

FANT BALL

THE SCHOOL CUP OF





PLAYING FOOTBALL AND NUTRITIONAL CONSULTATION AT SCHOOL

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MASTHEAD

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The coming great football events – European Championship 2004 and World Championship 2006 – will be very important for the popularity of football in Germany, but also for sports in general. We want to use this positive development to stimulate our children and young people to have more physical education and in general to improve their habits with regards to their health. We will direct our special attention to the interplay of the habits of children concerning their physical exercises, their nutrition and how they cope with stress.

Nutritional consultation for children and parents, and this in one project, together with a manufacturer of snacks – how can that work out? We think: yes, it can! Even if everybody claims that snacks are not healthy, we insist that specific information can also explain that snacks make part of a balanced nutrition and that snacks are just not healthy, when eating too much – just as it is with other semi-luxury foods!

We would like to talk to all pupils, boys and girls, with our motto “Healthy with fun by sports“, and not only those who are orientated towards sporty successes. Everybody should have fun in taking part: girls and boys, strong and weak, talented and less talented. Our far-reaching playing program (which not only applies to football) is especially orientated towards such children that do not like sports very much for physical weakness in competition or for less experience in sports (overweight!).

Our aim is an all-in-all promotion of the development, starting from the individual conditions, over the physical and motor side, to further dimensions of the development, such as social, emotional and cognitive abilities. Football is the best example for the realization of the a.m. aims. Football makes part of the children’s world. Nearly every boy and many girls are experienced in different forms of playing football.

“Fit am Ball - The School Cup of funny-frisch“ started in spring 2004 in the city of Cologne as a pilot project at 24 schools. Another 200 schools from Nordrhein-Westfalen, Germany’s most populous federal state, will be added in autumn 2004. In the third phase - summer 2005 to summer 2006 – the project will be carried out nationwide at another 1.000 schools all over Germany.

We wish all pupils, girls and boys, and all participants in the project a lot of success and fun!

PROJECT



Univ.-Prof. Walter Tokarski
Principal of DSHS Cologne



Dr. Jürgen Buschmann
Project leader





**SPORTS, FUN AND JOIE DE VIVRE –
BEST MEANS TO FIGHT AGAINST OVERWEIGHT**

Spring 2003: The World Health Organisation (WHO) raises alarm: Overweight and obesity (adiposity) make part of the biggest health risks of our time. Especially with children and young people, the frequency and the seriousness of adiposity is increasing dramatically all over the world. In Germany nearly one child out of five and one of three youngsters is too fat.

Overweight not only has negative social and psychological consequences. The risks of cardiovascular diseases, of certain cancers and of diabetes are clearly increasing. Fat children often become fat adults that more often have chronic diseases than others.

When this fact was published, Intersnack in Cologne had the idea to start a preventing project against overweight. German's most important manufacturer of potato crisps and salted snacks (brands among others: funny-frisch, Chio, Pom-Bär) found an excellent partner for this project with the internationally well-known German Sport University Cologne (DSHS). And also the regional administration of Cologne, as representative of the schools, expressed its enthusiasm – "Fit am Ball – the School Cup of funny-frisch" was born.

"Fit am Ball" means regular exercises as best means against overweight. This initiative goes back to the results of far-reaching scientific research, such as the study Kiel KOPS, a study for preventing adiposity (Professor Dr. Manfred James Müller). It is our aim to give children and young people fun with physical exercise. The football club 1. FC Köln, master coach Otto Rehhagel and Football World Champion Silke Rottenberg especially support this side of the project.

To know about a balanced, healthy nutrition makes part of it. Only the one who has a sensitive nutrition and sufficient physical exercise may also eat moderately potato crisps, snacks or sweets and does not take any kilos.

Intersnack is looking forward to an exciting and successful project with lots of fun that we support as sponsor of the DSHS.



