

READY...GO Project

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

C2 Activity Thematic session (Barcelona)





IT'S **ESSENTIAL**
TO KEEP IN MIND THAT
READY... GO TOPIC IS LINKED TO
EDUCATION IN PRISON
THROUGH SPORT ACTIVITIES

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



So READY... GO Grid is

First goal – a tool that focuses on inmates

Second goal – a tool to be used by sport instructors



Stages of READY...GO

- Carrying out a research (Questionnaires to Inmates / Sport instructors)
- Identifying inspiring practices, methodologies, supports,...
- Creating a pedagogical support to identify and valorize Cross-Curricular Competences through Physical Activities and Sports
- 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 / recommendations based on research and practices



Respect diversity

Assistance to
reintegration

Socialization

Psychosocial
regulation

Restorative
justice

READY...GO Contributions

Educational
work

Foster positive
relationship

Wellbeing &
health promotion

Internal security
Social peace



To enforce strengths
and work on weaknesses

To help inmates
to discover new
abilities

To deal with
challenging behaviours
from peers

Learning by
playing

Pedagogy of SPORT in prison

Rules and
limits

Education to
health through
Sport

Development of
life skills

Individual/
Group learning

To encourage confidence
between sport instructor
and inmate to make him
growing



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To have fun

To meet other inmates

To maintain their health

To push themselves to limits

To practice new PAS

Expectations from Inmates (Q1)

To leave their cell

To receive certificate to use for conditional release

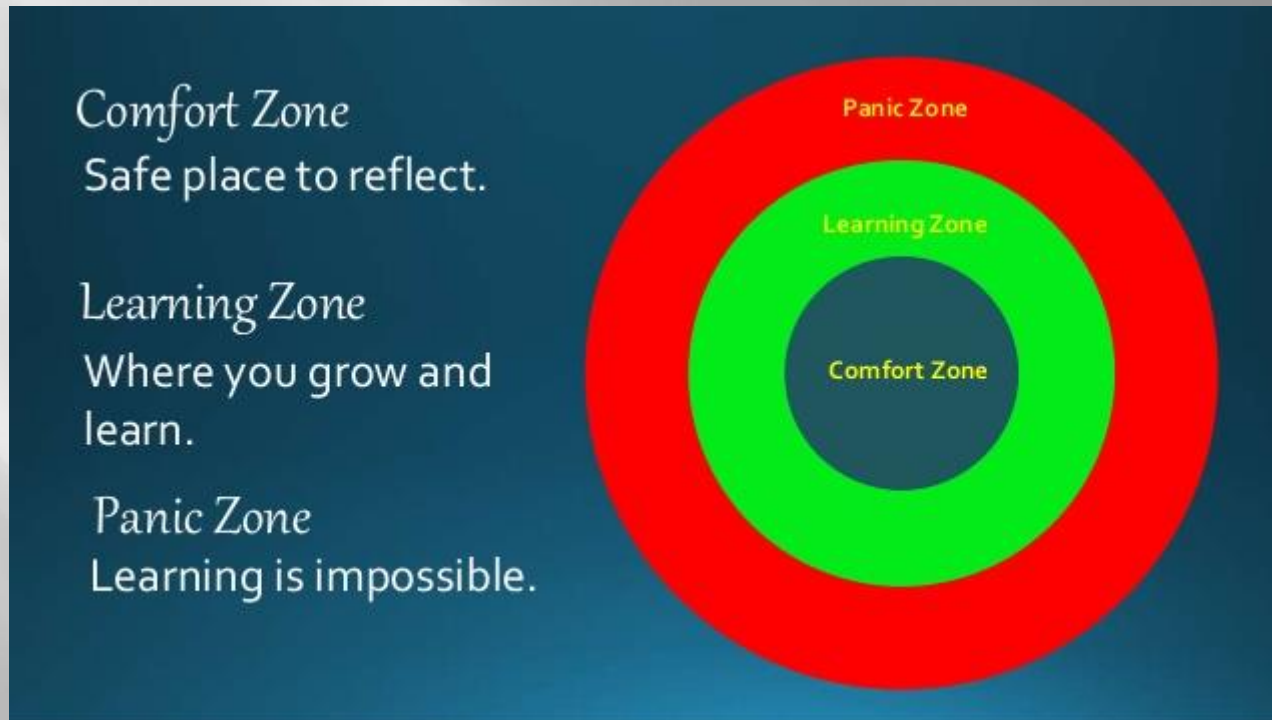
To include in sentence plan

To receive education and training based on PAS

To release from daily tensions



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 an 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.



On the next 2 assessments, which one(s) of the above 3 zones was/were explored during the 12 past implementing months ?



