

To the parents
of the pupils
of year 3

Dear parents,

This school year, your child is taking part in the programme “Bewegte Kinder = Gesündere Kinder” (moving children = healthier children). The aim of this programme is to make an active contribution to the sustainable promotion of exercise, health and sport. The programme is supported by the Thuringian Ministry for Education, Science and Culture (Thüringer Ministerium für Bildung, Wissenschaft und Kultur/TMBWK).

With the new version of Section 47 of the Thuringian School Act and the obligation of every school to draw up a concept for maintaining health and a healthy lifestyle, the individual support of pupils is the consistent principle of teaching and learning as well as extra-curricular activities.

On this basis, the level of motor skills in children is recorded and evaluated with the help of a movement check, which is part of the physical education lessons. You and, of course, your child will not only receive feedback on the level of motor skills, but also individually tailored programmes to improve these skills.

The partners of the Thuringian Ministry for Education, Science and Culture (Thüringer Ministerium für Bildung, Wissenschaft und Kultur/TMBWK) are the Thuringian State Sports Association (Landessportbund Thüringen e.V./LSB), the University of Erfurt/Department of Sport and Exercise Science (Universität Erfurt/Fachgebiet Sport- und Bewegungswissenschaften) and the German Society for Nutrition Thuringia Section (Deutsche Gesellschaft für Ernährung e.V. Sektion Thüringen).

Test exercises:

All pupils complete as part
of school sport the following
six test tasks

20-m-Sprint – *speed*

1-kg Medicine ball throwing – *arm strength*

Standweitsprung – *leg strength*

Einbeinstand – *balance/coordination*

Sternlauf – *coordination/condition*

6-min-Lauf – *endurance*

In physical education lessons, the movement check closes the existing gap to existing analysis procedures in other subjects [competence tests] and is carried out annually in year 3 [JST 3] at primary, community and special needs schools. The aim is to identify pupils with the need to catch up on motor skills as well as sporting talents. For children with motor difficulties, the need for support can be compensated for by placing them in appropriate existing or newly created exercise and sports programs in schools and clubs. The TMBWK works closely with the LSB, its district and city sports associations [Kreis- und Stadtsportbünde] and the regional sports clubs in the planning and implementation of follow-up and support offers for all participating children.

Motoric talented children receive an invitation to a Talentiade. This will take place in the period from March – June 2026 at the responsible school authority.

Evaluation of the movement checks:

The evaluation for the partners of the TMBWK is anonymous. Neither the LSB nor the other partners collect any personal data as part of the physical activity check.

To protect the anonymity of your child, the sports teacher transmits the data collected in coded form [i.e. without direct reference to the pupil] to the Department of Sport and Exercise Science at the University of Erfurt. There, an individual performance profile is created for all pupils, which shows, among other things, motor strengths and weaknesses. This is sent back to the school in coded form, which assigns it to the pupils. In addition, your child will receive information about regional club sports activities and an invitation to an event organized by your district/city sports association [Kreis-/Stadtsportbund] as information for parents by letter via the school.

Aim of the programm:

The LSB supports the development and expansion of sustainable physical activity programs at schools and clubs in your region. Every child who takes part in the physical activity check can then be offered an individual support/movement program at their own request.

Erfassungsbogen: EINZELSCHÜLER

ELTERN BITTE AUSFÜLLEN!

Schülerprofil

Name: Geschlecht: männlich weiblich

Geburtstag: [TT MM JJJJ] Größe: cm Gewicht: kg

Schule: Klasse:

Formelle Sportaktivitäten

Teilnahme an einer Sport-AG in der Schule:

Ja Nein

Mitglied in einem Sportverein: Ja Nein falls ja bitte auswählen

<input type="checkbox"/> Basketball	<input type="checkbox"/> Leichtathletik	<input type="checkbox"/> Tanzen/Aerobic
<input type="checkbox"/> Eissport	<input type="checkbox"/> Radsport	<input type="checkbox"/> Tischtennis
<input type="checkbox"/> Fußball	<input type="checkbox"/> Reiten/Voltigieren	<input type="checkbox"/> Turnen/Gymnastik
<input type="checkbox"/> Handball	<input type="checkbox"/> Schwimmen	<input type="checkbox"/> Volleyball
<input type="checkbox"/> Kampfsport	<input type="checkbox"/> Skisport	<input type="checkbox"/> Andere

Wie oft in der Woche wird die Sportart durchschnittlich betrieben [inkl. Wettkämpfe/Liga-Spiele]? Bei mehreren Sportarten bitte Anzahlen addieren.

1 2 3 mehr als 3

Seit wann ist Ihr Kind Mitglied in einem Sportverein? [Bitte Jahr angeben]

Testergebnisse [Bei der elektronischen Dateneingabe wird nur der Bestwert aus beiden Versuchen eingetragen!]

Schülercode: ¹

20-m-Lauf [sec] 1) 2)

Medizinballstoßen [m] [beidhändig mit 1-kg Ball] 1) 2)

Standweitsprung [cm] 1) 2)

Einbeinstand [sec]

[barfuß, mit geschlossenen Augen auf dem bevorzugten Bein.

Ein Versuch – nur wenn Versuch < 5 sec. erfolgt ein zweiter Versuch] 1)

Sternlauf [sec] 1) 2)

6-min-Lauf [m] [Runden + Pylonen =] 1)

Umrechnung Runden [R] in Meter [m]: Abstand zwischen 2 Pylonen = 9 m

1R=54m; 2 R=108m; 3R=162m; 4R=216m; 5R=270m; 6R= 324m; 7R=378m; 8R=432m; 9R=486m; 10R=540m
 11R=594m; 12R=648m; 13R=702m; 14R=756m; 15R=810m; 16R=864m; 17R=918m; 18R=972m; 19R=1026m; 20R=1080m
 21R=1134m; 22R=1188m; 23R=1242m; 24R=1296m; 25R=1350m; 26R=1404m; 27R=1458m; 28R=1512m; 29R=1566m; 30R=1620m
 31R=1674m; 32R=1728m; 33R=1782m; 34R=1836m; 35R=1890m; 36R=1944m; 37R=1998m; 38R=2052m; 39R=2106m; 40R=2160m

LEHRER BITTE AUSFÜLLEN!

¹ Schülercode: Nummerieren Sie die Schüler einer Klasse fortlaufend. Beginnen Sie mit der Zahl 1.
 Bitte beachten Sie: Die fortlaufenden Schülercodes müssen mit denen in der Excel-Dateneingabemaske übereinstimmen.