



**European
Physical Education
Observatory**



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

**Promoting a
Quality Physical Education
throughout Europe**

EuPEO, an Erasmus+ Project

Rationale, project mission and aims

The role of Physical Education (PE) has been highlighted as the only curriculum subject with a focus that combines the body and physical competence with values-based learning and communication, providing a learning gateway to grow the skills required for success in the 21st Century, as citizenship promotion, health promotion through a lifelong participation in physical activity, social inclusion through the challenging of stigma and stereotypes, and academic achievement by improving a child's attention span, enhancing their cognitive control and speeding up their cognitive processing (UNESCO, 2015).

European policies, legislation, research and high-profile reports in the field of sport and education identified the necessity of regular monitoring of Physical Education, School Sport and Physical Education teacher education, across the 28 European Union member states.

**Quality Physical Education
as a learning gateway to...**

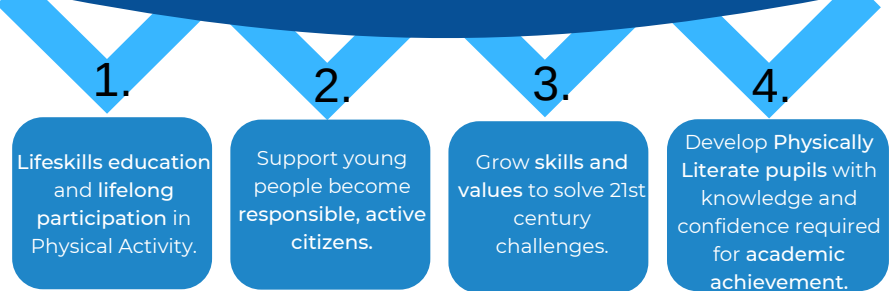
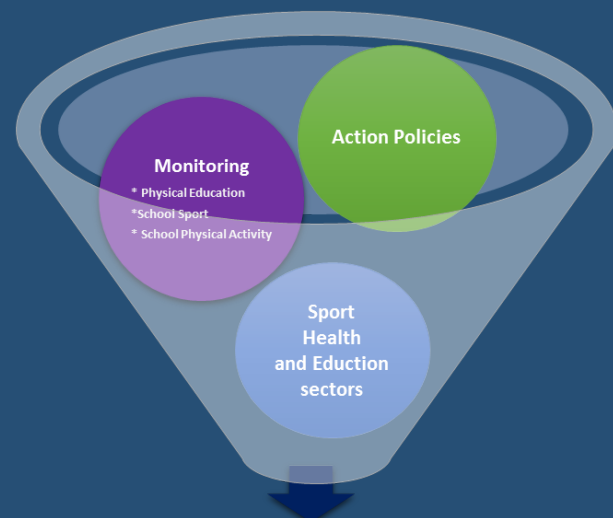


Fig. 1 - UNESCO (2015). Quality physical education contributes to 21st century education - infographic.

In order to harmonize the conditions of its educational offer for the promotion of an active and healthy citizenship, an evidenced-based approach is needed to design and develop a manual and a toolkit to monitor, with an extended frame of indicators, the quality assurance of PE and HEPA in curricular and in extra-curricular time at school, especially considering the need for inclusion of critical populations.

Bridging the gaps between...



**... Towards a Quality Physical Education
throughout Europe**

Fig. 2. EuPEO's Project Mission

European Physical Education Observatory

The **EuPEO project** aims to convert former monitoring and evaluation experiences of PE, HEPA, public health and education sector into a comprehensive but applicable monitoring system by developing the EuPEO webpage, a manual for external monitoring (MEA) and a toolkit to prepare and provide internal self-monitoring (TIM) of quality PE and School Sport (SS). During a three years study, the partners will be involved on the construction and validation of these instruments, as well the dissemination and exploitation of results.



