Co-funded by the
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NEXT – NEIGHBORHOOD SPORT
CAPACITY BUILDING PROGRAMME

9.30 | Welcome from hosting partner and presentation

9.45 | Introduction to the NEXT – Neighborhood Sport Project

➢ Why NEXT project and the origin of the project idea
   Raffaella Chiodo Karpinsky'
➢ Political Strategy for Health Enhancing Physical Activity
   Massimo Gasparetto
➢ The social component of the methodology proposed
➢ Main objectives & Activities and outputs expected
   Francesca Di Feo
➢ Introduction of NEXT Toolkit
   Francesca Di Feo

10.00 | Neighborhood sport as a methodology

Precondition and requirements for creation of activity in neighborhoods
Raffaella Chiodo Karpinsky
How will the NEXT Sport methodology come to be: the pilot test & Creating a sense of community
 in the neighborhood through sport and physical activity
➢ The places of Neighborhood sport and possible activities
➢ Target audiences
➢ Practical matters: duration of the pilot test, frequency
Francesca Di Feo

Q&A by participants to UISP local committees
*Evelin Iotti UISP Reggio Emilia local Committee, Andrea Cammelli, UISP local Committee Firenze,
Maria Pina Casula UISP local Committee Sassari*

10.30 — NEXT Methodology as a tool to face COVID-19 implications

- ➢ COVID-19 implications on grassroots sport sectors
- ➢ COVID impact on activities, on people perception and approach to the human need to move
- ➢ Bringing physical activity in neighborhoods. A way to develop consistency with Global Action Plan, Every Move Counts Guide Lines etc. after COVID lockdown and restrictions.
- ➢ Taking care of the territory and environment and the reuse of existing "facilities" for physical activity
- ➢ Online activities
- ➢ How can online sport and physical activities contribute to the development of NEXT Sport Methodology
- ➢ Strength points and challenges of online activities
- ➢ Engaging a neighborhood in online sport activities together
- ➢ How pandemic make it even harder (more operators involved to respect Covid restrictions)
  Online activities: benefits and critical aspects
  Michele di Gioia, Daniela Conti and Raffaella Chiodo Karpinsky

11.15 — Coffee break 🚩☕

11.30 — Structuring a course to engage people physically and socially

- ➢ What is sedentary behavior and its risks
- ➢ How to facilitate sedentary people awareness on the importance of an active lifestyle for psycho - physical and social wellbeing
- ➢ facilitate the understanding of the psychological and social aspects deriving from physical activity carried out in the times and ways proper to the reality of proximity.
- ➢ Keeping sedentary people active outside of the program: sustainability
  Francesca Di Feo

12.30 — Lunch break 🥗

14.00 — Key words: relationships and advocacy

- ➢ How important is the presence of stakeholders in the implementation of neighborhood sport
- ➢ How to implement a simple but effective communication strategy to involve third parts in your activities
  Francesca Di Feo

14.15	**Let's invent test activity in your neighborhood context!**
	GROUP ACTIVITY – subdivision in groups per country:
	Groups organize the pilot test of the NEXT Neighborhood Sport Methodology. *Start from the beginning: do you already have in mind which neighborhood you would like to involve?*
	➢ *Plan the initial event to present the activities. What would it be? How would you promote it? Which stakeholders would you contact to ensure participation and efficiency?* ➢ *Plan the future activities with an ideal number of 10 participants. With what target group would you focus on? What sports of physical activities would you implement? With what equipment and in which common space?* ➢ *What are your ideas to create a sense of community that will gather people from all over the neighborhood, and engage them in physical activities even after the official end of the activities?*
15.15	**Presentation of groups tests proposals**
16.00	**Wrap up and closing**