

# THE GOLDEN CHANCES OF PHYSICAL EDUCATION



umcg

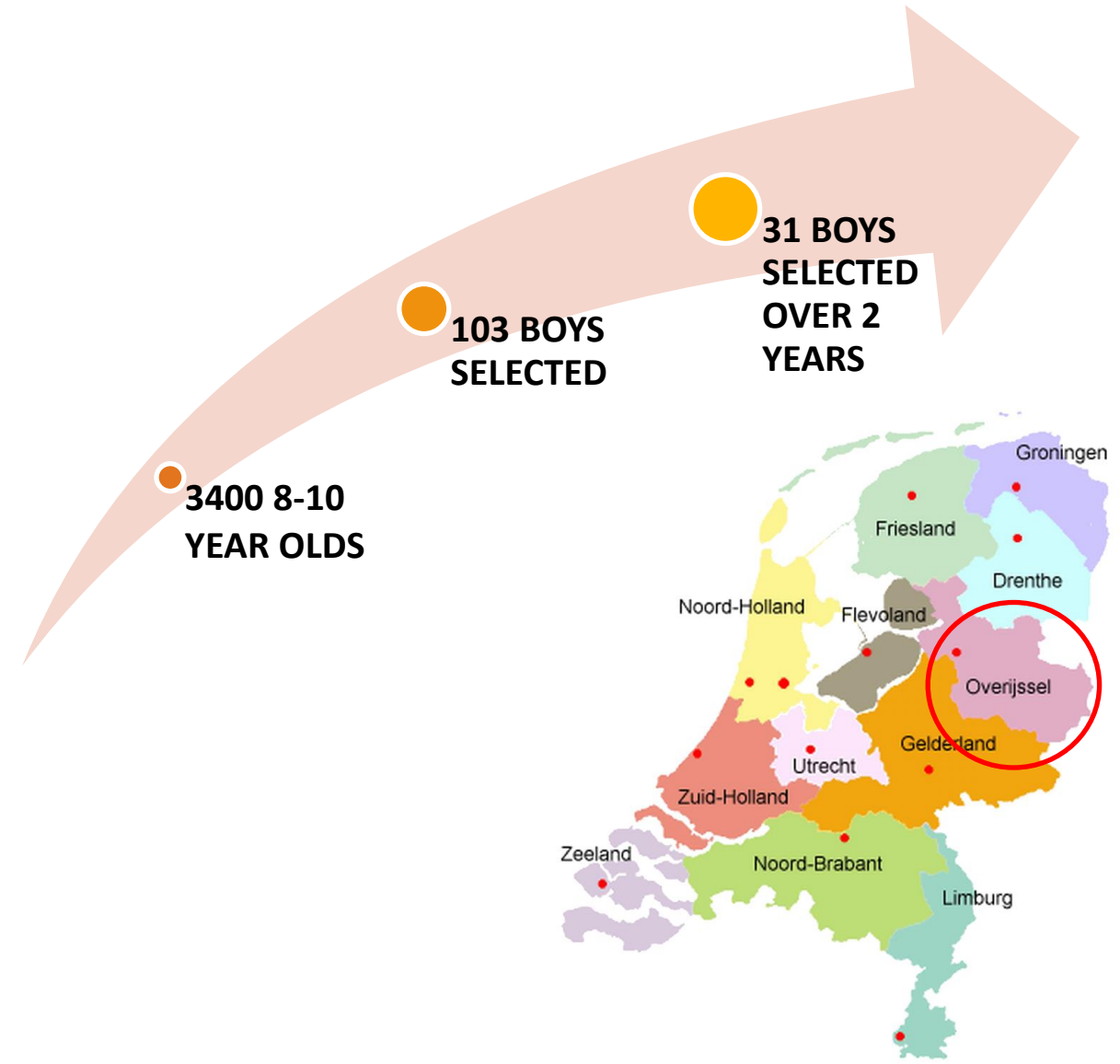
Hogeschool  van Arnhem en Nijmegen

 HAN CENTRE  
