



Co-funded by the Erasmus+ Programme of the European Union



SEARCH
SPORT EDUCATION FOR ACTIVE AND RESPONSIBLE CITIZENSHIP THROUGH HEALTH CARING



MODULE 5

SMART SPORT CITIES



SEGMENT 6

**Physical activity, outdoor spaces
and social relations**

Not just smart cities

Encouraging health and wellbeing involves not only large cities, but can be promoted and developed at neighborhood level or in smaller towns.

Beside the competitive activities promoted by sports clubs at various levels, there are opportunities for families, elderly and disabled people to exploit the resources available in the nearby of our homes.

The possibility of promoting physical activity in the city is connected not only to urban planning but also to the determination to create opportunities to enjoy space.

The two factors which might contribute to this interaction are:

- the features of the urban structure
- social relations

We will mention a few examples, wishing that the list could be enriched by innovative local initiatives

Practical Examples

Walking bus - TA walking bus (crocodile, walking school bus) is a form of student transport for schoolchildren who, chaperoned typically by two adults (a "driver" leads and a "conductor" follows), walk to school along a set route, with some similarities to a school bus route. Like a real bus, walking buses have a fixed route with designated "bus stops" and "pick up times" at which they pick up and "drop off" children. (Source: Wikipedia). The walking bus gets children accustomed to walking to school, getting to know the streets and socializing with their peers.

Life trails - "Life trails" are outdoor training grounds.

They have different lengths, levels of difficulty and number of exercises, but they all share the belief that even a few sports gears - most of them made of wood - are enough to stretch and improve strength, endurance, agility and mobility. The first Life Trail was created in Switzerland in 1968, when a Zurich sports group created a training course in the forest, using tree trunks and branches to build the different training stations, and approached the Vita insurance company looking for a sponsor to help maintain it. Vita agreed and Zurich, the insurance company owned by Vita, is still in charge of the Swiss Life Trails today. Access to the life trails is free of charge.

The Gate project - The European project GATE - Granting Accessible Tourism for Everyone - was launched in 2018 aiming at making tourism increasingly inclusive by enabling a growing number of people to plunge into nature, overcoming environmental, physical and linguistic obstacles. GATE is developed in the Alpine and pre-alpine territory, covering an area with an immense natural, landscape, geological value, partly declared Unesco World Heritage.

The walking bus



Life Trails



Gate project



Rossi Santorso Park (VI)

- garden equipped with an integrated and multisensory communication system.
- talking and visual tactile map providing information on the place,
- multimedia audio guide with 19 audio video stories narrating nature, history and secrets of the historic garden.
- contents available in Italian, English and sign language
- processing an interactive reality game

Sport and social relations

Sporting activity has always been synonymous with social interaction, team spirit, and an environment creating fundamental social relationships.

Dancing, for example, has always played an important role for older generations, as a form of physical exercise which can be carried out throughout life and which has often been the main form of socialization in small communities.

There are therefore many opportunities to combine physical activity with a social purpose. One example is a group of English volunteers who have chosen to use exercise courses nearby houses of lonely elderly people in order to deliver newspapers and drugs during their training.

In recent years, sport has further developed a sensitivity towards social issues. Athletes, sports clubs and ordinary sportsmen and women have supported social causes, combining physical activity with an active contribution to solving a social problem.

Charity running

In recent years, we have experienced the spread of events where a sporting competition is used to raise funds for a social cause.

For example, Avon has been promoting the Avon Running for 20 years, which is an event for women that involves both beginners and athletes with the aim of raising funds thanks to the registrations for the fight against breast cancer. The race takes place along two tracks of 5 or 10 km and attracts thousands of participants. These initiatives also involve other disciplines: from cycling to 3-on-3 basketball tournaments.

It is also worth mentioning, for example, the involvement of national teams of singers or the pro bono participation of single athletes in events supporting social causes.

In all these contexts, sport becomes a powerful communication, social inclusion and participation tool. It is an opportunity leaving room for further evolution and the creation of new initiatives.

A beautiful tale

This is one of the most extraordinary and moving stories of the global coronavirus tragedy. A 99-year-old British war veteran has managed to raise a whopping two million pounds in just a few days to donate to British healthcare in the pandemic emergency. But how did it all happen?

Former captain Tom Moore, who lives in the English village of Marston Moreteyne (about 60 km north of London), will be 100 years old on 30 April. He recently broke his hip and has been treated by the British National Health Service (NHS). Today he can move around thanks to a walker.

Old 'Captain Moore' was so grateful to the doctors who got him back on his feet that he decided to give his own small contribution to the fight against the coronavirus. Hence, with the help of his family, he launched an online fundraising campaign to repay them, promising to walk 100 times around his garden (25 meters) by 30 April, his 100th birthday.

However, his courage and generosity have won over so many British people online (almost 100,000) that donations have already reached the incredible figure of £2 million in a couple of days.

Walking is good for everyone's health



The fund raising has reached the extraordinary figure of **33 million pounds**



On 17 July 2020 Queen Elizabeth II knighted Tom Moore



Exercise 6

Among the experiences of sports supporting social causes you know, which one has touched you the most and why?

Does the walking bus activity for school accompaniment exist in your area?

Are there spaces in your area which could host life projects?
If so, describe which ones

Would you like to implement one of these ideas in your territory?
Propose a sport initiative supporting a social cause

Keywords

**Urban
planning**

**Social
Relations**

Charity run

Life Trails

**The walking
bus**

Gate project

Dancing

Avon Running



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