



Inter-College Exchange between PE Specialised NCoEs

Professional and Leadership Development PE Lecturers and PE Students

Concept Paper

by

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1. Introduction

This concept paper proposes an exchange between the five National Colleges of Education (NCoE) that are specialised in Physical Education (PE), namely Uva NCoE, Vavuniya NCoE, Batticaloa NCoE, Nilwala NCoE and Ruhuna NCoE. The inter-college exchange programme is an intervention of the Education for Social Cohesion (ESC) programme.

The ESC programme is implemented by the Deutsche Gesellschaft für Internationale Zusammenarbeit, (GIZ, German Development Cooperation) on behalf of the German Federal Ministry for Economic Cooperation and Development (BMZ). The ESC programme supports the Ministry of Education (MoE) in the implementation of the national education policy on education for social cohesion and peace. The overall objective of the ESC programme is to enable school children to live together peacefully in a multi-ethnic and multi-lingual society.

The ESC programme supports the MoE, the National Institute of Education and the Provincial Education Departments in the Central, Eastern, Northern, Sabaragamuwa and Uva provinces in improving and expanding their range of education services for social cohesion. In addition, the ESC programme works closely with the 19 National Colleges of Education (NCoEs). The focus of the support is on three intervention areas: Second National Language Education (Sinhala and Tamil), Peace and Value Education, and Psycho-Social Care in schools.

In order to meet the needs for pre-service teacher education, particularly in PE and Sports, the ESC programme supports the Teacher Education Branch of the MoE with the introduction of Sports for social cohesion and reconciliation. In 2017, the ESC programme in cooperation with the German Sport University Cologne developed a concept on “Sport for Social Cohesion and Reconciliation” and introduced it in teacher education through implementing a corresponding professional development programme for PE lecturers.

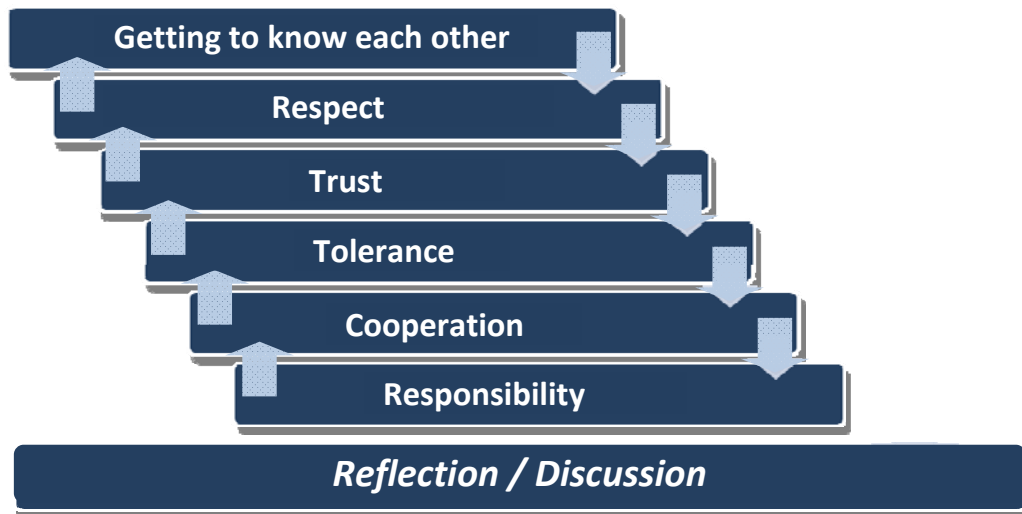
The inter-college exchange programme will be based on the available concept on Sport for social cohesion and reconciliation, and will follow-up on the outcomes of this professional development programme.

Since March 2018, Mr. Felix Weber is attached to Uva NCoE as an Integrated Expert and acting as PE lecturer. In close collaboration with the ESC programme he will assist the MoE in organizing and implementing the inter-college exchange programme.