OF EXPERTISE **SPORT & TALENT**

# OUR NEW STAR?



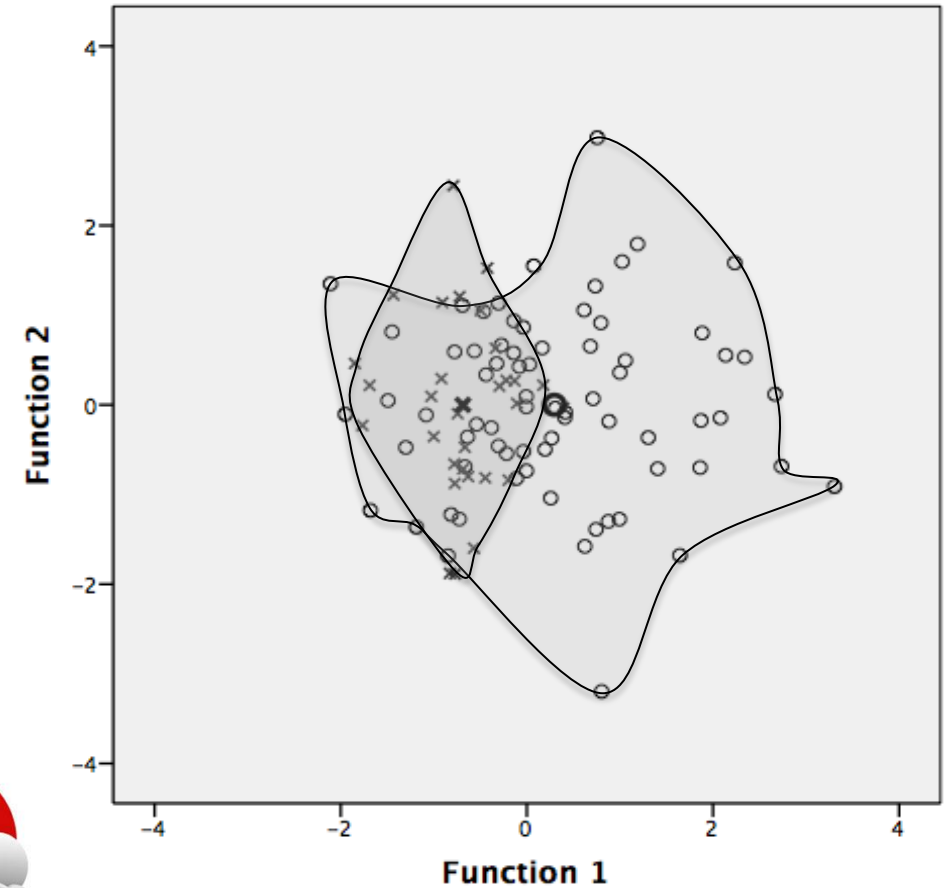
# HOW DO WE SELECT OUR NEXT 'STARS'?





