



# Children and youth sports ,post‘ Corona

Position paper of the research association for children and youth sports in North Rhine-Westphalia

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# Research association for children and youth sports in North Rhine-Westphalia

## Aims & objectives:

- Clustering statewide efforts on research on children's and youth sports,
- Development of a continuous children's and youth sports reporting system,
- Initiation and support of research projects on children's and youth sports research, and
- Promotion of the dialogue between research and society, especially between science, practice and politics.





# Outline

1. Importance of movement, games and sports for a healthy growing up of children and adolescents
2. Impairments of children and adolescents due to the Corona pandemic
3. Perspectives for a restart of children's and youth sports ,post' Corona

motor skills and abilities

creativity

physical literacy

enthusiasm

acknowledgement

commitment

self-efficacy

joy of movement

self-esteem

fair play

self-concept

fun

Importance of movement,  
games and sports for a  
healthy growing up of  
children and adolescents

identification

cooperation capability

motivation

friends

health

social skills

meaningful activities

belonging

persistence



# Potentials of children's and youth sports for a healthy growing up

What adolescents can  
**experience** in sports

Activity and relaxation

Contact and belonging

Physicality and success

**Moratorium**



What adolescents can  
**learn** in sports

Motor skills

Self-competences

Social skills

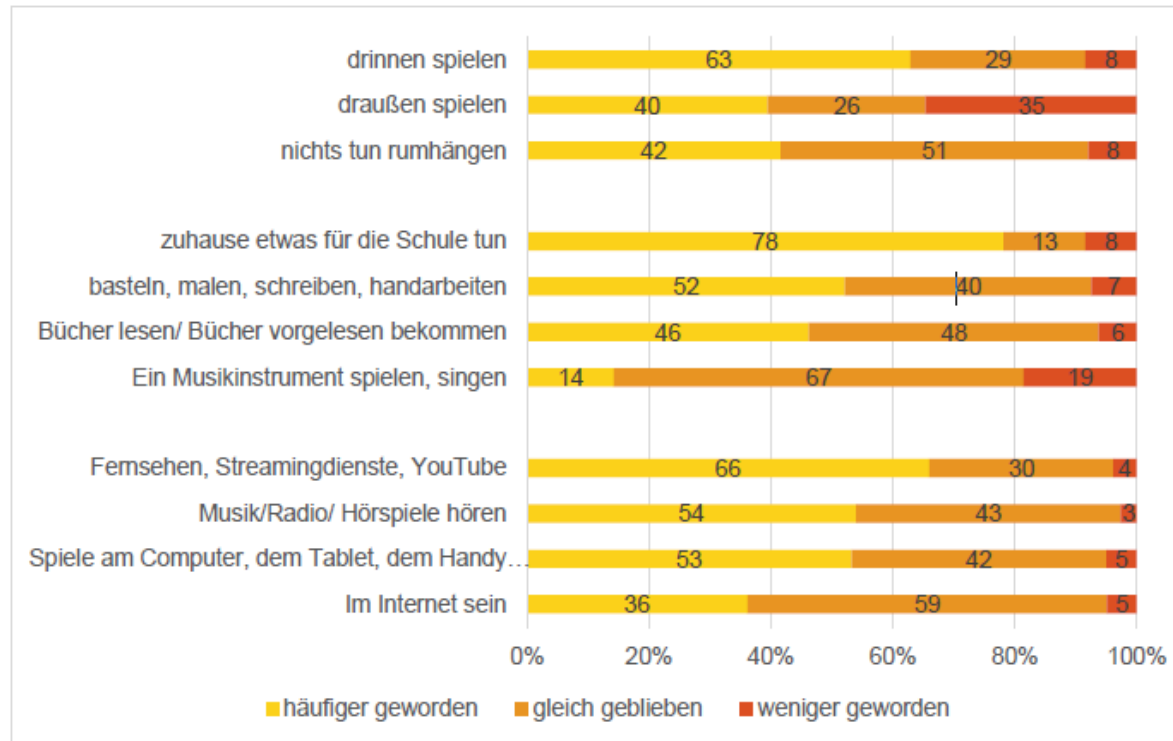
**Transition**



# Impairments of children and adolescents due to the Corona pandemic

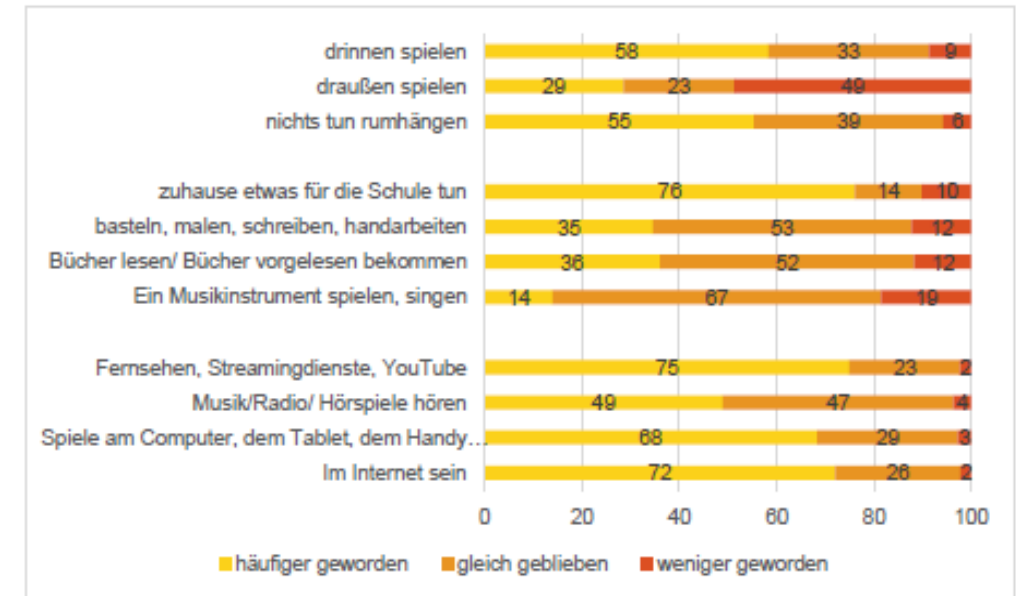


Abbildung 5b: Veränderungen im Freizeitverhalten im Grundschulalter (in Prozent)



- Home-schooling
- Playing and ,hanging out‘
- Media consumption

Abbildung 30: Veränderungen im Freizeitverhalten im Sekundarstufenalter (in Prozent)



## Everyday life and media consumption

Anmerkungen: n = 2.641 – 3.059. Fragewortlaut: Wenn Sie im Vergleich an eine durchschnittliche Woche vor der Ausgangssperre denken, wie stark hat sich jetzt die Häufigkeit verändert, mit der Ihr Kind die folgenden Freizeitaktivitäten unternimmt?

Quelle: DJI-Studie „Kind sein in Zeiten von Corona“, Stand 12.2020.