Example A / Which zone was requested?

| | | | | | |
|----------------------|---|---|----|----|---|
| ACCEPT ERRORS | The inmate shows a positive disposition towards criticism coming from the teammates, sports instructors and sports officials. | X | | X | X |
| | The inmate is able to accept advice without taking it too personally. | | X | X | X |
| | The inmate is able to change his/her attitude in regards of advice or criticism. | | XX | | X |
| | The inmate apologizes for his/her mistakes or bad behaviour. | | | XX | X |



Example B / Which zone was requested here ?

| | | | | | |
|----------------------|---|--|--|-------|--|
| ACCEPT ERRORS | The inmate shows a positive disposition towards criticism coming from the teammates, sports instructors and sports officials. | | | 1,2,3 | |
| | The inmate is able to accept advice without taking it too personally. | | | 1,2,3 | |
| | The inmate is able to change his/her attitude in regards of advice or criticism. | | | 1,2,3 | |
| | The inmate apologizes for his/her mistakes or bad behaviour. | | | 1,2,3 | |



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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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Who were involved in this process?

- 1 – Sport « instructors »
- 2 – Learners
- 3 – Local coordinators (6) and Project' coordinator



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READY... GO Process

Introduction – Inspiring practices

1 – Manual for User

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

3 – Valorization

4 – Certification

5 – Train the trainer



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**Between C1 (Zweibrücken) and C2 Activities (Barcelona),
what did we expect from each partner country ?**

- 1 – Test 5 Cross-Curricular Competences (CCC) through sub-items
- 2 – Test CCC in a variety of identified sport activities
- 3 – Involve a pre-fixed number of learners in testing activities
- 4 – Organize 3 assessments for each learner
- 5 – Give feedback every month about ongoing progress in activities
AND in assessments (from November 2017 till June 2018)



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1 – Test 5 Cross-Curricular Competences (CCC)

Crossed Curricular Competences (CCC) that were observed

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



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Who was testing what ?

| 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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2 – Test CCC in a variety of identified sports (to be checked and updated by partners)

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,...)

FR

Judo

FR

Karate

Kickboxing

Martial Arts

Self defense

CY



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

| Country | Female | Male |
|---------|--------|------|
| CY | 10 | 50 |
| DE | 40 | |
| ES | 20 | 80+ |
| FI | 10 | 0 |
| FR | 20 | |
| LV | 15 | 75+ |
| MT | 20 | |



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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 Justícia | 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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*4 – Organize 3 assessments for each learner
(March 2018 – June 2018 – September 2018)*

| Countries | Assessments |
|-----------|-------------|
| CY | |
| DE | X |
| ES | |
| FI | X |
| FR | |
| LV | |
| MT | X |



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| | |
|---|----------|
| Flexibility 8-Ball CCFY005 MT1 | 26/09/20 |
| Flexibility 8-Ball CCFY005 MT3 | 26/09/20 |
| Flexibility 8-Ball CCFY006 MT1 | 07/06/20 |
| Flexibility 8-Ball CCFY006 MT2 | 07/06/20 |
| Flexibility 8-Ball CCFY006 MT3 | 26/09/20 |
| Flexibility Bodybuilding CCFM005 MT1 | 07/06/20 |
| Flexibility Bodybuilding CCFM005 MT2 | 07/06/20 |
| Flexibility Bodybuilding CCFM005 MT3 | 24/09/20 |
| Flexibility Bodybuilding CCFM006 MT1 | 07/06/20 |
| Flexibility Bodybuilding CCFM006 MT2 | 07/06/20 |
| Flexibility Bodybuilding CCFM006 MT3 | 24/09/20 |
| Flexibility Circuit training RISEF001 FI1 | 11/10/20 |
| Flexibility Circuit training RISEF001 FI2 | 11/10/20 |
| Flexibility Circuit training RISEF001 FI3 | 08/10/20 |
| Flexibility Fitness CCFF001 MT1 | 07/06/20 |
| Flexibility Fitness CCFF001 MT2 | 07/06/20 |
| Flexibility Fitness CCFF001 MT3 | 25/09/20 |
| Flexibility Fitness CCFF002 MT1 | 07/06/20 |
| Flexibility Fitness CCFF002 MT2 | 07/06/20 |
| Flexibility Fitness CCFF002 MT3 | 25/09/20 |
| Flexibility Fitness CCFF003 MT1 | 07/06/20 |
| Flexibility Fitness CCFF003 MT2 | 07/06/20 |
| Flexibility Fitness CCFF003 MT3 | 25/09/20 |

*Model of registration
for further analysis*



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Thank you for listening
Do you have Questions ?



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WORKSHOP 1

Barcelona – October 22-26, 2018



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Which organization(s) /
change(s) / authorization (s) / ...
did the READY... GO
experimentation require
in each partner institution?



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WORKSHOP 2

Barcelona – October 22-26, 2018



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Positive and negative effects on:

- *Partners' institutions (outside)*
- *Internal organizations (inside)*
- *Staffs (wardens, sport instructors, trainers)*
- *Learners*



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WORKSHOP 3

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VENUES ?



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Videoconferencing system

Which organization for each country?