Dr. Werner Wolf
Managing Director Intersnack
Knabber-Gebäck GmbH & Co. KG



Christopher Ferkinghoff
Managing Director Intersnack
Vertriebs GmbH

INITIATIVE

**CHAIRMAN OF THE REGIONAL COUNCIL, MR. ROTERS:
"YOUNG PEOPLE HAVE TO ENJOY SPORTS."**



Jürgen Roters
Chairman of the Regional Council
Regional Council Cologne

Stefan Wessels
Keeper 1. FC Köln

I think it is important that, nowadays, where we do not have sufficient exercise in daily life, young people get fun with sports. They also have fun in championships like "Fit am Ball – the School Cup of funny-frisch". Football players of 1. FC Köln have become patrons of the event organized by the German Sport University Cologne. Moreover, "Fit am Ball" is supported by the aid Infoservice Consumer Protection, Nutrition and Agriculture, but also by the Regional Council in Cologne. This project was only possible by the participation of all.

Children and young people shall have the possibility to get a way to sports, especially to football, with the professional help and with interesting exercises. Besides sports and physical exercise, a balanced nutrition is very important to become or to remain healthy and fit. All these elements are combined in this School cup and taught by games. Thus the pupils who are taking part shall get a better understanding of the subject "Body health".

I wish all participants a lot of fun and success for the finals on June, 5th 2004!

In the national football league, 1. FC Köln and Internsack have started cooperation since the beginning of the season 2003/2004. The cooperation is meanwhile extended to a further project with "Fit am Ball – the School Cup of funny-frisch". Basic element of the cooperation is the sponsorship for 24 schools, one for each participating school in Cologne. Players visit educational units within the sports teams and judge the progresses of the students.

For 1. FC Köln, this project is the ideal supplement to the already existing project with the primary schools. Six partner schools of FC have already enrolled for "Fit am Ball – the School Cup of funny-frisch". Keeper Stefan Wessels has expressed his opinion at the first introduction of the project in December 2003: "The different pieces of sports equipment that are put at our disposal and the proposed exercises offer a varied concept. The pupils will surely have a lot of fun and make progress."



Otto Rehhagel
Football teacher

Nowadays, many young people spend too much time sitting in front of the television. Best way against overweight is however regular physical exercise. As I was at that age, we were forced to physical exercise – we had nothing else to do than sports, to do gymnastics, to play football and exercise. Today, many parents have to be reminded of the old proverb: Healthy mind in healthy body! Especially with football you can do a lot with children, girls and boys – if they are really motivated, many children are also enthusiastic that are not in a sports club. Besides the exercise, of course, a healthy life also needs enough sleep. And the nutrition is like everything else in life: take everything moderately then you lead a good way in life without living like a monk.

It is an art to learn to live that way which should be learned as early as possible. Then you have better results later. Therefore I support “Fit am Ball – the School Cup of funny-frisch“, the project to support the physical education at school and a balanced nutrition.



Silke Rottenberg
Football World Champion

Some children are less agile than other and therefore they have no fun in sports without any help. Therefore, I support additional offers for the physical education at school and in general for more sports at school, it should be daily! Sports bring the children away from the daily educational routine and keep the mind alive.

I, personally, would like to do something for the many girls that have no fun with the typical types of sports for girls but who would probably have fun in playing with a ball, if they were more motivated in school. Of course, I will above all advertise the advantages of football. Football is a sport in a team that promotes the ability for integration – which also forms the character -, a sport that is many-sided and more and more girls have fun with it. I have been playing football since I was four and my parents always supported it. I would like to forward these positive experiences and therefore I support the project “Fit am Ball – the School Cup of funny-frisch“.



THE PROJECT WILL BE CARRIED OUT IN THREE PHASES:

Phase I: October 2003 until June 2004

Phase II: September 2004 until June 2005

Phase III: September 2005 until May 2006

Phase 1

Participants:

Forms 3 and 4 of the primary schools and forms 5 and 6 of the secondary schools of the City of Cologne.