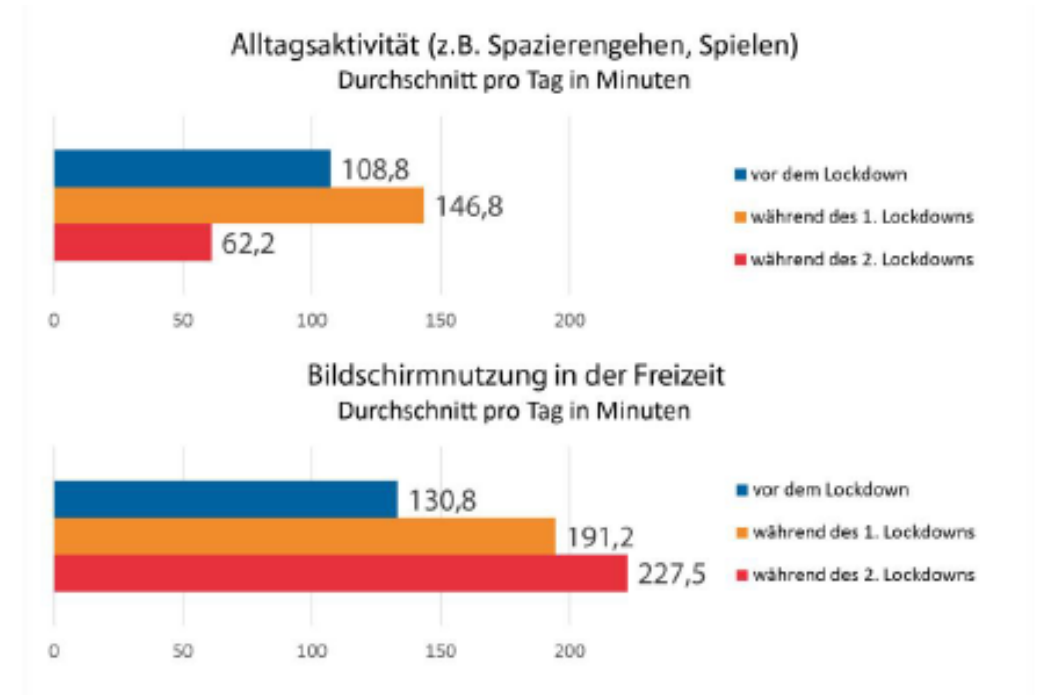
# Movement and sport activity

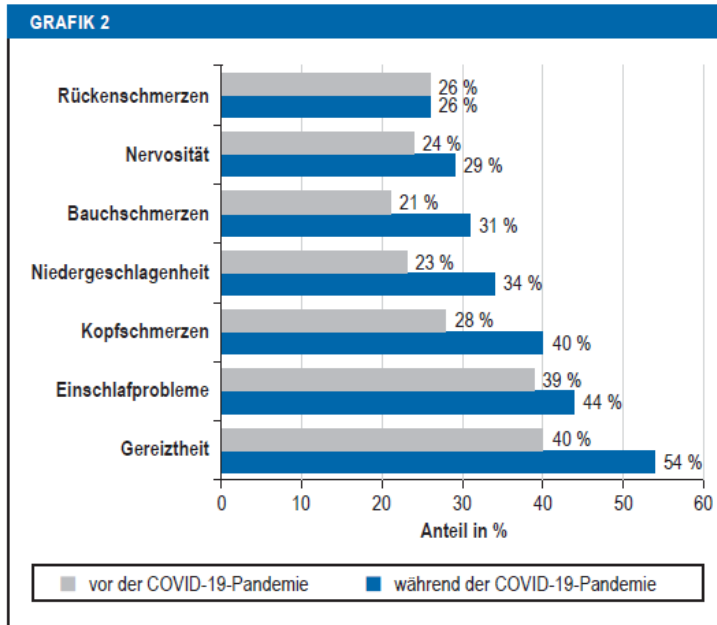


- Decrease in sports activity
- Temporary increase in everyday movements
- Clear increase in media consumption

## Organised sport in schools and sport clubs per day

pre Corona	1. wave	2. wave
26,3 min	0,0 min	3,7 min





Psychosomatische Beschwerden von Kindern und Jugendlichen vor und während der COVID-19-Pandemie. Angegeben sind die Prozentanteile der Kinder und Jugendlichen mit entsprechenden Beschwerden mindestens einmal pro Woche während der COVID-19-Krise (COPSY-Studie) und aus der Zeit davor (4).

- Reduced quality of life
- Increase in psychosomatic disorders
- Increase in mental illnesses

Anteil der Kinder und Jugendlichen mit einer geminderten Lebensqualität



vor der Corona-Krise

3 von 10 Kindern



erste Befragung  
(Mai-Juni 2020)

6 von 10 Kindern



zweite Befragung  
(Dezember 2020-Januar 2021)

7 von 10 Kindern

## Health and well-being

# Social participation

✓ Knapp 60 % der Befragten geben an den Eindruck zu haben, die Situation junger Menschen sei Politiker:innen nicht wichtig und fast 65% haben eher nicht oder gar nicht den Eindruck, dass die Sorgen junger Menschen in der Politik gehört werden.

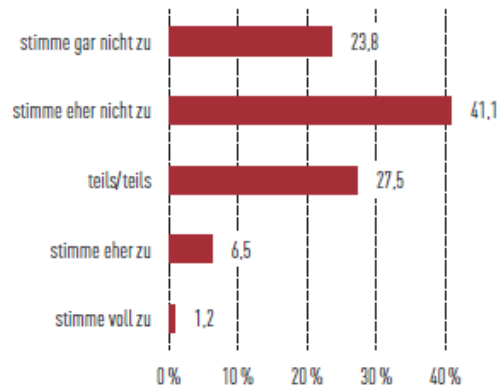


Abbildung 2: Beteiligung junger Menschen: Die Sorgen von jungen Menschen werden in der Politik gehört

**Conclusion: Participation – not only a right in ,fair weather‘**

- Reduction of young people to pupils who are supposed to function
- Feelings of loneliness and insecurity
- Ensure the right to participate

*„We young people are only seen as pupils. We are supposed to learn and learn and learn. Why is there a discussion about cutting the summer holidays? Politicians think like capitalists.“*

The importance of physical activity for the growing up of children and adolescents, their development, their social participation and their health has become clear in a particular way during the pandemic – ***Movement, games and sports are essential for growing up healthy!***