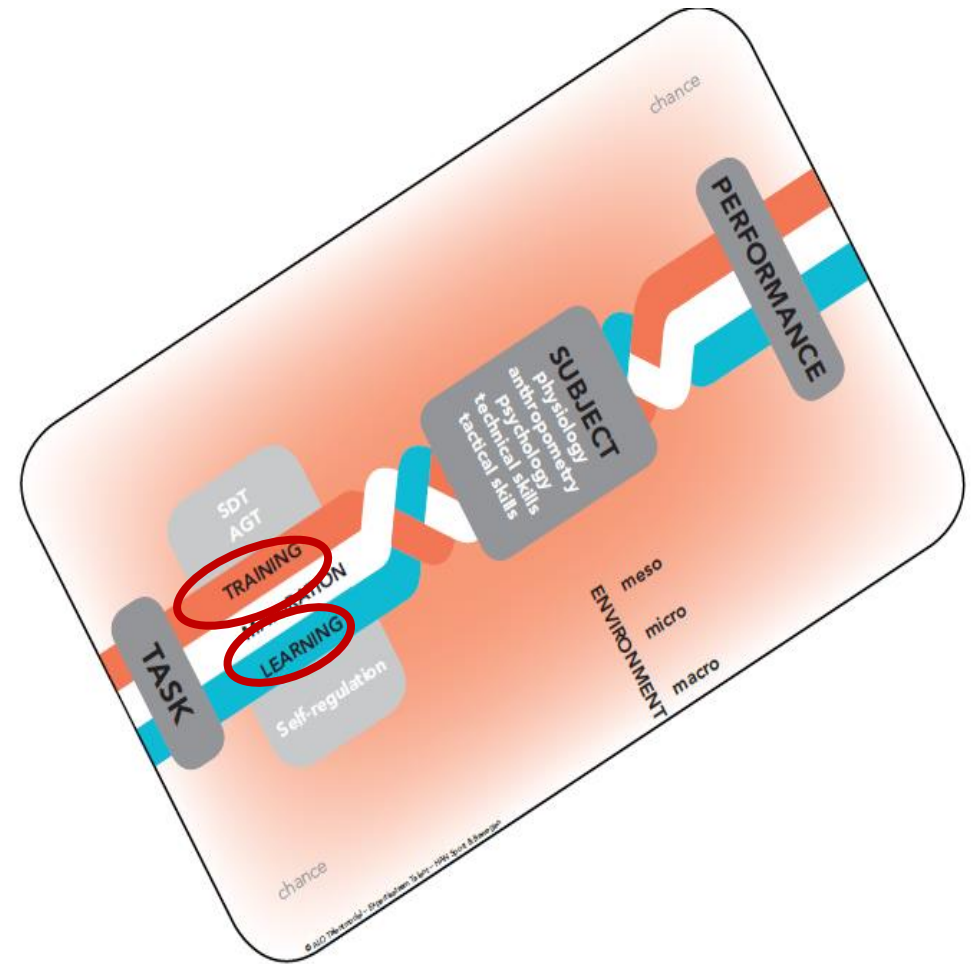
# SELECTED

- RELATIVE OLDEST
- EARLY MATURE
- EARLY SPECIALIZERS
- BETTER SPORT SPECIFIC SKILLS
- BETTER MOVERS



# WHAT ARE MOST IMPORTANT CHARACTERISTICS

AT A YOUNG AGE TO  
BECOME  
SUCCESSFUL IN SPORTS?





# PHYSICAL EDUCATION

AN ACTIVE & HEALTHY LIFESTYLE

BUT.....AT A YOUNG AGE?