Contents:

- **“Sports teams”**
Running in the school; organized by teachers or sports teachers with diploma of the German Sport University Cologne (all team leaders will have a further educational event of two days beforehand).
- **Competitions within the schools**
At the end of the project within the school a „Football competition and a versatility competition“ will be carried out.
- **Final event**
For all schools participating in the project, a central final event as „Football competition and versatility competition“ will take place.
- **Nutritional consultation**
For parents and teachers.
Central informational event at the DSHS Cologne: “Eat healthy – exercise a lot. Fit-with-the-ball-Information day for parents and teachers.“
- **Further measures for the project schools**
Among others: visit the training of 1. FC Köln, visit of players of 1. FC Cologne during school competitions

Phase 2

Participants:

forms 3 and 4 of the primary schools and forms 5 and 6 of the secondary schools of the Land Nordrhein-Westfalen; in total 250 schools.

Contents:

like phase I, but with five further education events, nutritional consultation for parents in the schools with brochures/recommendations.

Phase 3

Participants:

Forms 3 and 4 of the primary schools and forms 5 and 6 of the secondary schools in Germany; in total 900 schools.

Contents:

Like phase II, but with 16 further educational events; moreover the schools that have not participated in “Fit am Ball – the School Cup of funny-frisch“ may carry it out as internal school competition and will get material for it.



FIT AM BALL

THE IMPORTANCE OF EXERCISE + NUTRITION AND COPING WITH STRESS FOR THE HEALTHY DEVELOPMENT OF CHILDREN AND YOUNG PEOPLE¹

Author:
Prof. Dr. Harald Michels

Exercise, nutrition and coping with stress are important components for the healthy development of children and young people.

Exercise as medium with manifold action

Physical education decisively contributes to the development of children and young people and to maintain health. The importance of exercise is manifold.

Thus, children and young people for example discover their surroundings by movement, they learn to know themselves and others through their body, have experiences of success and of risk when coping with motor tasks. They thus have a critical look at their own physical capacities and develop their own image (forming of their own identity). Children and young people form their world using sports which offers them very many different possibilities for discovery and to express oneself. In sports they learn to be with others, to play with and against others, to communicate, to give in and to assert themselves. Children and young people can match their skills and to compete with others and thus learn to cope with victories as well as with defeats. Thus they learn that moving is combined with feelings, such as excitement, pleasure, fatigue and energy. The feeling of being able to do something and to produce and to form something with your own body, e.g. a sporty skill like handstand or dancing, gives self-confidence and strengthens the own identity.

¹ The importance of exercise, nutrition and coping with stress for children and young people is explained in the program I FEEL GOOD (GUT DRAUF) published by the National Headquarters for Health Informing (Bundeszentrale für gesundheitliche Aufklärung). It has a lot of suggestions for programs and activities (see Mann-Luoma, R.: Integrated attempts to nutrition, movement and coping with stress. Improving the health of children and young people. Journal of Health – Health Research – Health Protection 12.2002).

The motor development and the possibility of taking part in sporty events thus are closely connected with the overall development of a healthy personality of children and young people. On the other hand, scientific research shows that more and more children and young people suffer from a lack of activity. This lack of activity has negative effects on the health of children and young people and is also responsible for organic troubles, such as overweight and adiposity; weakness in coordination, cardiovascular troubles or vascular troubles. But not only physical but also psycho-social problems more and more come up among persons who do not do sports. Maintaining already existing worlds for physical activities and the development of attractive possibilities of activities for children and young people are essential parts of a preventive health promotion.

