



# Impact plan

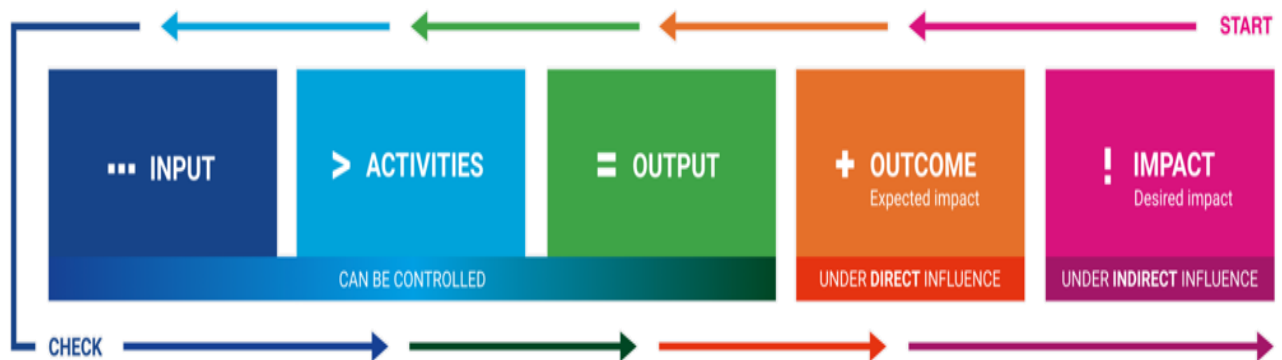


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Impact is the effect that an activity carried out and its results have on people, practices, organisations and systems. For this reason, the purpose of the Impact plan is to summarise the impact expected by the FITeens consortium on different areas (staff, students and organisations). This impact analysis was based on the methodology developed by the Dutch National Agency, Impacttool.



As it can be seen on its website, this tool pays attention to different elements:

- Impact (desired impact): the changes which take place as a result of the different factors and elements of a project.
- Outcome (expected impact): the changes that partners wish to achieve when the activities of the project have been carried out.
- Output: the products which derive directly from the activities.
- Activities: the different tasks and actions carried out during the period of the project.
- Input: the resources required for the project to be successful.

Therefore, in order to achieve the desired impact of the project, partners had to pay attention to each of these elements. As it can be seen in the picture above, the process of measuring the impact of a project is cyclical and needs to be reviewed after paying attention to each of the elements. For this reason, a first Impact exercise was carried out and later, each of the elements were reviewed again, checking if the desired impact, outputs, outcomes and results have been achieved. In order to have a complete and detailed impact plan, the information contained in this document was also placed in two different tables which can be found at the end of the document.

First of all, it is important to think about the desired impact of the project itself. The FITeens project aims to raise awareness on the importance of physical activity and healthy habits, support Physical Education teachers to acquire a wide knowledge on how to develop motivating lessons and engage their students on physical activity, providing them with useful examples and promote the habit of doing physical activity daily and raise teenagers' awareness on the importance of physical activity and healthy habits.

Therefore, the project aimed to have a direct impact on different individuals. It is essential to think about who the beneficiaries and the target group of the project are. For that reason, it is also important to describe these changes at various levels (teachers, pupils and organisations):

- Some **teenagers** might regard Physical Education as a very demanding and boring subject, especially those who are not familiar with sports and do not practice physical activity during their free time. On the contrary, this project aims to change that perception and engage those reluctant participants on Physical Education by proposing adapted exercises according to their physical condition. Through the use of a gamified application, students will increase their motivation towards physical activity and will learn the consequences of not following healthy habits.
- It is important that **Physical Education teachers**, acquire a wide knowledge concerning digital tools and online Physical Education lessons. It is important that they are UpToDate and know how to motivate their students on the acquisition of healthy habits.
- **University students of the Physical Education minor** interested in the mobile phone application and the project's idea will also use the different results in order to improve their knowledge concerning the topic.

In order to achieve those outcomes, some tangible results are needed. For that reason, the project will focus on these specific objectives:

- Creating a complete toolkit for teachers that will cover the different elements of the "Big 6" (physical activity, sufficient sleep, low screen time, consumption of alcohol

and tobacco, and intake of healthy food) so that they can incorporate them in their teaching practices. Moreover, this toolkit will also incorporate different engaging activities and suggestions that could be implemented in the classroom.

- Creating a web application that will contain important elements related to the “Big 6”, that will help students acquire healthier lifestyles in an engaging way. Students will be able to choose different resources and to improve their healthy habits, and they will have the possibility to check their own performance and evolution, represented in a graphic measuring each of the “Big 6” elements.
- Creating a course on a Learning Management System containing some useful knowledge about teaching Physical Education using digital tools and including the big 6.

On the other hand, the project also proposes clear quantitative and qualitative indicators for the short, medium and long-term impact planned of the project. These are:

**1.** The **quantitative** indicators that can be measured to assure the impact of the project are the following:

- Number of educational organisations reached
- Number of Physical Education teachers reached
- Number of students reached
- Number of University students involved
- Number of followers on the social networks
- Number of Facebook posts and interactions
- Number of Newsletters and other promotional material
- The number of press articles about the project
- Number of participations in educational congresses

**2.** The **qualitative** indicators which will be used will focus more on how the project has managed to adhere to best practice processes and procedures. At a general level, there are some qualitative indicators that can be highlighted:

- Students better understanding and acquisition of healthier lifestyles, related with the performance of physical activity and healthy habits.

