

READY...GO Project

Sport in prison to support the acquisition of informal skills
to help inmates to better prepare their reintegration into society

Application n° 2016-1-FR01-KA204-023846

M4 Transnational meeting Hämeenlinna (FI)



READY...GO Project

Sport in prison to support the acquisition of informal skills to help inmates to better prepare their reintegration into society

Welcome from our Finnish host, Jarmo

Logistic information





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Positive and negative points on last six months since C1

CY - DE - ES - FI - FR - LV - MT

- *from Sport instructors*
 - ✓ *on their own comments*
 - ✓ *on Inmates/Learners comments*
- *from Local coordinators*



Stages of READY...GO

- Carrying out an initial research (Questionnaires to inmates / Sport instructors)
- Identifying inspiring practices, methodologies, supports,...
- Creating a pedagogical support for the identification and the realization of cross-curricular competences observed with support of Physical Activities and Sport
- Measuring the positive impact that validation can have on inmates and their motivation (indicators)
- Validating competences' development as a result of these activities
- Organizing communication and dissemination
- Publishing findings and recommendations based on research and practices



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CAUTION NOTE

EU projects don't granted for usual daily work ; Days for implementation are not days of Sports and Physical Activities.

The granted hours/days are when you use the grids as READY...GO tools, that means when you assess someone/several persons.



READY...GO PROJECT

Sport in prison to support the acquisition of informal skills to help inmates to better prepare their reintegration into society.



Psychosocial
regulation

Restorative
justice

Assistance to
reintegration

Respect
diversity

Health
promotion

Culture
sensitive

Goals of sport in prison

Educational
work

Contribution to
internal security /
social peace

Socialization

Foster positive
relationship

Assistance to
reintegration

Well-being

Socialization

Health
promotion

Restorative
justice

Social peace

Culture
sensitive

Goals of sport in prison

Respect
diversity

Educational
work

Psychosocial
regulation

Foster positive
relationship



To have
fun

To meet
other inmates

To maintain
their health

Expectations from Inmates (Q1)

To leave their
cell

To receive education
and training based on
PAS

To release
from daily
tensions

To push themselves
to limits



Development of
life skills

Rules and
limits

Respectation

Learning by
doing

Pedagogy of SPORT in prison

Physical
education

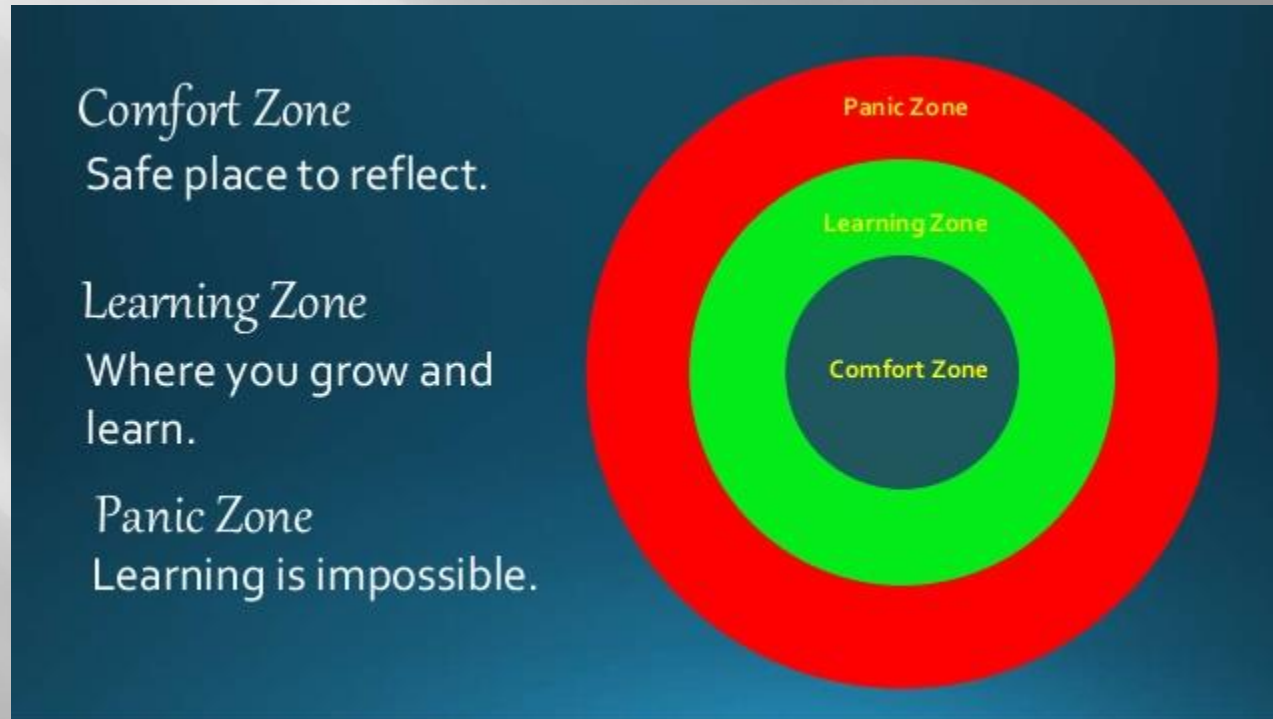
???