Nutrition as a basis for a healthy lifestyle

Lacks of nutrient come up when the food is not optimal (we recommend a so-called optimized mixed food) and a nutrition habits without restraints. Due to the combination of foods, the intake of proteins is on the average too high for children and young people, the content of unsaturated fatty acids is too low, also the content of carbohydrates and fibres. The intake of calcium, magnesium and iodine is not sufficient, the intake of iron for girls and women does not reach the recommendations of the German Society of Nutrition (Deutsche

Gesellschaft für Ernährung), the intake of folic acid for young people clearly lies under the recommendation. This deficiency has direct effects on the physical development, from disturbances in certain situations, for ex. fatigue and sickness, up to long-term chronic diseases (e.g. adiposity, cardiovascular diseases). There is also a problem with the consequences of an unbalanced eating habit, which manifests itself in overweight, bulimia, anorexia or other types of eating troubles. Excessive eating, coming from false eating habits and the deferment of other needs that make eating a substitute for other activities on the one hand and an exaggerated orientation towards an idealized image of slenderness, which takes already young people to diets and slimming treatments on the other hand, are, among others, the reasons for eating troubles of children and young people. If we want to preserve health we do not only improve the supply of nutrient by an optimization of food, but also improve the eating habits considering a changing image of the body itself.



Coping with stress as challenge of life

Stress means an unbalance between demands and abilities of a person to cope with a certain situation. Stress is expressed among others by nervousness, difficulties in concentration and also headaches, stomach troubles, restlessness and sleeplessness. Stress of children or young people often expresses itself as less (or more often) as excessive demands to meet requirements in the family or at school with success. If the child does not have the necessary strategies or the support to cope successfully for example with the burdens in the family or at school, it may develop psychosomatic troubles and diseases.

As many tests show, the psychosomatic troubles from stress of children and young people play an important role in the development of diseases of children of that age. Therefore, it is necessary to support strategies of children and young people in the behaviour and psychologically and to train them so that they may cope with those problems. Adequate situations have to be created in the different living circumstances of children and young people (e.g. family, school, sports) but it is also necessary to develop competences for acting in the specific situation. Relaxed situations for learning and for the free time are best suited to cope with stress-free challenges of life and thus are an important part of a program for preventing health.

Nutrition, activities and coping with stress effect on one another!

Wrong nutrition habits, lack of activity and missing abilities to cope with stress express themselves nowadays with health troubles of many children and young people.

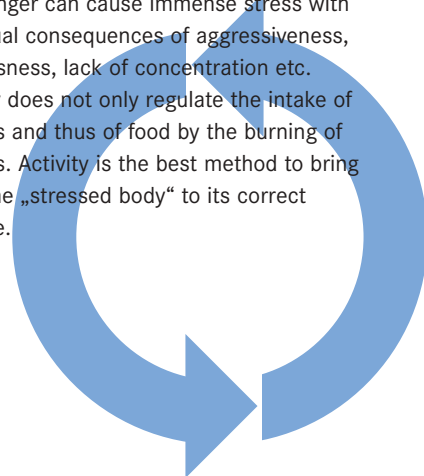
These are the guiding lines for serious diseases of adults, like

- overweight (adiposity),
- eating troubles,
- cardiovascular diseases
- damaged postures and troubles in movements
- diabetes

There are manifold connections and interactions between nutrition, lack of activity and the regulation of stress and they express themselves on the long-term by the diseases described above.

But not only on the long-term do nutrition, activity and the regulation of stress interact and influence each other:

- The nutrition for example does not only have an influence on the psychological well-being because of the food components. For example, hunger can cause immense stress with the usual consequences of aggressiveness, nervousness, lack of concentration etc.
- Activity does not only regulate the intake of calories and thus of food by the burning of calories. Activity is the best method to bring back the „stressed body“ to its correct balance.

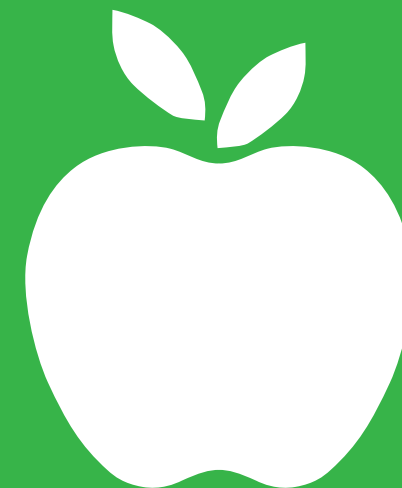


- Stress has a direct influence on the digestive system and can influence decisively the intake of food, its digestion and the pleasure of eating and thus can cause stomach troubles.

