and guidelines are introduced. The GOLDEN GOAL PLUS main products are adapted to each country’s specific needs.



## The results of the Validation Phase.

### .1. A short report about the pilot tests in Poland



Institution: Centre of Development Initiatives  
Number of participants in training: 12  
Target group: Young mothers  
Education level: secondary  
Duration of training: 6 working hours  
Contents validated: toolbox exercises

Young unemployed women - one third of all unemployed are before 30 years of age. In case of women their chance to find a job is decreasing with age.

Women often suffer from long-lasting unemployment and are subject to stereotypes concerning working mothers. The training concerned soft skills women need to acquire after long period of taking care of the children without the possibility to work. The training comprises the following elements:

1. individual work
2. team work
3. conclusions made by the trainer

The topic areas comprise: communication, team work, cooperation and presentation skills.

The following materials were used:

- Exercises from the toolbox: concerning the test assessment, cooperation, communication and elements of team work.
- Auto-presentation of a sport trip. Participants had to encourage all participants to take part in the trip.
- Team work – building of the paper construction without using any help instead of a newspaper and participants' bodies.

The range of topics and materials chosen from Golden Goal Plus toolbox were adjusted to the need of the group and the skills women need to find a job.

At the beginning the participants were not very confident some participants were even reluctant although they were not forced to participate. In the due course of the session, participants opened toward the psychologies and themselves. After the course they felt more confident about themselves, their chances to find a good job and abilities to work with another people.



## 2. Recommendations for the final products.

Changes in the toolbox and curriculum

1. Changing the country specific elements e.g. currency into the Polish environment.
2. The toolbox and curriculum can be used as cross-curriculum elements to enrich the teaching contents. Some elements of the “Golden Goal Plus” elements can be added to the traditional lessons. In some environments, the exact apply of the whole Curriculum will be problematic. Thus, the elements can be used to enrich the teaching environment in various disciplines.
3. Some exercises will be more effective with the use of the Internet. Access to the Internet requirement is especially important in the ICT exercises.
4. In the Language Skills exercises the level of language is too high. The level should be adjusted to the group level every time the exercise is used. More generic type of exercises is needed.
5. Duration of the exercise. Some exercises are taking too long or are too short. The time of the exercises should be revised.
6. Exercise potential. In some cases too little information was given in these sections of the toolbox.
7. Learning objectives. Some adjustment is needed in the learning objectives and descriptions to teachers.

### General remarks

1. Possibility of modification of certain exercises.
2. Help students expand their ability to perform specific skills through the modified game play in which they apply tactics in game like situations.
3. The Toolbox and the Curriculum give ideas to help teachers to apply the games approach in the classroom.
4. “Golden Goal Plus” products teach students how to transfer problem-solving knowledge from sport to the real life experience.
5. Young teenagers at risk or young mothers do not have the motivation to learn. Exercises should motivate them to further work and stop them from dropping out of the course.
6. Especially, the social skills practice is important at the beginning of the course – group integration, internal communication and presentation skills.





7. Teaching should be a relaxation. It was a good idea to integrate trips and class changes in the curriculum.
8. Always adjust the teaching contents to the group needs. It is not necessary to do all of the exercises but to adjust them to the group needs.
9. Rivalry involved in the sport exercises is a good idea. It gives the authenticity to the teaching.

### The results of the validation phase in Germany

The purpose of the validation process was to validate transferred and adapted materials: curriculum and toolbox. The curriculum and toolbox was tested with 6 trainers and 15 learners in Volkshochschule Cham. The validation phase was supported by tandem work with partner ROC Nijmegen from Netherlands, which has already implemented training materials supporting work with young learners.

Both materials were tested by trainers and teachers working with young learners.

After the pilot tests we have received a feedback from teachers, trainers, they assessed practicability, relevance of the materials and what other corrections or improvement are necessary in both products.


All trainers assessed the toolbox as a very innovative tool in comparison with their currently used teaching materials. They find the exercises well structured, one trainer pointed out that in some cases the instructions for the learners are too long and detailed for their target group, youngsters at risk, early school leavers (lack of comprehension skills). They pointed out that the exercises are very realistic and easy to adapt to other learning situations and learning environments. Compared to standard exercises the GG+ material shows a good combination of theory and action. The idea of using learning environment outside the classroom is an excellent way to increase the motivation of the learners. We don't have to use only sporting environments, it's also possible to visit e.g. a discotheque or a pub.

Learners pointed out the new experience of learning outside the classroom in reality. All of the learners perceived this new situation as very positive and motivating.

Learners stated that it was much easier to solve the exercises in the stadium, not theoretical, they had a better understanding about what to do, it was easier to visualize the respective steps of the tasks. Learners liked the atmosphere, they didn't have the typical "school feeling" and they had much more fun than in the classroom.



### The results the validation phase in Portugal



For Portugal the same propose of validation, transfer and adaptation of materials: curriculum and toolbox have been done during the last two years and several institutions collaborated on this validation and adaptation. During this process the Portuguese partner Escola Secundária Professor Herculano de Carvalho and the enterprise for human resources have been supported by tandem work with partner BEST from Austria.

Materials were testes by trainers, teachers working with young learners from 3 schools in Lisbon (Escola Eça de Queirós, Escolas E. B. 2,3 das Piscinas and Escola Secundária D. Dinis) and also adults in RVCC process in CNO of Escola Secundária Gago Coutinho.

After the pilot tests the feedback from teachers, trainers, ensure us that the materials both curriculum and toolbox are relevant tools for teachers that works with young adults from hard to reach target groups and also adults that left schools long ago.

All trainers assessed the toolbox also as a very innovative tool in comparison with their currently used teaching materials. Regarding the exercises they find challenging for learners and also for teachers and they have enjoyed adapting and building new exercises.

One trainer pointed out that his discover that he could cover all the curricular topics using the focus on sports and the pupils were so motivated that claimed for more classes with the same focus.

In general also in Portugal teachers and trainers pointed out that the exercises were very easy to adapt to other learning situations and learning environments and could be adapted to different target groups.

All teachers agreed also that, compared to standard exercises, the GG+ material shows a good combination of theory and action and the learning environment outside the classroom is an excellent way to increase the motivation of the learners. Also the teachers that did not used outdoor sport activities agreed that the use of sport as a late motive for a more traditional curricular approach results in a better motivation of learners.





The trainers and teachers involved in the pilot testing agreed that the real potential of “Golden Goal Plus” should be implemented in a more systematic curricular project with a transdisciplinary approach. After the pilot testing there is one school in Almada there is to implement GG+ in a project approach. Maybe then new results will come.

Also in Portugal learners, in general, pointed out that the new experience of learning was challenging and more motivating and they think that it is much easier to learn with materials related to there own interests.

### Conclusion

**The Golden Goal Plus project has proven to be successfully for the target groups in these countries. Now we are ready for the meeting in Portugal for the general multiplier Conference in Lisbon! The multiplier conference will take place on**

**Tuesday, 18th of May 2010**

The objectives of the conference will be to:

- present the outputs and products of the project “Golden Goal Plus – Integrating Sport Activities with Basic Skills & Communication Training”
- facilitate exchange of good practices among participants of the meeting