A collaborative partnership between



European Physical Education Association (EUPEA)



Faculty of Human Kinetics, University of Lisbon (FMH-UL)



Portuguese Physical Education Society (SPEF)



Willibald Gebhardt Institute (WGI)



Deutscher Sportlehrerverband (DSLTV)



Federal Institute of Sport (SFISM)



Swiss National Physical Education Association (SNPEA)



Faculty of Sport, University of Ljubljana (FoS-UL)



Faculty of Physical Culture, Univerzita Palackého v Olomouci (FPC)



Hungarian School Sport Federation (HSSF)



Syndicat National de l'Éducation Physique (SNEP)



School of Education, University College Cork (UCC)



Koninklijke Vereniging voor Lichamelijke Opvoeding (KVLO)
Participant Observer



Mullier Institute (MI)
Participant Observer

EuPEO Development Process

Meetings, Intellectual Output production and dissemination, Multiplier Sport Events

EuPEO project has a work programme for a three-year (2018-2020) length. It is scheduled in **two main parts**, composed by **four work packages (WP)** with **thirty one activities**.

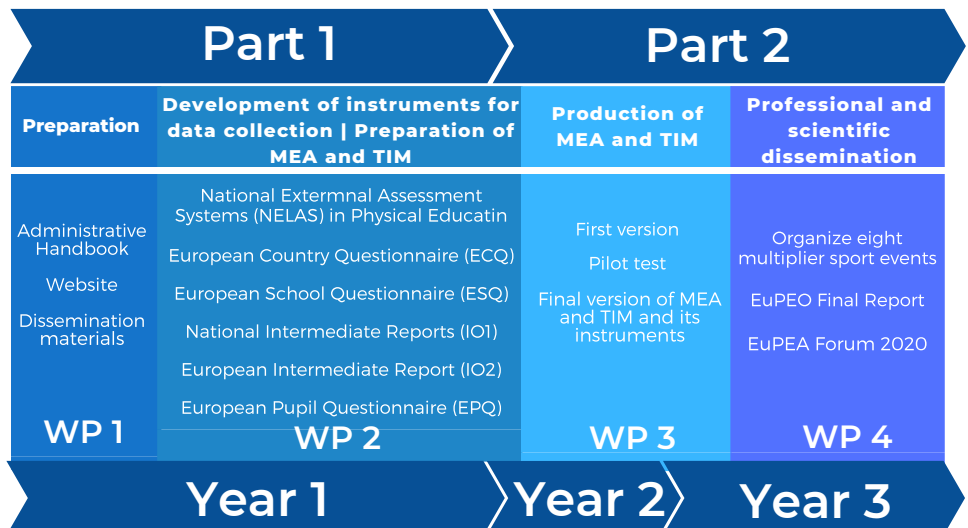


Table 1 - EuPEO Project (p. 25-28) - Project design

Transnational Project Meetings

- 1st - January 2018, Lisbon (FMH-UL)
- 2nd - March 2019, Paris (SNEP)
- 3rd - September 2019, Ljubljana (UL)
- 4th - March 2020, Munster (WGI)
- 5th - July 2020, Macolin (EUPEA)

Intellectual Output

- 1st- National Intermediate Reports
- 2nd- European Intermediate Report
- 3rd - EuPEO Manual for External Assessment
- 4th- EuPEO Toolkit for Internal Monitoring
- 5th- EuPEO Final Report

Multiplier Sport Events

Between April and June 2020, each country partner will present a conference, seminar or event sharing and disseminating the intellectual outputs implemented by EuPEO.

Theme: "Quality Physical Education From Cooperation Between Researchers, Policy-Makers, Schools and Teachers."

Event to be accredited as professional training activity for PE teachers and coordinators, including researchers and policy-makers on education and sport to disseminate the EuPEO Manual and EuPEO Toolkit.



What about the EuPEO's first year project ...

First year activities description and accomplishments

Lisbon's transnational meeting allowed us to officially launch EuPEO's project and take general decisions to be included in the EuPEO Administrative Handbook, EuPEO Webpage and prepare all the activities of the 1st year project, namely those concerning EuPEO data collection instruments and intellectual outputs (IO1 and IO2).



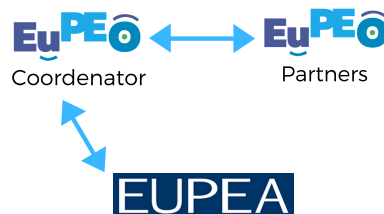
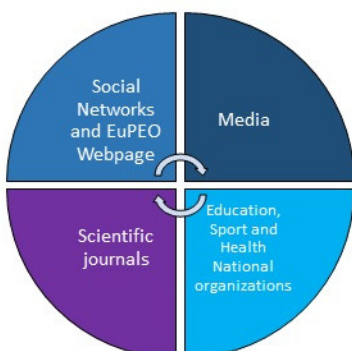
Fig. 3 - Erasmus+ Sport 2017 - coordinators' meeting, Brussels; (2) EuPEO 1st meeting, Lisbon.