These and other combinations of actions are also proved by the results of scientific research among young people. According to this research, children and young people never have isolated problems with eating, stress or with activity habits.

Therefore it seems reasonable to go back to the synergetic way of actions of activity, eating and coping with stress as basis for programmatic developments of the health support of children and young people and to take it as an initiative for an attractive and effective programs and measures. Here it is necessary to create the different fields of activity, eating and leisure according to criteria that are suitable for children and young people and to combine these elements in a creative program (e.g. a healthy juice bar at a sports competition, a relaxed atmosphere during eating and sports situations).

Healthy nutrition, sufficient activity and relaxing shall thus become an accompanying event on the social way of life of children and young people and therefore they were considered in the project "Fit am Ball".





TEN WEEKS TO THE GOAL!

INTRODUCTION FOR HAVING FUN WITH SPORTS AND A GOOD NUTRITION

INTENSIVE PREPARATION

The team leaders of the pilot phase in Cologne followed a training course on January, 27th and 28th, 2004, in the sports school in Hennef. The team leaders were informed about the theoretic principles of the project by lectures and tried all practical exercises of "Fit am Ball" themselves.

In 2005 and 2006 about 200 team leaders of the project phase in Nordrhein-Westfalen and about 1.000 team leaders of the project's nationwide realisation will be skilled accordingly.



The leaders of the sports teams are either teachers from the respective project schools or sports teachers with diplomas or students of sports of the DSHS Cologne.

For preparing the project, all team leaders followed a training course of two days with theo-

retical background and with practical courses. Each team unit is described in a special "manual" put at the disposal of the leaders. During the two days training course special emphasis is laid on the playing exercises for "relaxing" and the "specific training of the condition for football".

COACHING

Program

Where? Sportschule Hennef

Leader: Dr. Jürgen Buschmann and RSD Bernd Feldhaus

Tuesday, 27th January 2004

15.00	Welcome
15.15	Introduction to the project
16.45	Frame concept (theory) "Activity – nutrition – reduction of stress"
18.00	Dinner
19.00	"General support of motor activity", "Playing methods to relax"
until 21.30	practical studies

Wednesday, 28th January 2004

8.00	Breakfast
9.00 - 9.30	Football, acc. to the game – coordination: the new football training
9.45 - 12.00	Football practice
12.30	Lunch
13.45	Final discussion
14.30	Departure

ACTION



STRUCTURES OF THE TEAMS

Sports teams

In total at least ten voluntary “Sports teams” with approx. 30 pupils each are to be composed. All team leaders are instructed about the special contents in a special training course.

Preliminary pedagogic and didactic considerations

We strive for an overall support of the development, parting from the individual conditions, to aim at the further developing dimensions, e.g. social, emotional and cognitive, and these via the physical and motor part.

The integrated approach of the practice units emphasizes the interplay between the children’s behaviour in terms of nutrition, stress and exercise. In doing so, the project focusses more upon the cognition and experience of the self than on cognitive processes.

Table 1:
Basic structure for a team unit

Start	
• General warming up	5 min
• Special warming up	10 min
Main part	
• Coordination (special football)	15 min
• Active relaxing/drinking pause	5 min
• General improvement of activity	10 min
• Exercise “Versatile competition”	15 min
• Active relaxing/drinking pause	5 min
End	
• Forms of playing	15 min
• Cool-down: relaxing game	10 min

Motto: “Healthy with fun and sports”

Our aim is that the pupils will

- have more activity,
- get to know their body and its reactions,
- get skill and fitness and
- have fun at their own activity

> “Prevention by sports”

> “To make pupils, girls and boys, able to act in society by means of sports”.