# GROSS MOTOR SKILLS

Foundation for motor development

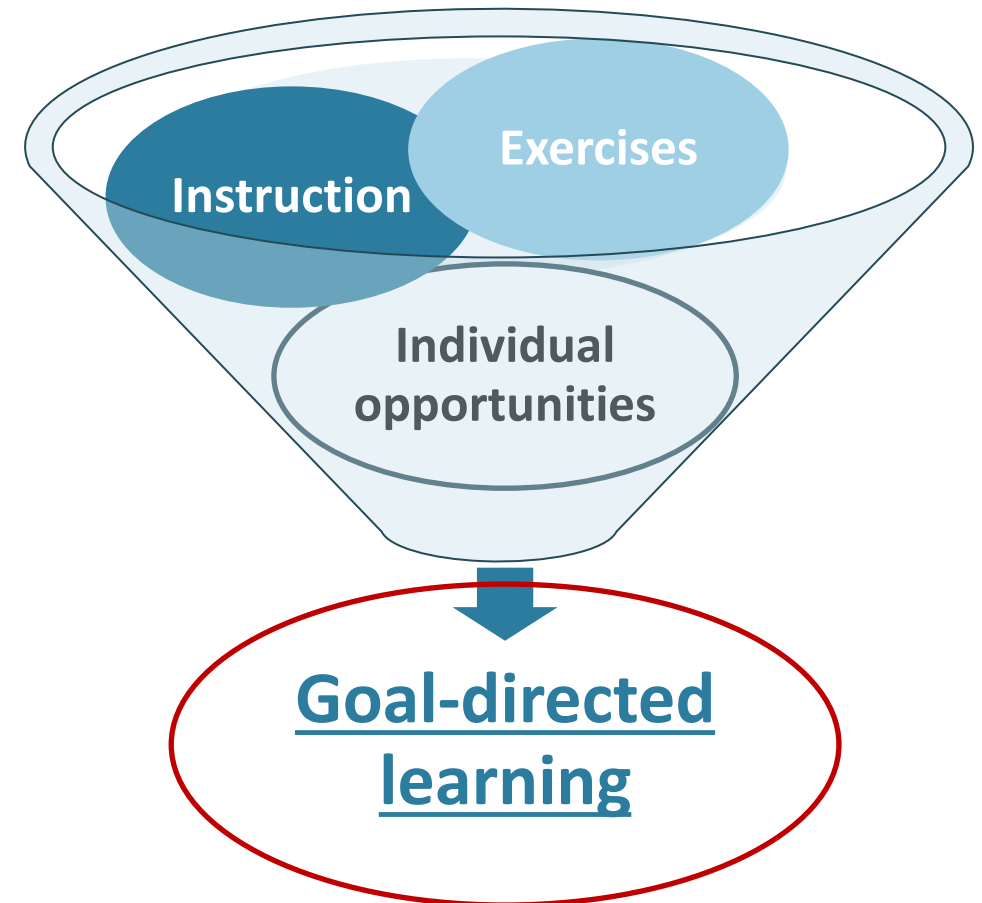
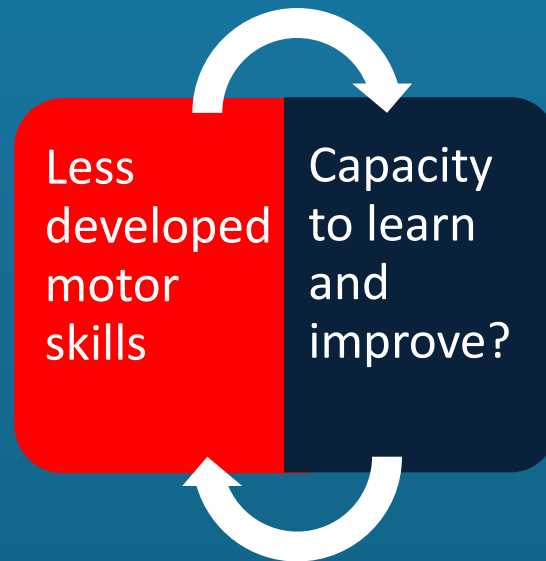
Prerequisite for learning sport-specific skills in later childhood





‘Children have to be provided with challenging learning environments to be stimulated to learn and improve their gross motor skill performance’

