



Rück(g)rat – Backbone / back advise

Ergonomics and exercise in the kindergarten

Altogether, 7 kindergartens from the “Aktivregion Mittelholstein” participated in “Rück(g)rat” to date:

1. Kindertagesstätte Wasbek
2. Kindergarten „Kleine Füße“, Flintbek
3. Kom. Kindergarten Hademarschen
4. Kindergarten „Zwergenhöhle“, Bokel
5. Gemeinde KiTa, Flintbek
6. Ev. Kindergarten Nortorf
7. Kindergarten Möhlenkamp, Bordesholm

To evaluate the project’s results, the kindergarten teachers and the parents were surveyed.

All in all, 43 kindergarten teachers and 118 parents joined the evaluation.

The results from the tests show, that the kindergarten teachers appraise their workplace to be a physical strain and that they appreciate the introduced tools as reasonable. Furthermore most of them stated that the project’s modules have produced new ideas for their pedagogic work and that they have become more aware of noise and other stressful situations at their workplace.

Most of the parents stated that they do appraise the encouragement to physical activity as important to their children’s development and that the given information during the project’s period has been interesting and useful to transfer them into their everyday life.

Overall the project has been appraised to be reasonable and has had positive effects on the whole target group.