Content: The football game is an example to realise the a.m. aims. The game makes part of the children’s life; nearly every boy und many of the girls have experience with different kinds of playing football. But this “enthusiasm for football” can also be ambivalent, especially when the game is not set out as social action and the differences in performance are “realized”.

This is the point were we want to start with our “didactics of games”:

- Everybody should have the pleasure to take part in the game: girls and boys, strong and weak, talented and less talented;
- but the game will only be successful when the necessary competence, abilities and skills are obtained by learning and training;
- simplify the football game to small types of game – from the small simple game of 1 against one until 4 against 4 - and allows girls and boys with different experiences in activity and different motor abilities to play with and against one another.

Additionally the different courses have a far-reaching, playing program to support sports (see list 2), which is not directly related to football.

List 2: Contents of the program “General motor encouragement“

- Power, playing
(power games/games for skills)
- Cooperation
(among others: acrobatics, games of confidence)
- Creativity
(among others: charades, moving memory)
- Experience/adventure
(“games in open country“, “Circuit-Jungle“)
- Movability / Agility
(among others: balancing exercises)

The whole method of the team should be integral, i.e. we put special attention to the interplay between eating, stress and activity habits of the children where the own experience goes via the context to the cognitive processes.

Training/exercise units

Each team unit consists of six elements (see list 1) of in total 90 minutes. Special football elements are inserted in the “warming up“, of course in the playing finals, but also during the main part of the lesson. We here put special attention to the coordinative running training with and without the ball (see list 3).

List 3: Contents of the special training element “Specific coordination for football“

- Running between poles –
dribbling between poles
- Running and dribbling tasks in the
“little hat jungle“
- Running and dribbling tasks
in the square of little hats
- Running and passing tasks in the pass arch
- Running and passing tasks
in the poles triangle
- Running and technique tasks
in the agility course
- Running, dribbling and
ball controlling tasks in the colour square
- Running and technique tasks
in the poles course and little hat slalom
- Running and dribbling tasks
with poles passage and goal shooting
- Running and goal shooting tasks
with single hurdle and dribbling goal





1:1

GOOOAL!

2:1

YEAAA!

EAT

DRINK





EAT & DRINK

FIVE MEALS A DAY AND MEASURE YOUR WEIGHT REGULARLY

Author: Dr. Hans-Jürgen Tritschoks

A balanced nutrition is an important condition for achieving a physical and psychological well-being. Any mistakes in the nutrition (e.g. too fat food, insufficient intake of vitamins) often lead to a lack of capacity. These are expressed by less physical power, lack of concentration, muscle cramps or even a sudden feeling of weakness. If too much calories are taken during a one-sided nutrition in combination with a lack of activity, children will get overweighted and develop adiposity. A lot of studies confirm that the number of overweighted children has been increasing dramatically during the last years. This favours cardiovascular diseases (among others) at a very early age.

CONTENT

Children do not need vitamin pills, power drinks or energy bars. Mostly they get too many calories and have a fat content that is too high ("hidden fats"). It is more important to take care of the right combination of the nutrients. A balanced mixed food with a lot of carbohydrates following the nutrition pyramid is the best basis for the general productivity and is absolutely sufficient. This diet gives children enough of all necessary nutrients that they need for their development.

Eating during sports

For a good preparation for physical activity, children should follow the following advices and rules for their nutrition:

- In general have three to five small meals during the day. That keeps your power up and does not lead to fluctuations.
- The last big meal should be three hours before the activity. Therefore keep in mind that it should contain a lot of carbohydrates and very low fat (e.g. muesli, potatoes, noodles, rice, vegetables). The higher the content of fat in the meal, the longer it will remain in the stomach.
- Up to 30 minutes before the activity, children can have a small carbohydrates snack, i.g. a banana, a wholemeal biscuits or a bar of cereals and dried fruits.
- Do not make sports with an empty or too full stomach!
- Take time for your meal and to not eat to hasty big meals.
- Chew carefully during the meal (ten times each mouthful), as thus the meal will remain for a shorter time in the stomach.
- Eat a meal with many carbohydrates after the sports to replace the substances that

were lost during sports. Keep in mind: a high fat content of the meal hinders the intake of carbohydrates and thus the filling of the carbohydrate reservoirs.

