



## **SUS PILOT TEST**

*“Partecipation in the SIMCAS pilot test reminded our sport staff that annual evaluation is important and necessary. As well as that the number of participants and number of winning games are not the only indicators that are showing, how successful was the delivery of particular sport program”*

The target group of the SIMCAS pilot test in Slovenia were second generation immigrants, mainly from the former Yugoslavia countries. The participants of physical activities were individuals of all ages and both genders, and with different levels of physical fitness.

During the pilot test the trainers and coaches followed the key principles from the methodological approach, developed during the first period of the SIMCAS project. Five local partners were invited to implement the pilot test activities. Sport organisations from 5 cities are offering various organized sport activities, such as basketball, rugby, organized workouts for adults and elderly, aquagym, martial arts, self-defense for women, dance, swimming courses etc. By getting to know the background of the participants, coaches planned the sport activities more efficiently.

Changing the rules of the game during some exercises, and adding innovative sports practices have had the most positive impact. Using other sports as a complementary training is making organized physical activities more fun and also raises the level of physical literacy. Consequently, all participants were included in physical activities more equally regardless of their previous sports skills, physical fitness, and self-confidence. As a result, the participation in regular sport activities increased. And more smiles were seen on the faces of participants. Sport can be used a tool for soft skills development.

After including more exercises targeting particular soft skills like leadership, team work, communication and creativity, coaches reported visible change in behaviour of some participants. For example improved self-confidence, less shyness, better communication with the coach and with the other participants.

The groups became more homogeneous, and some new friendships were built. The success of social inclusion was visible especially among adult groups, where now participants started to hang out together and help each other outside the organized sport activities.

Building a multidisciplinary team by inviting experts from other sectors, like psychologists and social workers has had positive effect on the participants as well as the coaches. Working in close cooperation with other experts, coaches received valuable knowledge on how to use sport as a tool for social inclusion and personal development.



[www.simcas.eu](http://www.simcas.eu)

Erasmus+ Sport - Collaborative Partnership n° 612967-EPP-1-2019-1-IT-SPO-SCP