



**Increase and development of manual skills and physical vitality of citizens
of the European Union over 50 years**

24th June 2021

09.00 – 12.00 Sport activities

Program:

09.00 – 12.00

**10 minutes Power Point (or Prezi) presentation about work shops (each country) + 5
minutes discussion**

11.30 – 12.00

Discussion



Organisation:

RUTIS, Portugal

Association of Third Age Universities Network

Lector:

Fernando Braz, usrdl@gmail.com

Work shop group:

António Pinheiro, António Rainho, Carlos Nobre, Carlos Ribeiro, Claudine Milassin, Fanfa Barboza, Fernando Rodrigues, Filomena Franco, Joaquim Miguel, Livia Simão, Maria Reis, Orlando Carvalho, Vítor Bernardes (13)

Time and date of study program:

Every Tuesdays and Thursdays, 9:30 – 10:30 - Walking Football

From April – June (total 24 hours/12 meetings)



Sport activities

Description of activities:

1) Maintenance gymnastics

Strength

Flexibility and agility

Endurance training

. *Petanca*

. *Tai Chi*



2) Walking Football

Sport activities



Maintenance gymnastics

As the countless benefits of regular, properly supervised physical activity are well known, especially at an older age, the activities developed contributed greatly to the well-being of the elderly.

Several activities were developed, which promote:

- **Strength** - Exercises that increase muscle strength (lightweight exercises) help to maintain the ability of seniors to go up and downstairs, carry shopping bags or hold their grandchildren on their lap.
- **Flexibility and agility** - Exercises such as stretching help the body to remain flexible and agile, which improves freedom of movement and helps the senior in daily tasks such as making the bed, tying shoelaces or taking off a jumper and even driving.
- **Endurance training** - Increasing endurance helps seniors to continue playing with their grandchildren (pushing them on the swing, for example), playing sports or performing domestic tasks such as vacuuming, among others.



Sport activities

Walking Football

This "step by step football", which keeps the original English name, is a sport for those who want to stay active and have fun playing, even when the body no longer allows great sports performances.

The objective of this activity is more than physical; it also aims at integration and socialization in favour of more active ageing.

*** It is forbidden to run ***



Experience and best practice

Why Are Sport Activities Important For The Elderly?

- 1) Works as therapy
- 2) Helps extend quality of life
- 3) Combats loneliness/ promotes socializing

What are the advantages and disadvantages of sport activities for the elderly?

Advantages:

- 1) improve their strength, flexibility and balance
- 2) improves cardiovascular function
- 3) contributes to the maintenance of their autonomy

Disadvantages:

- 1) It can be dangerous if the limitations and health problems of the elderly person are not taken into consideration.



Experience and best practice

What are my personal experiences of sport activities for elders?

- 1) sports activities promote cohesion among the elderly
- 2) fosters friendship and teamwork
- 3) is an asset to mental health, especially since most sports are played outdoors.

What are my recommendations for sport activities lecturers for the elderly?

- 1) Working with small groups
- 2) Take time to talk and listen personally, with each student (senior)
- 3) Taking in account the mobility issues that elderly have

What are my recommendations for elderly in sport activities?

- 1) Respect their own boundaries
- 2) “TRY harder every day”/ Don't give up
- 3) Respect the adversary team

Other interesting information: *It is important for seniors to have medical examinations and have medical approval for sports.*

Photo gallery – main activities – sport





Thank you