- Regular weighing helps to control whether the meals have sufficient, too much or not enough energy.

Drinking during sports

Besides eating, the liquid balance is decisive for the psychological and physical productivity. The quantity of liquid in millimetres that the body needs per day corresponds to the daily energy need in kilo-calories. Seven- to twelve-year-old children e.g. need approx. 1,8 to 2,2 litres/day. Approx. 40% of this quantity are taken from the food and 60% from drinks, so that the total drinking quantity for this age is approx. 1,1 to 1,4 litres/day. Sports increase the liquid need decisively. Depending on the kind of sport (see table 1), the need can increase by more than double. Especially children often forget to drink when they are playing or doing sports. Only if they are thirsty, they take the necessary liquid. The feeling that you are thirsty is, however, a warning signal of the body. The lack of liquid then is approx. 1% of the body's total weight. As a consequence, the blood volume may be reduced („blood-thickening) which then reduces the physical productivity. Further losses of liquid (up to 2% of the total body weight) then reduce the transport of oxygen to the muscle cells and the consequence is an acidity and early fatigue of the muscles. This explains that small deficiencies of liquid can lead to considerable losses of productivity (see list 2). The individual liquid need can be easily found out: measure your weight before deficiency.

List 1:
Loss of liquid during different kinds of sports

Type of sport	Loss of liquid (approx. in litres)
Running 100 m	0,15
Running 1000 m	0,9 – 1,5
Cycling 50 km	1,5 – 3,0
Cross-country skiing 10 km	0,8 – 1,0
Rowing 2 km	up to 0,8
Football (approx. 1,5 h)	0,0 – 3,0
Baseball	up to 1,7
Ice hockey	1,0 – 1,8
Fencing with épées	up to 1,0

And you have to learn to drink correctly. Besides a balanced liquid balance over the whole day you also have to avoid short deficiencies of liquid. It is not enough to balance the lack of liquid of a whole day by drinking more in the evening. Therefore, it is necessary for children to learn early how to drink correctly, especially during sports. Here you have to keep in mind the following:

- Do never start sports when you are thirsty. In that case drink 200 to 300 millilitres before you start. This is even more important after warming up.
- During sports drink whenever possible. If the sporty activity lasts less than 30 minutes, it is enough to balance out the losses of liquid at the end. If the activity is longer than 30 minutes drink regularly small quantities. You should drink in total 0,5 to 1,0 litres of liquid per hour in three to five portions of 0,2 – 0,25 litres.

- Set up a drinking bar in a hidden corner and offer different drinks, or the children may leave there the drinks they have brought with them.
- Think of drinking pauses after the sports lesson and set up clear rules for them (time and place).
- Set up drinking rituals to learn the correct drinking.
- Regular control of weight and a drinking diary help to control the liquid deficiencies and the drinking quantities regularly.
- After sports first drink and then eat a small snack.

The quantity of offered sports drinks is enormous and it is difficult to make a choice. Keep in mind three conditions that a sports drink must fulfil:

1. quick balancing of the liquid loss coming from sweat
2. sufficient replacing of electrolytes that are lost with the sweat
3. further supply of energy (carbohydrates) for longer physical strain.

During the sports lessons, the balancing of liquids and of electrolytes are very important. We recommend the following sports drinks during and after sports, which are also good value:

- mineral water (very low or no content of carbohydrates)
- fruit or vegetable spritzer without sugar; mixing ratio from 1 : 1 to 1 : 3 according to taste.