2. Rationale for the Inter-College Exchange Programme

Sport and physical education can promote social cohesion by providing a playground for enjoying physical activities together with people from various social and cultural backgrounds. In this context, sport can make valuable contributions to reconciliation and intercultural learning. Using sport as a tool for social cohesion means to take active steps towards mutual understanding and experience-based learning. For this purpose sport for development and social cohesion activities, contain certain elements (see Figure 1) as a basis for non-competitive games with Fair Play rules.

Figure 1: Elements of Sport for Development and Social Cohesion



First, sport related activities with Fair Play rules like Netball 3 and Football 3 will be selected. Netball 3 and Football 3 comprise of an integrated concept of three halves - pre-match discussion, the game, and post-match discussion - in order to promote and develop Fair Play rules and a non-competitive behaviour. Applying the elements of sport for development and social cohesion intercultural processes, (such as the experiences of diversity, deconstruction of stereotypes, and reflection of one's own identity) will be stimulated. People from various ethnic and religious backgrounds can easily get in contact and share the joy of the activities without verbally communicating in the same language. In order to promote equal opportunities and diversity through sports, the physical activities need to be content related and embrace a subsequent reflection stimulating a social and intercultural dialogue. During the reflection, the participants are invited to reflect on their experiences and feelings and the purpose of the activity is discussed.

3. Inter-College Exchange Programme

The overall aim of the inter-college exchange programme is to further develop the capacity of pre-service teacher education through professional and leadership development of NCoE PE students and PE lecturers.

3.1 Objectives and Expected Outcomes

Objectives

The objectives are:

- to provide a platform for intercultural exchange between students and lecturers from various ethnic and religious backgrounds
- to raise awareness on the use of PE and sports as a way of promoting social cohesion and reconciliation in Sri Lanka
- to enrich the teaching capacities and social competences of the students and lecturers with knowledge and skills for promoting social cohesion through sports and PE
- to encourage PE students and PE lectures of the five NCoEs to continue working with different sports and physical activities (such as Netball 3 and Football 3 with Fair Play rules and minor games) as a tool for social cohesion and their personal development

In addition, the participants of the inter-college exchange will be prepared not only to integrate sport for social cohesion activities into their teaching practices in schools and NCoEs, but also to include them at the annual Inter-College Sports Meet of all 19 NCoEs nationwide.

Expected Outcome

After participating in the inter-college exchange programme the participants will be able to:

1. understand and apply Fair Play games more specifically to foster personal development and promote social cohesion and reconciliation between groups of various ethnic and religious backgrounds.
2. use their contextual experiences and skills to develop appropriate PE teaching techniques and strategies
3. plan and contribute to sport for social cohesion events, e.g. inter-college sports meet or orientation week for new 1st year students

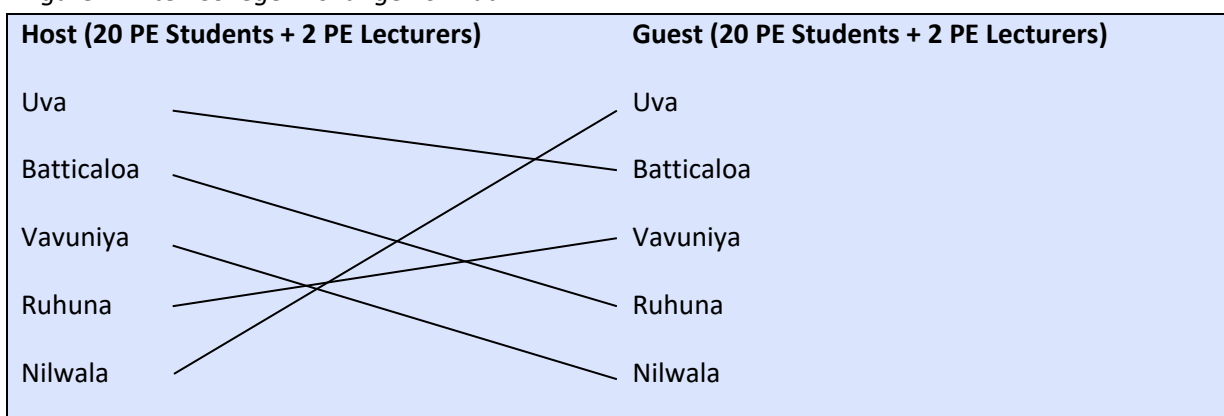
3.2. Methodology and Content

As the inter-college exchange programme aims to promote Fair Play games and non-competitive physical activities, it is envisaged to raise awareness of mutual respect, trust, tolerance, cooperation and responsibility as attributes of social cohesion and reconciliation in Sri Lanka.