Individual/
Group learning

???



The Learning Zone Model from Senninger, 2000





What does **“Going out of the comfort zone”** mean?

When you start an activity, you ask your body for the usual work that it is suitable for (comfort zone). After a period of preparation, you can then impose extra effort by increasing the number of sessions and their duration, working with previously ignored accessories, or by making the exercise more difficult (learning zone). This rise in power must be compatible with the capabilities without ever entering the so-called "panic zone".



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Every individual's threshold for each zone will be different. It can also differ by situation.



Which one(s) of the above 3 zones do you think, as sport instructors, you explored during the 6 past months of testing ?



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Never push someone into the learning zone.
As you cannot see where it starts and ends.



It's why it's necessary to assess when it starts and, at least, when it ends, preferably with one or more interim assessment(s).



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CCC Assessment n° 1 : Record Overview

CROSS-CURRICULAR COMPETENCES		Number of Assess 1	Number of Assess 2	Number of Assess 3		Number of Assess 1	Number of Assess 2	Number of Assess 3		Number of Assess 1	Number of Assess 2	Number of Assess 3
AUTONOMY	CY				ES	35+						
CIVIC & SOCIAL ATTITUDE	ES	35+			FR	7			FI	1		
CONFLICT MANAGEMENT	DE				FR	12			MT			
CREATIVITY	LV				MT							
CRITICAL THINKING	CY				FR	4			FI	1		
FLEXIBILITY	FI				LV				MT			
INTERCULTURAL COMMUNICATION	CY				MT							
LEADERSHIP	ES	34+			LV							
LEARNING TO LEARN	CY				DE				FI	3		
MANAGING DIVERSITY	DE				FI	3						
MENTORING	ES	35+			FR	5						
PLANNING RESOURCE MANAGEMENT	FI				LV							
PROBLEM SOLVING	LV				MT							
SELF-REFLECTION	DE				FR	35						
TAKING RESPONSIBILITY	ES	35+			FI							
TEAMWORK	CY	1			DE							

Assess 1 were due to happen when starting test

Assess 2 are interim assess are when necessary and as many, between Assess 1 and Assess 3

Assess 3 must be finished by end of September 2018 (before C2 in Barcelona)

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Who were to be involved in this 1st period' process?

1 – Sport « instructors »

2 – Learners

3 – Local coordinators (7)

4 – Project' coordinator



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Process READY... GO

Introduction – Inspiring practices

1 – Manual for User

2 – Train the trainer

3 – READY... GO Grid (Assess 1 – 2 – 3)

4 – Assessment / Valorisation

5 - Certificate



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What do we expect since Germany from each partner country ?