Normally any mineral water on the German market is suitable as sports drink, but you have to keep in mind that a high content of mineral in the water is especially effective. They quickly balance the loss of electrolytes. Therefore keep the following guidelines for mineral water in mind:

- sodium more than 400 mg/l
- hydro carbonate more than 1.500 m/l
- magnesium more than 50 mg/l
- calcium more than 150 mg/l

Information course

**“Eat healthy – move a lot“
Information day Fit-with
the ball for parents and
teachers**

April, 24th, 2004

German Sport University Cologne

EAT AND DRINK

List 2: Symptoms of liquid deficiency

Loss of water (in % of the body weight)	Symptoms	Loss of liquid (in litres)		
		children 10 years 30 kg	youngsters 15 years 60 kg	adults 70 kg
1 %	• little thirst	0,3	0,6	0,8
2 %	• Reduction of the staying power • tendency to muscle cramps	0,6	1,2	1,4
3-5 %	• dry skin and mucous membranes • reduced flux of saliva and urine • reduction of power • red skin	0,9-1,5	1,8-3,0	2,1-3,5
5-10 %	• raised pulse • dizziness • headaches • reduced blood volume	1,5-3,0	3,0-6,0	3,5-7,0
10-ca. 15 %	• confusion • swollen tongue • wrinkled, insensitive skin • cramps	3,0-4,5	approx. 6,0-9,0	7,0-10,5
ca. 15 %	• death	over 4,5	over 9,0	over 10,5

(IDM 2003, 9)

COMPETITIONS WITHIN THE SCHOOLS/FINAL EVENT*

*A detailed description you will find in a special manual, titled "Final Event".

FINALS

We have planned central finals after each phase of the project. All project schools should take part and each school should have a small competition before.

Competitions within the schools

At the end of the project, each school has an internal competition for all pupils of the participant classes, not only the participants of the teams. For these competitions, the schools will receive suggestions for the program so that the event will be a real school party. Prizes, such as mini-footballs, t-shirts and certificates will be put at disposal.

Form of competition:

All play football ("4 against 4") and will participate in a "versatility competition".

Teams:

Boys and girls will be drawn to teams of 6 (at least two girls); afterwards they will play according to the "Crocky-system" which means that after each round new teams will be chosen.

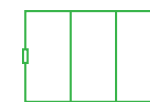
Final event

Only the boys and girls from the teams of the project schools will take part. The type of the show corresponds to the competition within the schools, just the teams remain the same and thus play for their own school. The finals of the Cologne pilot phase will take place on June, 5th, 2004, on the sports fields of 1. FC Köln (Geißbockheim).

Competition:

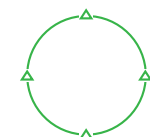
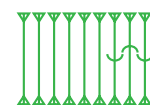
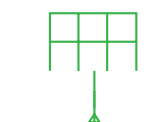
1. Football game: "4 against 4"

Playground: 20m x 30 m
(marks: two lines cutting the ground into thirds)
Goals: 2 m x 3 m (handball goals)
Duration of the game: 10 minutes without changing




2. Versatility competition:

- **Passtiming**
Task: Pass a ball from 10 m away so that it falls down in a circle of 1 diameter.
- **Aim shooting**
Task: Shoot the ball from 16 m away towards the goal to gain as much points as possible.
- **Aim throwing**
Task: Throw the ball from 10 m away frontally on a goal for a small field that is cut into different zones and gain as much points as possible.
- **Running between poles**
Task: Run with the following rhythm through all ten poles for max. 30 seconds so that no pole falls down: two poles forwards and one back.
- **Push at aims**
Task: Throw or push three times with the right hand and three times with the left hand into an aim that is 3 metres away.
- **Running and guessing the time**
Task: Run in circle line for exactly 1 minute and then stop where you guess that 1 minute is over.





FIT AM BALL.

THE SCHOOL CUP OF 

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