

**Pilotproject:**

**Project name and short description**

**Rück(g)rat – Backbone / back advise\*  
ergonomics and exercise in kindergarten and school**

(\*in German it's a word play, if you change one letter the word gets a new meaning)



The LVGF initiated the project “Rück(g)rat” to prevent muscular und skeleton system diseases through sensitisation for the behaviour of exercise in the setting kindergarten and school.

The executing experts of the project are physiotherapists with supplementary certifications and graduate PE (physical education) teachers and motional educationists. The project is based on an organisational development approach to change behaviour and circumstances in the setting kindergarten and school.

**Target groups of the project**

The main target groups, short term as well as long term, are children, teachers and parents because the project produces lasting effects for all of them. Besides the responsible of the participating kindergarten or school are also long term target groups in order to sustain the changes in the institution.

**Partners**

Co-operation partners are the ministry for social and health affairs and health insurances in Schleswig-Holstein, which are financing the project, the participating kindergarten or school and also the executing experts, which were upgraded by the responsible project coordinator in the LVGF before starting the program.

**Background of the project**

Due to increasing trends of damage posture und motional conspicuousness of children as well as health stresses for pedagogic employees in kindergarten and school concerning permanent stooping and raising the LVGF initiated the project “Rück(g)rat” to prevent muscular und skeleton system diseases through sensitisation for the behaviour of exercise.

**Practical implementation**

Modules

- Inspection of the institution to appraisal conditions and necessities of the individual organisation.
- Evening for parents and teachers to talk about the importance of ergonomics and exercise for the childlike development.
- Back school for Children in the age of pre school children or school children
- Supportive exercise for the 3-6 years old children in the kindergarten
- Program: “Moving family” for children and their parents
- Team consulting and team qualification for the individual organisation
- “Back party” for all participants

### Practical experience

The co-operation with the institutions (kindergarten and schools) in general is very good, the employees and the responsible are valuing the benefit of the project. The demand for implementing the project is increasing (“snowball effect”).

The effort concerning administration is higher than expected. Sometimes it’s difficult to find suitable referees in the near of the kindergarten or school.

### Effect and evaluations

#### Can you see that the effects on the target group?

Children are very eager to learn and transfer the information to every day life.

Teachers get new ideas for their work with children and make a transfer into the practice. They accept references to change their own exercise behaviour and concerning the working conditions and implement them in the institution.

Summing up the program “Rück(g)rat” supports the importance of ergonomic, exercise und upright posture in every day life of kindergarten or school.

### Contact:

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