The programme provides that each PE specialised NCoE gets involved in the exchange. Each NCoE will participate in one exchange event with 10 female and 10 male PE students and 2 PE lecturers. The selection criteria and procedure will be discussed with the NCoE PE lecturers during the preparation phase of the programme.

Each NCoE will host one other NCoE, and also visits one other NCoE. There are five exchanges between the five NCoEs with 44 participants in each event (see Figure 2. A line indicates the two connected NCoEs in an event.) In total, 200 PE students and 20 PE lecturers are expected to participate.

Figure 2: Inter-College Exchange Format



Preparation phase

As part of capacity development, there will be an intensive preparation of the inter-college exchange programme facilitated by Mr Felix Weber prior to the actual inter-college exchange. He will visit all five NCoEs individually for one week to plan and prepare together with the NCoEs' lecturers and students the activities as well as the logistics for the exchanges. The focus of the preparation week will be on leadership development for PE students through encouraging them to bring in their own ideas and create a sense of ownership for the event. Furthermore, the theoretical concept of "Sport for Social Cohesion and Fair Play" will be introduced and discussed in detail and mediators and players are trained in practical lessons. The following theoretical as well as practical topics will be the content of the preparation week:

- Sport as a Tool for Social Cohesion and Reconciliation
- Defining Fair Play and its importance for social cohesion and reconciliation in Sri Lanka
- Examples of games and physical activities: warm-up games, minor games
- Introduction and application of sport with special Fair Play rules: Netball 3 and Football 3
- Training of mediators and players

Implementation phase

The inter-college exchange will be implemented as a two-day programme including three nights at the host NCoE. One full day is dedicated to PE activities, in particular to the minor games (integration of aspects like getting to know each other, respect, trust, tolerance, cooperation and responsibility) which will be planned and led by the participants of the hosting NCoE, and the major Fair Play games Netball 3 and Football 3. The hosting NCoEs will plan the second day. It will include a recreational programme including outdoor and learning activities, e.g. language speaking club, group discussions.

Besides the Fair Play games, the inter-college exchange will also include a buddy programme which will bring students from various ethnic and religious backgrounds together and teach them through experienced-based learning the three dimensions of social cohesion: social relations, connectedness and focus on the common good. In the buddy programme each student and lecturer from the hosting NCoE is responsible to look after one student or lecturer respectively from the visiting NCoE.

The inter-college exchange will be based on a participatory approach with experience-based learning techniques. Using a participatory approach means, the facilitator does not tell the participants what to learn from the game, but asks questions so that they can draw conclusions themselves. The participants will also be asked to share their experiences and ideas so everyone can learn from each other: *Experience + Reflection = Learning*. Through these methods, ownership and leadership will be encouraged and the concept will be enriched by the participants' experiences.

3.3 Organization and Responsibilities

Mr Felix Weber will assist the MoE in organizing and implementing the inter-college exchange programme. He will be supported by two PE lecturers from each PE specialized NCoE, who are fluent in English and in either Sinhala or Tamil. In addition, Mr Kandeepan Velayuthapillai (GIZ/ESC programme) will assist in the organization of the inter-college exchange programme and the coordination with the MoE and the NCoE.

Mr Felix Weber is responsible for the theoretical and practical content as well as the structure of the exchanges. The two local PE lecturers will facilitate with the translation of content and instructions. Together with the students, the PE lecturers of the hosting NCoE are also responsible for the introduction and warm-up sessions in the context of Sport for Social Cohesion. It is envisaged to select and integrate the students and lecturers already during the preparation of the programme. Furthermore, the participants of the hosting NCoE are responsible for the recreational programme of the second day of the exchange programme.

The hosting NCoEs are responsible for providing accommodation and food for the participants. It is expected that they will provide all required sport facilities and equipment.