- Students reinforced engagement towards physical activity and Physical Education lessons.
- Students' engagement and motivation improvement
- Teacher's knowledge regarding physical activity and healthy habits improvement
- Improvement of teachers' digital skills

During the process of the project, different activities will be carried out in order to achieve the previous indicators:

- A complete interactive Toolkit containing the six different health related behaviours Learning Resources
- The created resources will be tested by Physical Education teachers and professional in the field of Physical Activity and Healthy habits by country
- A complete mobile phone application containing different interactive activities and challenges
- A complete online course for teachers to gain knowledge on motivating teenagers on how to acquire health related behaviours.

It is also important to carry out different dissemination activities to ensure that the Online Visual Creator and Library are known and used in the education system:

- A Facebook page will be established, and different news, developments, photographs and case studies will be shared.
- An Instagram page will be also created offering different project news in a more visual way.
- The project Website will be the main communication portal for the project and will be provided in all partner languages.
- Project information leaflets, posters and invitations will be produced coinciding with the planned multiplier events.

Partners were asked to include information that they consider essential in each of the tables at the end of the document to have a detailed and complete Impact Plan.

In the twelfth and eighteenth months, an assessment exercise was conducted and, finally, the overall impact achieved was assessed in the twenty third month. This impact plan helped partners to identify the desired impact of each of the intellectual outputs, as well as hi

**Outcomes**

For staff	For pupils/students	For the organisation
<p>Teacher’s knowledge regarding physical activity and healthy habits improvement</p> <p>Improvement of teachers’ digital skills</p> <p>They will also acquire a range of new skills and competences development that will help them in the context of supporting their different target groups encouraging them to acquire healthy habits.</p>	<p>Students will better understand and acquire healthier lifestyles, related with the performance of physical activity and healthy habits.</p> <p>Students’ engagement towards physical activity and Physical Education lessons will be reinforced.</p> <p>Students’ engagement and motivation will improve.</p>	<p>Participating organisations will enhance their daily activity by incorporating healthy habits and healthy lifestyles.</p>

<p>In order to achieve this outcome, we need the following concrete results</p>
<ul style="list-style-type: none"> <li>● A complete interactive Toolkit containing the six different health related behaviours Learning Resources</li> <li>● The created resources will be tested by Physical Education teachers and professional in the field of Physical Activity and Healthy habits by country</li> <li>● A complete mobile phone application containing different interactive activities and challenges</li> <li>● A complete online course for teachers to gain knowledge on motivating teenagers on how to acquire health related behaviours.</li> </ul>

To this end, we will need to carry out the following activities:

A summary of the activities for the development of the desk research and collection of best practices:

- Partners will collaboratively create and develop all project's results.
- These resources will all be validated by different Physical Education teachers and professionals of the health and physical activity sector.

All materials created during the project will be reviewed and translated by partners. The findings and the feedback will be included, and necessary changes will be applied.

In order to ensure that the Visual Dictionary Creator and library is known and used in the education system, the following dissemination activities will be carried out:

- A Facebook page will be established, and different news, developments, photographs and case studies will be shared.
- The project Website will be the main communication portal for the project and will be provided in all partner languages.
- Project information leaflets, posters and invitations will be produced coinciding with the planned multiplier events.

Outcome	Outcome indicator(s)	How will you measure it?	When will you measure it?
<p>Teacher's knowledge regarding physical activity and healthy habits improvement</p> <p>Improvement of teachers' digital skills</p> <p>They will also acquire a range of new skills and competences development that will help them in the context of supporting their different target groups encouraging them to acquire healthy habits.</p>	<ul style="list-style-type: none"> <li>● The number of Physical Education educators and professionals of the field of Physical Activity and Health engaged</li> <li>● The number of Physical Education teachers using the resources.</li> </ul>	<p>Each partner will engage a minimum of 5 Physical Education teachers to validate and measure the quality of the resources.</p> <p>All partners will test the different results and collect feedback in order to apply the necessary changes.</p> <p>The number of users of each of the results can be consulted at any time.</p>	<p>Teachers will validate the different results once their first version is ready.</p> <p>After the final version is shared, partners will gather feedback from different Physical Education teachers.</p>
<p>Students will better understand and acquire healthier lifestyles, related with the performance of physical activity and healthy habits.</p> <p>Students' engagement towards physical activity and Physical Education lessons will be reinforced.</p> <p>Students' engagement and motivation will improve.</p>	<ul style="list-style-type: none"> <li>● The number of students registered in the app in each country</li> <li>● The number of students indirectly participating in the project due to their teachers' participation in the project.</li> <li>● Results of the questionnaires</li> </ul>	<p>App users can be consulted at any time.</p> <p>Partners will gather students' perception by the teachers' incorporation of the results in the classroom.</p>	<p>Teachers will validate the different results once their first version is ready.</p> <p>After the final version is shared, partners will gather feedback from different Physical Education teachers, who will incorporate their students' perception.</p>



<p>Participating organisations will enhance their daily activity by incorporating healthy habits and healthy lifestyles.</p>	<ul style="list-style-type: none"> <li>● The number of institutions and public bodies engaged, specially high schools.</li> <li>● Results of the questionnaires released</li> </ul>	<p>All partners will test the output and collect feedback from their stakeholders</p>	
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