The first year project began with activities dedicated to the preparation of partners and participants to deal with the requested tasks (WPI).

- The **EuPEO Administrative Handbook** was created to guide all partners during the project, by detailing all tasks, dates, responsibilities and expected procedures.
- The **EuPEO Webpage** synthesizes the information concerning the EuPEO purposes, procedures, process and products. Moreover, this page will support the access to online questionnaires and dissemination of all the information concerning the European Physical Education Observatory.
- A **Dissemination Strategy** was defined through a collaborative work between partners, during EuPEO Project planning and describes the dissemination plan and measures aimed at sharing the outcomes of project within and outside the participating organizations, and the quality of measures to ensure visibility and media coverage of the events/activities and of the EU support.

... outside the participating organizations

... inside the participating organizations



Prospect new international partnerships to fund and widen the EuPEO experience in the future !

Fig. 4 - EuPEO Project communication and dissemination of results

EuPEO Europe wide presentations

22-25 February 2018, Florence
EUPEA Board Meeting
"EuPEO Project presentation"



27-29 June 2018, Lisbon

Conseil Européen des Recherches en Éducation Physique et Sportive (CEREPS) & Faculty of Human Kinetics (FMH)
"Monitoring Quality Physical Education and Physical Activity in School Settings: Realities and Perspectives"



25-28 July 2018, Edinburgh

Association Internationale des Écoles Supérieures d'Éducation Physique (AIESEP) World Congress 2018
"EuPEO Seminar"



15-16 November, Budapest

European Physical Education Association (EUPEA) and Hungarian School Sport Federation (HSSF)
"The EuPEO project: a European Physical Education Observatory to monitor Physical Education in Europe"



Several partners have been in contact with their national authorities for education, sport health in order to present EuPEO's aims and process, and obtain their endorsement/ support.



21 March 2019, Paris

EuPEO coordination and UNESCO Headquarters meeting
"EuPEO Project Presentation"



30 June - 3 July 2019, Praga

Quality Criteria for Physical Education and School Sport: a reflection from the coordination of the EuPEO Project



13 May 2019, Munster

Europäisches Schulsport-Monitoring



19-22 June 2019, New York

Quality Criteria for Physical Education and School Sport



The second and the third work package (WP2 and WP3) correspond directly to the project aims. This first year project was dedicated to the development of four questionnaires to collect the data on Physical Education, School Sport and other forms of Physical Activity quality indicators (pilot phase), aiming to support the preparation of the [Manual for External Assessment \(MEA\)](#) and the [Toolkit Internal Monitoring \(TIM\)](#). Four questionnaires were initially developed:

- **EuPEO Country Questionnaire (ECQ):** It is a online self-administered (limesurvey) Questionnaire. Is based on the PE and SS quality indicators suggested by the reviewed documentation (table2). It derives from an adaptation of the ESQ. The target group is the representatives of the National Associations of Physical Education Professionals of each country partner.
- **National External Learning Assessment Systems (NELAS) in PE:** allows the identification of the focus and procedures adopted in each partner country regarding the external learning assessment in Physical Education or equivalent curricular activities. The target group is the representatives of the National Associations of Physical Education Professionals. In the pilot phase NELAS was incorporated in ECQ.
- **EuPEO School Questionnaire (ESQ):** Its a online questionnaire is based on the PE and SS quality indicators suggested by the reviewed documentation (table 2). The target group is the Head of the Physical Education group / department from a minimum of twelve schools (each country) that included the last year of compulsory education in each country.

Questionnaire Themes

ECQ	ESQ	NELAS
PE National Strategy	Community Partnerships (Public and Private)	Existence and characterization of PE external assessment of learning outcomes, in the following domains:
Curriculum Flexibility (ISCED 0-3)	Curriculum Flexibility (last compulsory grade)	Physical domain
Teacher Workforce	Facilities, Equipment and Resources	Psychological domain
Teacher Education (ISCED 0-3)	Teacher Workforce	Social domain
		Cognitive domain

Table 2 - EuPEO Questionnaires 'dimentions after WP3

After the phase of data collection, treatment and analysis of ECQ, ESQ and NELAS, the [National Intermediate Reports \(IO1\)](#) and [European Intermediate Report \(IO2\)](#) were produced with preliminary data and recommendations. The main conclusions from these documents allowed the construction of the fourth survey, the European Pupils Questionnaire (EPQ).