- 1 – Test 5 cross-curricular competences (CCC) through sub-items
- 2 – Test CCC in a variety of identified sports
- 3 – Involve a pre-fixed number of learners in testing activities
- 4 – Organize the 1st assessment for each learner as starting point
- 5 – Give feedback every month about progress in activities AND in assessments



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What do we expect since Germany from each partner country ?
1 – Test 5 cross-curricular competences (CCC)

Countries	CCC 1	CCC 2	CCC 3	CCC 4	CCC 5
CY	Learning to Learn	Team working	Critical thinking	Intercultural communication	Autonomy
DE	Team working	Conflict management	Learning to Learn	Self reflection	Managing diversity
ES	Autonomy	Civic and social attitude	Leadership	Take responsibility	Mentoring
FI	Take responsibility	Learning to learn	Flexibility	Planning resource management	Managing diversity
FR	Conflict management	Critical thinking	Civic and social attitude	Self-reflection	Mentoring
LV	Creativity	Flexibility	Planning resource management	Problem solving	Leadership
MT	Problem solving	Intercultural communication	Creativity	Conflict management	Flexibility



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What do we expect since Germany from each partner country ?

2 – Test CCC in a variety of identified sports

Green code / Planned

Red code / Cancelled

Black code / Added



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V2018.06.12

Sports and Physical Activities

CY

DE

ES

FI

FR

LV

MT

Contact sports

Boxing (thai,...)

Judo

Karate

Kickboxing

Martial Arts

Self defense

CY

FR

FR



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What do we expect since Germany from each partner country ?

3 – Involve a pre-fixed number of learners in testing activities

Target groups	Countries
Male 50 Female 10	CY
Female and Male 30	DE
Male 80+ Female 20	ES
Female 60/90	FI
Minors and young adults 20	FR
Male 10 Female 5	LV
Male/Female 10	MT

Country	Female	Male
CY		
DE		
ES		
FI		
FR		
LV		
MT		



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What do we expect since Germany from each partner country ?

4 – Organize the 1st assessment for each learner as starting point

Countries	1st Assessment
CY	
DE	
ES	
FI	
FR	
LV	
MT	



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What do we expect since Germany from each partner country ?
5 – Give feedback every month about progress in activities AND in assessments

Country	Partner	Nov. 17	Dec. 17	Jan. 18	Feb. 18	Mar. 18	Apr. 18	May 18
FR	Euro-CIDES	1	1	No PAS	1	1	1	
CY	Cyprus Prison Department	DNS	1	1	6	6	6	6
DE	Justizvollzugsanstalt Zweibrücken	DNS	1	1	1	1	1	1
ES	Generalitat de Catalunya Departament de Justicia	DNS	4	8	1		7	1
FI	Hämeenlinnan vankila Rikosseuraamuslaitos	DNS	1	1	1	1	1	1
LV	EPPEA	DNS	3	4	4	4	5	6
MT	Corradino Prison of Malta	DNS	DNS	1	1	1	1	

DNS = Did Not Start

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Workshops to develop more CCC criters

ES + FR + FI	1	Civic & moral attitude + Mentoring
CY + DE	1	Learning to learn + Teamwork
LV + MT	1	Creativity + Problem solving
DE + FR	1	Conflict management + Self-reflection
CY + MT	1	Intercultural communication
ES + FI	1	Taking responsibility
ES + MT/FR	2	Leadership
FI + LV / DE	2	Flexibility + Planning resource management
DE + FI	2	Managing diversity
CY + ES / MT	2	Autonomy
CY + FR	2	Critical thinking



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Inside / Outside Actions for COMMUNICATION

Brainstorming on past actions

List of documents, events, ,,
Type of proof (article, action note, ...)

Shared videoconference of November 22, 2018

Draft programme of conferences
Draft of speakers / Duration / Chronology



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Day 1 – Bull’ eyes Evaluation on flipchart

Hämeenlinna - June 12-13, 2018



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Project Steering Group (PSG Meeting)





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Where/When do we meet for dinner?



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DAY 2

Visit of the prison

**Sport activities with
female inmates**

Hämeenlinna - June 12-13, 2018

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1st Workshop

Work on Recommendations (materials, staffs, equipments,...) to

- Penal administrations (Ministry, Prison department,...),
- National schools for prison staffs,
- Managers of prisons,
- Sport instructors working in prisons,
-

2nd Workshop

Draft of « **Train the Trainer** » to work with READY... GO
(Manual for User, Training session,...)



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Hola Spain !



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Day 2 – Bull' eyes Evaluation on flipchart



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Where/When do we meet for dinner?

*Thank you for all contributions
and participation*