*(Stodden, et al., 2008)*



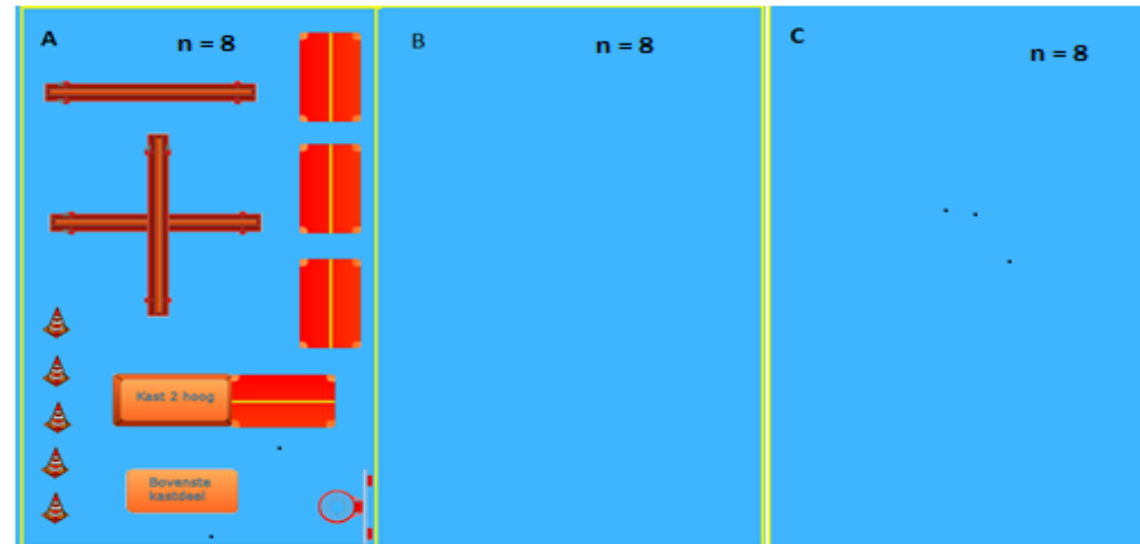


Körper Koördiation Test für Kinder (Kiphardt & Schilling, 1974)

**4 weeks, 8 min. a week**

**7 exercises**

**Individual practice**

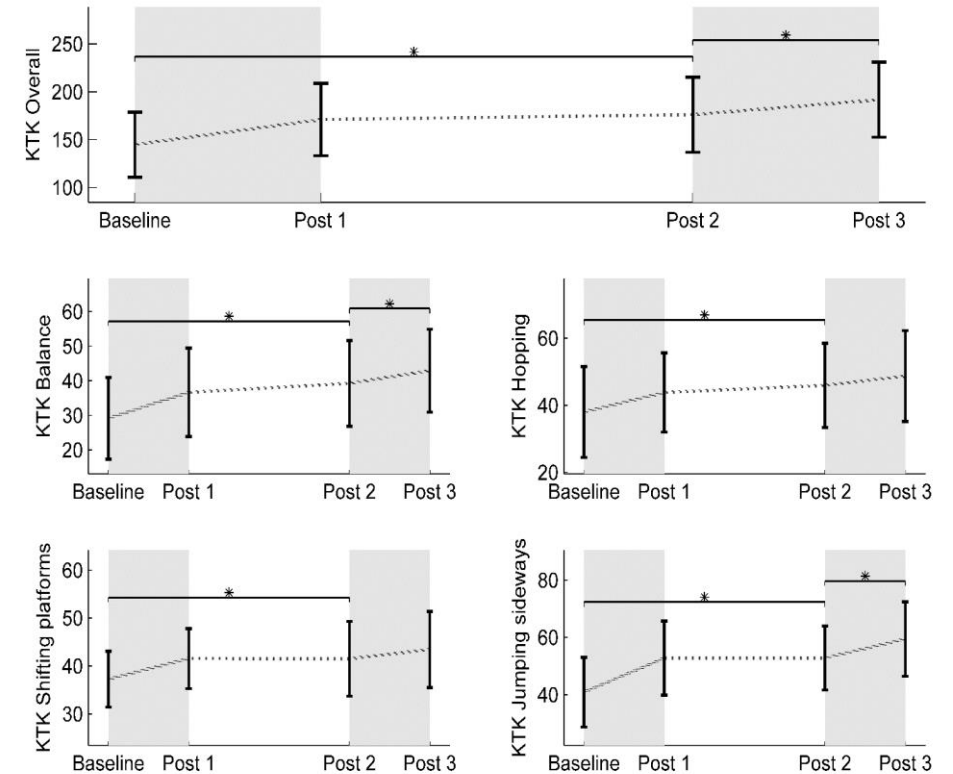


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# Results

- Significant improvements after 4 weeks
- Sustainable effects
- Repeated practice

Platvoet et al. (2016)  
Platvoet et.al. submitted



Some children improve more than others.