- **EuPEO Pupil Questionnaire (EPQ):** is an online questionnaire, anonymous and presented in the native language, to be answered by a sample of students of the last compulsory school year. This focuses on two dimensions: the curriculum and Physical Self - Perceptions (EuLAS-P).

EPQ

Part 1: Curriculum Flexibility (PE, SS, and other forms of PA in last compulsory year)

Part 2: Physical self-concept Questionnaire (PSCQ) Lohbeck, Tietjens, and Bund (2016)



EuPEO MEA & TIM

School Year 2019-2020: pilot phase of data collection

The project is currently in its second phase. The refined versions of the tested instruments (ESQ, ECQ, NELAS, EPQ) have been integrated into MEA and TIM. The pilot phase of implementation of the EuPEO MEA and TIM is scheduled to begin in **November 2019**.

EuPEO Manual for External Monitoring (MEA)

It is defined as a **methodological e-book** to be integrated into the platform supported by the EuPEO webpage. This will correspond to the guidelines for national use of the EuPEO platform and will consist of two targeted questionnaires addressed to national representatives of Physical Education teachers and other external or governmental bodies (**ECQ and NELAS**).

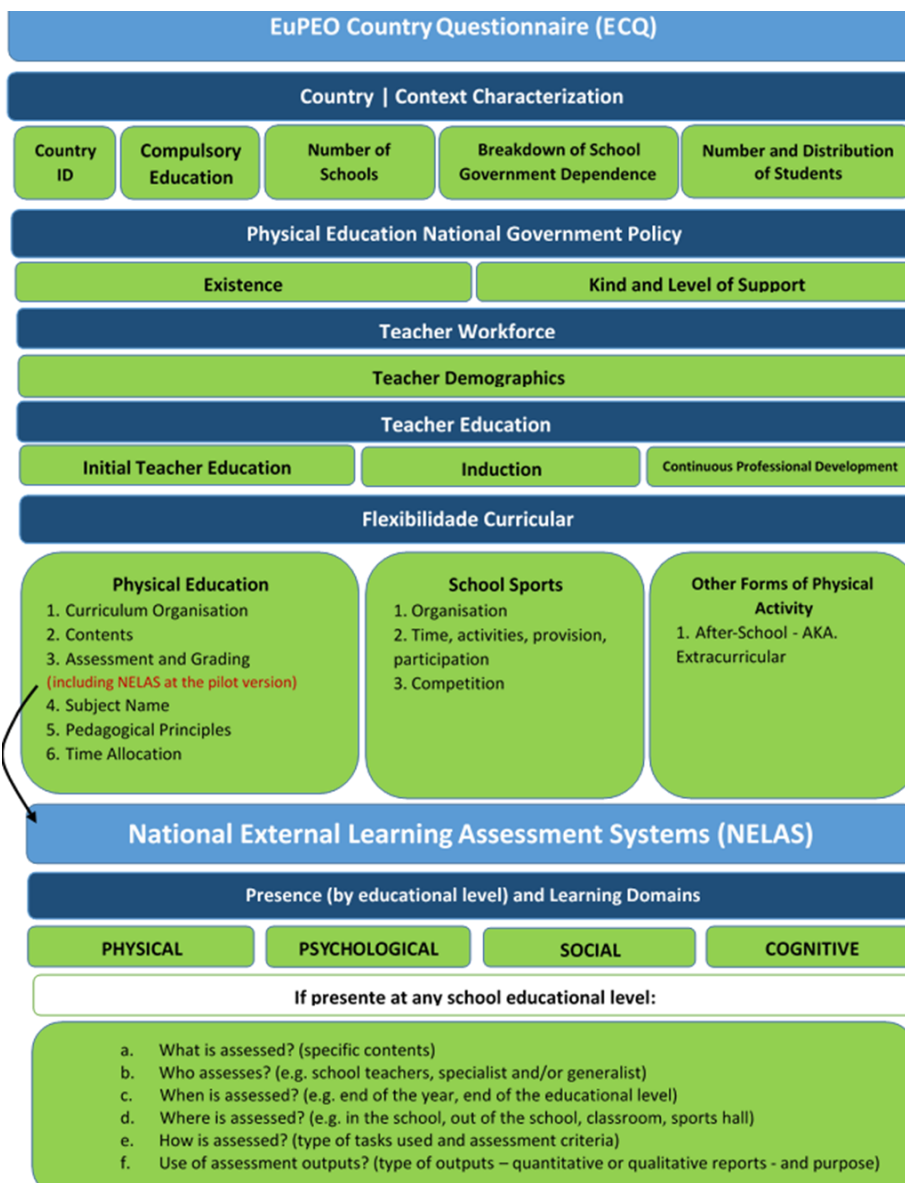


Fig. 5 - EuPEO Country Questionnaire (ECQ) and National External Learning Assessment Systems (NELAS) dimensions

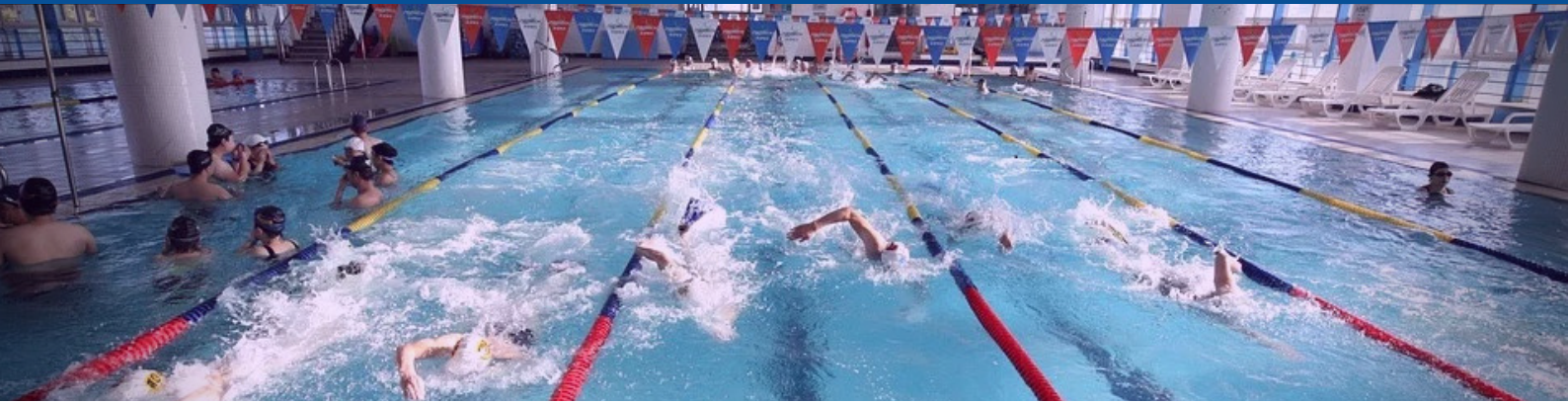
11 - 14.09.2019, Verona
 "Healthy & Active Children. Lifespan motor development science and application"

31.10.2019 - 2-11.2019, Figueira da Foz
 "11º Portuguese Physical Education Congress"

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Next Activities ...

- MEA and TIM Piloting at participant school (4 November to 31 December);
- National assessment of Piloting phase and sending data to participant schools;
- Translation of MEA (IO3) and TIM (IO4);
- Dissemination of results through professional and scientific Multiplier Sport Events;
- EuPEO Final Report (IO5)
- Translation of IO5 in different national languages;
- European dissemination event at Lisbon (EUPEA Forum 2020).