Common videoconference is due

from 10:30 to 12:00 (+1 for CY/FI/LV)



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Topics for Speakers

**ES – Sport as a structured organization in prison
(with one testimony)**

MT – Sport as part of the educational process in prison

DE – Competence development and sport

CY –

FR – *Training for sport instructors in prison*

LV –

FI – Sport within sentenced plan and probation



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Conferences with videoconference

Nov. 22, 2018

Schedule to start/end the conferences is up to each partner but, as already said,

Common videoconference is due from **10:30 to 12:00** (+1 for CY/FI/LV)



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Individual presentation of **National draft programmes**

Barcelona – October 22-26, 2018



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France

8:45 Welcome coffee, signatures

9:00 Opening of the conference by elected representatives as Sport referent

9:15 Introduction on experiences linked to sport with sentenced persons

9:20 Boxing in prison (Stéphane Raynaud)

9:30 Training of referees in prison (AFCAM Gironde)

9:40 Still under discussion

9:50 Still under discussion

10:00 Prepasport 33 (Caroline Morda)

10:10 Présentation du projet READY... GO

10:30 – 12:00 Videoconference

12:00 Debate with the participants

12:30 Closing the conference



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Guests' profiles

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France

Sport public services (local/regional)

Penal services (DISP / PJJ / Prisons)

Judges and public prosecutors

Public and associative services leading with
social and professional integration

(Missions Locales, SPIP,...)

NGO training sport activities in prisons

Sport instructors in prisons, Sport referents

Local medias



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Invitation Model and Chart Summary

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Model 1

Face A

Face B



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Model 2

Face A

Face B



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Following Model 1 or Model 2 choice

**Summary for the back side
of the invitation**



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Content of Leaflet (3 sheets)

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Set for Communication

- *Materials (CY)*
- *Sub-invoices (FR)*



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WORKSHOP 4

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READY... GO Grid to assess Cross Curricular Competences (CCC)



AGAIN, IT'S **ESSENTIAL** TO REMIND
THAT
READY... GO TOPIC IS LINKED TO
EDUCATION IN PRISON THROUGH
SPORT ACTIVITIES

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



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Contents of CCC

To be adapted, or not

taking support from the
assessments each country was
asked to bring in paper version.



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Please organize sub-groups in relation to hereunder table

Crossed Curricular Competences (CCC) that were observed

| | | |
|--------------|----------|--|
| 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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Civic and Social Attitude to be written

| L | KNOWLEDGE | | SKILLS | | ATTITUDES | |
|---|---|---|--|---|--------------------------------|---|
| | Level Titles | Individual description/ explanatory statement | Level Titles | Individual description/ explanatory statement | Level Titles | Individual description/ explanatory statement |
| 5 | Knowing where else (knowledge for transfer) | | Developing, constructing, transferring | | Incorporation | |
| 4 | Knowing when (implicit understanding) | | Discovering acting independently | | Self-regulation, determination | |
| 3 | Knowing how | | Deciding/ selecting | | Empathy/ Appreciation | |
| 2 | Knowing why (distant understanding) | | Using, imitating | | Perspective taking | |
| 1 | Knowing what | | Perceiving | | Self oriented | |



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WORKSHOP 5

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Work Organization: 2 sub-groups

1 - Manual for User

With all local coordinators + 1 sport teacher per country

2 - Train the Trainer (Course)

All other sport teachers (mainly participants who do not attend C1)



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WORKSHOP 6

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Recommendations to Decision makers

(Materials, Staffs, Equipment, ...)

Penal administrations (Ministry, Prison department,...)

Architects designing new prisons

National schools for prison staffs

Managers of prisons,

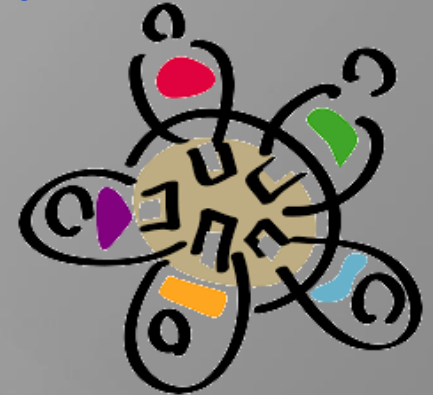
Sport instructors working in prisons

....



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Project Steering Group (PSG Meeting)

only with local coordinators



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CAUTION NOTE

EU projects don't granted for usual daily work ; Days for implementation are not days to practice 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.



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Inside / Outside Actions for COMMUNICATION

Brainstorming on past actions

List of documents, events, ...

Type of proof (article, action note, intranet,...)

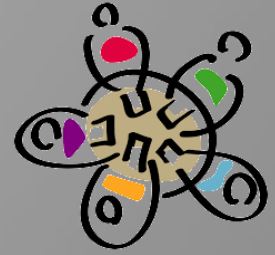
that partners have already published on

READY... GO project, activities, seminars,...



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Final CYPRUS Meeting

Preparing final report to NA

Jan. 29-31, 2019

Next periodic Financial reports

Q7 at Sept. 30, 2018

Q8 at Dec. 31, 2018

Q9 at Feb. 28, 2019