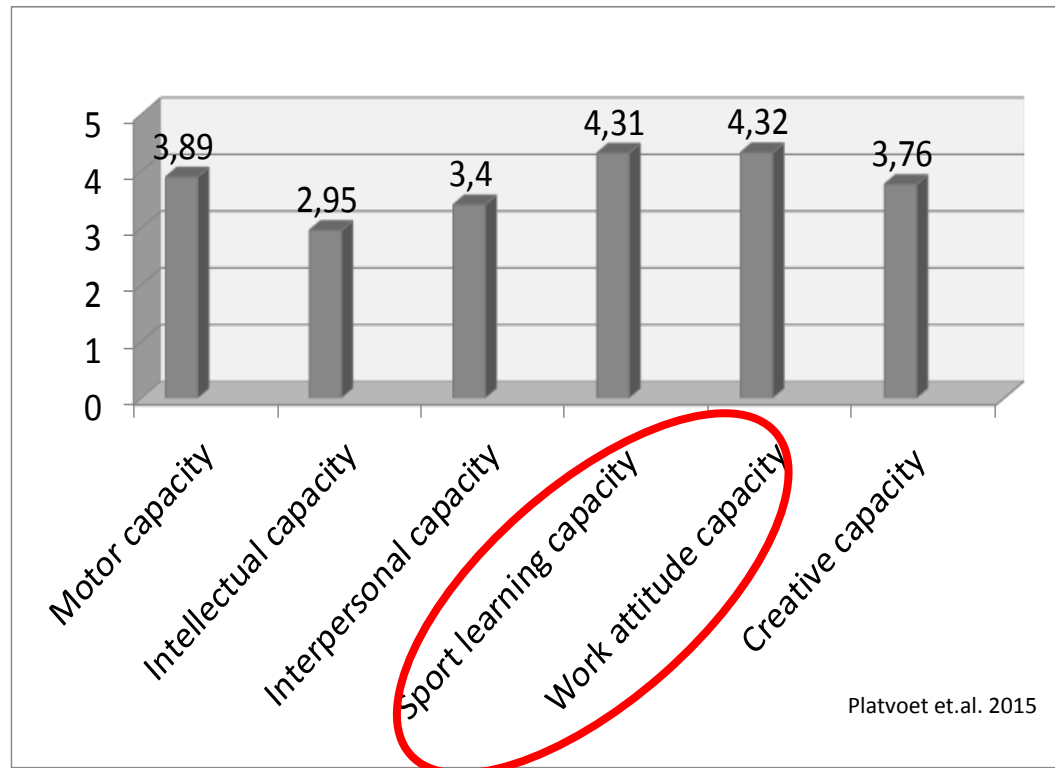
Our next 'stars'?

What characterizes these children?





## PE teachers' perceptions of 6 to 8 year-olds with the potential to become an elite athlete in the future



### Scale for Identification of Sport Potential

SurveyMonkey® VOORBEELD EN TEST

**SISP 2016**  
GOUDENKANSEN

\* 1. Code leerling

2. De leerling ...

	zeer mee oneens	mee oneens	neutraal	mee eens	zeer mee eens
heeft het vermogen medespelers te enthousiasmeren	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
neemt vaak de leiding bij werken in groepen	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
gaat makkelijk om met verschillende mensen	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
bezit leiderschapskwaliteiten	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
is een teamspeler	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
kan goed samenwerken met anderen	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
maakt gebruik van originele oplossingen voor bewegingsproblemen	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
maakt gebruik van ongebruikelijke oplossingen voor	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

COMPUTER TABLET MOBILELE TELEFOON

Feedback ontvangen

100%



## Main results

### Ranking

Work attitude capacity  
Sport learning capacity

### Motor capacity

Interpersonal capacity  
Intellectual capacity

# SISP

SurveyMonkey VOORBEELD EN TEST

**SISP 2016**

\* 1. Code leerling

2. De leerling ...

	ZIJN MEER GEMIDT	MEER GEMIDT	NOUWELIJK	MEER NIET	ZIJN MEER NIET
heeft het vermogen medelopers te enthousiasmeren	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
neemt vaak de leiding bij werken in groepen	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
gaat makkelijk om met verschillende mensen	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
bust ideenschapsavonden	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
is een teamspeler	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
kan goed samenwerken met anderen	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
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COMPUTER TABLET MOBILE TELEFOON Feedback ontvangen

To be better able to  
meet children's  
developmental  
demands!



## CURRENT SYSTEM

Sport-specific

Selection at young age

## PE: CHILDREN CAN LEARN

Goal-directed learning

## PE: INITIAL ASSESSMENT - SISP

Work attitude & Sport learning capacity

Children's developmental demands

**PE TEACHERS: YES YOU CAN,  
JUST DO IT!**





# THANK YOU!

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