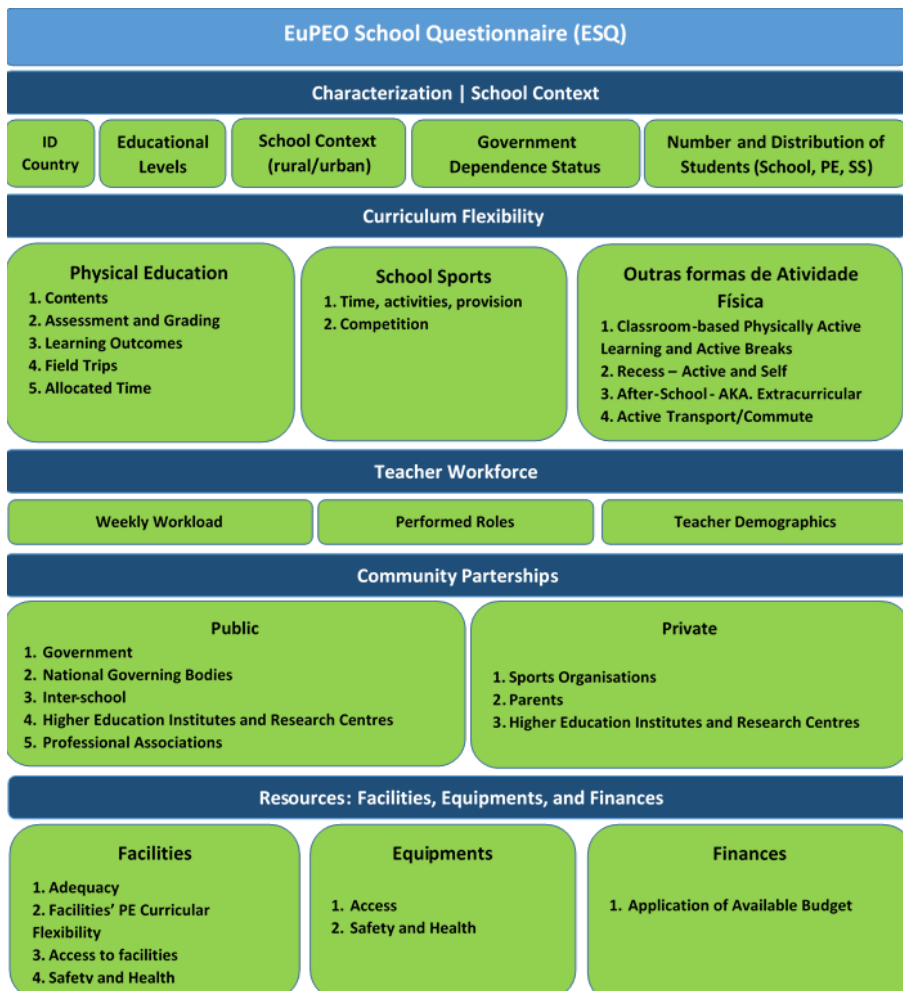


EuPEO MEA & TIM

School Year 2019-2020: pilot phase of data collection

EuPEO Toolkit for Internal Monitoring (TIM)

It is defined as a **methodological e-book** consisting of a set of tools, based on Physical Education quality indicators, to be used within each school as a monitoring procedure for improving these indicators. This toolkit will enable schools to autonomously monitor compliance with health-related physical activity recommendations, directly by monitoring physical education and school sports. The instruments that compose it are addressed to the **school (ESQ)**, **PE teachers (EuLAS-T)** and **students (EPQ)**. The **EuPEO Learning Assessment System (EuLAS)** will exist in the Teacher and Student version (Fig. 7 & 8).



EuPEO Learning Assessment System (EuLAS)

Pupil version: is an online questionnaire anonymous and presented in the native language, to be answered by students of the classes of the last compulsory school year. This focuses on one learning dimension: 1) Physical Self- Concept and serves as a platform for recording student learning with reference to pre-established criteria. EuLAS-P will be included in EPQ during the Piloting phase (Fig. 7). The Physical Self-Concept Questionnaire (PSCQ), developed by Lohbeck, Tietjens & Bund (2016), was the instrument chosen for collecting data on physical self- perception.

Teacher version: is an online questionnaire anonymous and presented in the native language, to be answered by physical education teachers of the classes of the last compulsory school year. This focuses on three learning dimensions in common areas of the Physical Education Curriculum (1) health-related physical fitness, and 2) physical activities, and serves as a platform for recording student learning with reference to pre-established criteria (Fig.8).