The dependence of educational and participation opportunities on social background has become particularly clear through the pandemic – ***Socially disadvantaged adolescents are particularly left behind in the areas of education, participation and health!***

Alternate ways of dealing with one's own body as well as the development of social lifestyles became particularly evident under the conditions of the pandemic – ***Corona has accelerated the digitalisation and 'disembodiment' of youth lifestyles!***





# Perspectives for a restart of children's and youth sports ,post' Corona





## *Experience movement, games and sports*

- Regular movement, games and sports activities in **day-care centres for children and schools** during lessons and breaks
- Supportive general conditions for movement, games and sports in **sport clubs and child and youth welfare**
- Opening of communal spaces, such as playgrounds, schoolyards and sports facilities, for **informal physical activities**



## *Learning with movement, games and sport*

- Promoting demanding **analogue and digital physical activity programmes** for children and young people for motor development, cognitive activation and social inclusion.
- Development of new offers for **dealing with physicality, movement and sport** in digital societies
- **Integration of socially disadvantaged children and adolescents** in school and extracurricular sport through low-threshold offers, sports mentoring models and supporting structures in the community



## *Secure* movement, games and sports in the long term

- **Networking of stakeholders in children's and youth sports** from practice, politics and science through a continuous panel of experts
- Systematic **promotion of research of children's and youth sports** through the establishment of a sports-specific funding line and regular reporting
- Development of a strategy to **ensure children's and youth sports** under the conditions of a potentially pandemic era



Thank you very much for your attention!

