



The King Abdullah II Prize for Fitness is a physical fitness promotional programme intended to complement the regular physical education (PE) curriculum for children Aim: aged 9–17 years. □ □

The programme takes place in most public and private schools in Jordan, including Military and UNRWA schools. Approximately 5000 schools in total take part in the Location: programme. □

The programme started in 2006 and is ongoing. Duration:

The programme is funded by the Government. Until recently it was funded by the Royal Court of Jordan. Currently, the programme is funded by the Ministry of Funding: Education. □

Ministry of Education. Lead agency:

Ministry of Health, Royal Health Awareness Society of Jordan President Award. □ Partners:

Key focus

- To encourage students to participate in physical fitness activities and to improve their fitness levels.
- To encourage teachers and families to support children in their effort to improve fitness, physical activity and health.

Key components for physical activity

- Written resources, a website, and guidelines for training and fitness testing for children and adolescents, their teachers, and families. -
- Classes and workshops for teachers on how to conduct fitness assessments and to how to be an official referee for the King Abdullah II Prize. -
- Exercises and training sessions delivered within PE classes and after school. -
- Fitness testing for children, before and after participation in an 8-week training programme. -
- Financial reward (US\$ 75) for all students who achieve the 'gold' level in all components of fitness (muscular endurance, aerobic, flexibility, agility and speed). -
- Fitness classification for schools based on the collective fitness of the pupils. -

Evaluation

Evaluation of the programme is largely based on the number of participating schools and the fitness levels of pupils. □

Key findings

- The number of schools participating in the programme is increasing each year. -
- Approximately 5000 schools and 600 000 pupils have taken part in the programme. -
- The programme has been well accepted by students, students' families, teachers and schools. □ -

Key factors contributing to the success of the project

- The involvement of pupils' families. -
- The competition and financial reward helped to motivate pupils. -
- The final ceremony was conducted under the patronage of His Royal Highness the King, which was an incentive for many school administrators and teachers to participate. -

Challenges

- The definition of the 'levels' of fitness are currently based on American standards rather than a national standard. □ -
- The integrity of some of the referees is questionable and it is believed that some fitness results may have been 'fixed'. -
- More funding is needed to support a range of gifts and (non-financial) incentives for pupils. -
- The financial reward for students achieving the gold level in all components of fitness has been removed this year, due to financial constraints, which may have a negative impact on participation rates. -

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