Fig. 6 - EuPEO School Questionnaire (ESQ) dimentions



EuPEO MEA & TIM

School Year 2019-2020: pilot phase of data collection

EuPEO Toolkit for Internal Monitoring (TIM) (continuation)

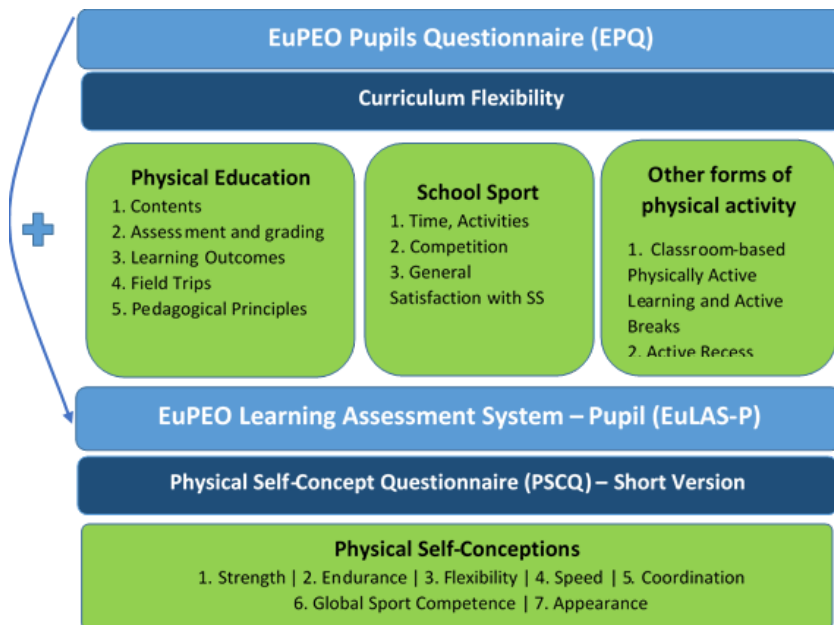


Fig. 7 - EuPEO Pupil Questionnaire (EPQ) and EuPEO Learning Assessment System - Pupil Questionnaire dimensions

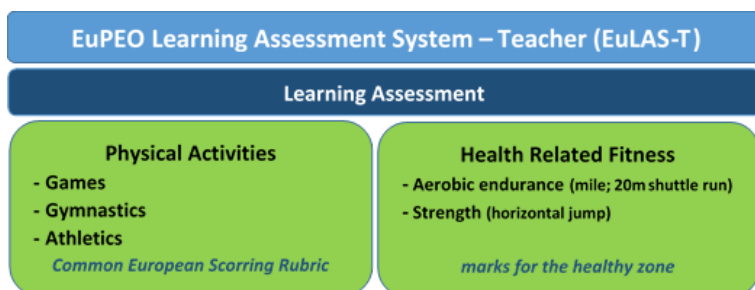


Fig. 8 - EuPEO Learning Assessment System - Teacher Questionnaire dimensions

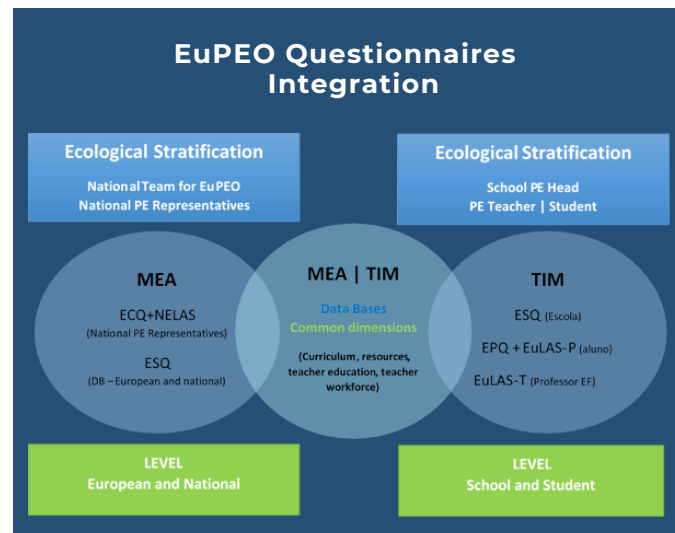


Fig. 9 - EuPEO Questionnaires Integration

Acknowledgements

EuPEO's project partners would like to acknowledge all the participants that contribute to the successful completion of this first phase.

EuPEO's participant schools, teachers, students and external collaborative organizations, namely those belonging to the education, sport and health sectors, have a fundamental role in the development of the European Physical Education Observatory (EuPEO) and the accomplishment of its mission: quality Physical Education promotion throughout Europe.

Thank you all !

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