



## About DIYPES



**DIYPES** (*Do it yourself! A participative approach to increase participation and engagement of high school students in physical education and sport classes*) tested a participative approach for increasing the participation and engagement of high school students in physical education (PE) classes.

The project's main objective is to change the students' behaviours and attitude towards PE, which would directly influence their own health both psychologically and physically. DIYPES directly involves students, PE teachers, researchers and PE specialists working as a team, for creating innovative solutions to change PE classes into fun and not-to-be-missed moments of the school timetable. The project was implemented under the framework Erasmus+ Sport program, started in January 2017 and lasts for two years.

In the 5 European countries involved in the project (Albania, Italy, Malta, Romania and Slovakia), DIYPES activities contribute to identify, test, describe and suggest good practices in structuring PE classes' activities in a way that will ensure an increase in students' engagement and willingness in participating in such lessons.

Furthermore, the project tests the feasibility and effectiveness of a three month intervention through a participatory approach to physical education and sport classes. The diversity of the project settings gives the chance to compare results between the countries, showcase different techniques and discover new correlations and paths to tackle the current PE issues.

## Current Progress

**The Working Meeting 2** was held at the Kirkop Sport Complex, with the participation of policy makers, researchers, PE teachers and students, who were all involved in the implementation of the project. The meeting included plenary sessions to review the results from the implementation of the intervention in all settings where policy makers, PE teachers and students from partner countries discussed to find patterns of success applicable to all settings, thereby improving the quality of PE lessons.



# Outcomes so far...

---

PES curriculum analysis in the 5 partner countries were conducted using thematic document analysis of official documents followed (and complemented) and interviews with PES specialists and teachers.

DIYPES project was introduced to the high schools involved (PE teachers and students) and relevant stakeholders in the 5 partner countries.

The 3 month-intervention has been implemented on a population of about 1250 students from 15 high schools in the partner countries.

## DIYPES consortium meetings

---



**The project kick-off meeting**, held in Cluj-Napoca, Romania, on 27-28 February 2017, organized by the DIYPES project coordinator, University Babes-Bolyai, Department of Public Health.



**The Working meeting 1**, took place in Rome, Italy, on 11-12 December 2017, co-organized by the Italy National Research Council and the project coordinator.



**The Work meeting 2**, held in Malta, on 19-21 June 2018, co-organized by the Foundation for the Promotion of Social Inclusion in Malta and the project coordinator.



**The Final partner meeting**, held in Tirana, Albania, on 5th – 7th December 2018, co-organized by the Sports University of Tirana and the project coordinator.

## What's next?

---

The results of each intervention and feedback from all participants and other parties involved will be compiled in a **unitary guideline for good practice** that could be used at European level and encourage the use of participatory approaches in the planning and development of PES classes.

A **dissemination meeting addressed to PES teachers and other practitioners** will be organized in each participating country, to encourage and support these professional categories to use the developed intervention in their everyday teaching practice.



[info@diypes.eu](mailto:info@diypes.eu)

[www.diypes.eu](http://www.diypes.eu)