



# Knowledge Co-Creation Program (Group & Region Focus)

General Information on

## Quality Physical Education in Basic Education

JFY 2020

課題別研修「学校体育」

No. 201901970J001 / ID. 201901970

Phases in Japan: August 16<sup>th</sup>, 2020 to September 5<sup>th</sup>, 2020

This information pertains to one of the JICA Knowledge Co-Creation Program (Group & Region Focus) of the Japan International Cooperation Agency (JICA), which shall be implemented as part of the Official Development Assistance of the Government of Japan based on bilateral agreement between both Governments.

‘JICA Knowledge Co-Creation Program (KCCP)’ as a New Start

In the Development Cooperation Charter which was released from the Japanese Cabinet on February 2015, it is clearly pointed out that *“In its development cooperation, Japan has maintained the spirit of jointly creating things that suit partner countries while respecting ownership, intentions and intrinsic characteristics of the country concerned based on a field-oriented approach through dialogue and collaboration. It has also maintained the approach of building reciprocal relationships with developing countries in which both sides learn from each other and grow and develop together.”* We believe that this ‘Knowledge Co-Creation Program’ will serve as a center of mutual learning process.

# I. Concept

## Background

As stated in "International Charter of Physical Education and Sport" (UNESCO, 1978)", access to physical education (PE) and sports is one of the basic human rights, and it was eventually revised as "International Charter of Physical Education, Physical Activities and Sport" (UNESCO, 2015). This new charter is not only for industrialized countries, but also focusing on developing countries. Based on new charter framework, UNESCO created the new concept, called "Quality Physical Education (QPE)", and published Guideline and Method of QPE in 2015.

However, the importance of PE is not publicly recognized in some countries even though PE is included in national curriculum at almost 90% of the countries in the world. Under this circumstance, those countries are now facing various difficulties such as lack of the knowledge of teaching methodology, lack of teacher trainers, and lack of facility, etc.

In September 2013, Japanese Prime Minister Abe announced the concrete content of "Sports for Tomorrow (SFT)" program, as an international contribution through sports by the Government of Japan, in his presentation at 125<sup>th</sup> IOC Session. SFT program aims to expand sporting value through the Olympic and Paralympic Movement to the people of all generations, including the youth who represent for a better future of the world. SFT targets more than 10 million people in over 100 countries, including developing countries within 7 years from 2014 to 2020, the year of Tokyo Olympic and Paralympic Games.

This course focuses on the realization of quality improvement, implementation and dissemination of PE at schools in participating countries by sharing the knowledge and experience of Japan in the field of PE, and also through knowledge co-creation among participatory countries during the course. The expected result of the training course is that participating countries will conduct quality PE at schools and enrich the lives of children and youth for the better tomorrow.

## For What?

This training course aims to promote understanding of Physical Education (PE) as one of the required subject of National Curriculum for Basic Education in Japan, so that participants are able to do comparative analysis of situation, challenges and good practice of PE between Japan and participating countries.

By attending this course, **participants are expected to understand the essence of Quality Physical Education, which is distinguished from Sports Training. In addition, participants are able to understand how physical education is taught in practice at schools in Japan.**

At the end of the course, participants will present concrete and practical solutions toward achieving quality PE in each country.

### **For Whom?**

**This training course is primarily for government officials responsible for PE.** Different participants should be dispatched by the same organization or related organization for a period of three consecutive years.

- 1) Technical officers from Ministry of Education, related ministries or local administrative agencies of education.**
- 2) Technical trainers at educational institutions, such as teacher training college/university, or school teachers responsible for PE.**

### **How?**

During the training course in Japan, participants will study about PE in Japan, especially on theoretical framework, education system, teaching skills and strategies, and teaching / learning materials. They will practice how to make a lesson plan for PE with a small group and simulate PE lessons with the plan through demonstration by participants being students. Finally, they will analyze their teachings by systematic observation analysis and reflect them through e-learning system.

**Participants are highly encouraged to share their professional experiences and good practice in their own countries through discussions, practical workshops or other collaborative works throughout the course.** Participants are also expected, upon returning from Japan, to implement the action plans utilizing the knowledge and skills acquired in this course in order to improve the situation of PE in their own countries.

## II. Description

**1. Title (J-No.):**

Quality Physical Education in Basic Education (201901970J001)

**2. Course Period in Japan:**

August 16<sup>th</sup>, 2020 to September 5<sup>th</sup>, 2020

**3. Target Regions or Countries:**

Timor-Leste, Myanmar, Bhutan, Solomon Islands, Tuvalu, Iran, Uganda, Zimbabwe, Senegal, and Bosnia and Herzegovina

**4. Eligible / Target Organization:**

This program is designed for officers from Ministry of Education and other related ministries, local administrative agencies of education, or teacher training institutions.

**5. Course Capacity(Upper limit of Participants):**

20 participants

**6. Language to be used in this program:**

English (Interpretation and translation from Japanese to English to be provided)

**7. Course Objective:**

Based on the recognition and analysis on situation and challenges of PE in each country, improved physical education is introduced to schools and/or organizations participants belong to.

**8. Overall Goal:**

Based on the experience and knowledge learned in Japan, improved physical education is conducted in schools and/or organizations participants belong to.

**9. Expected Module Outputs and Contents:**

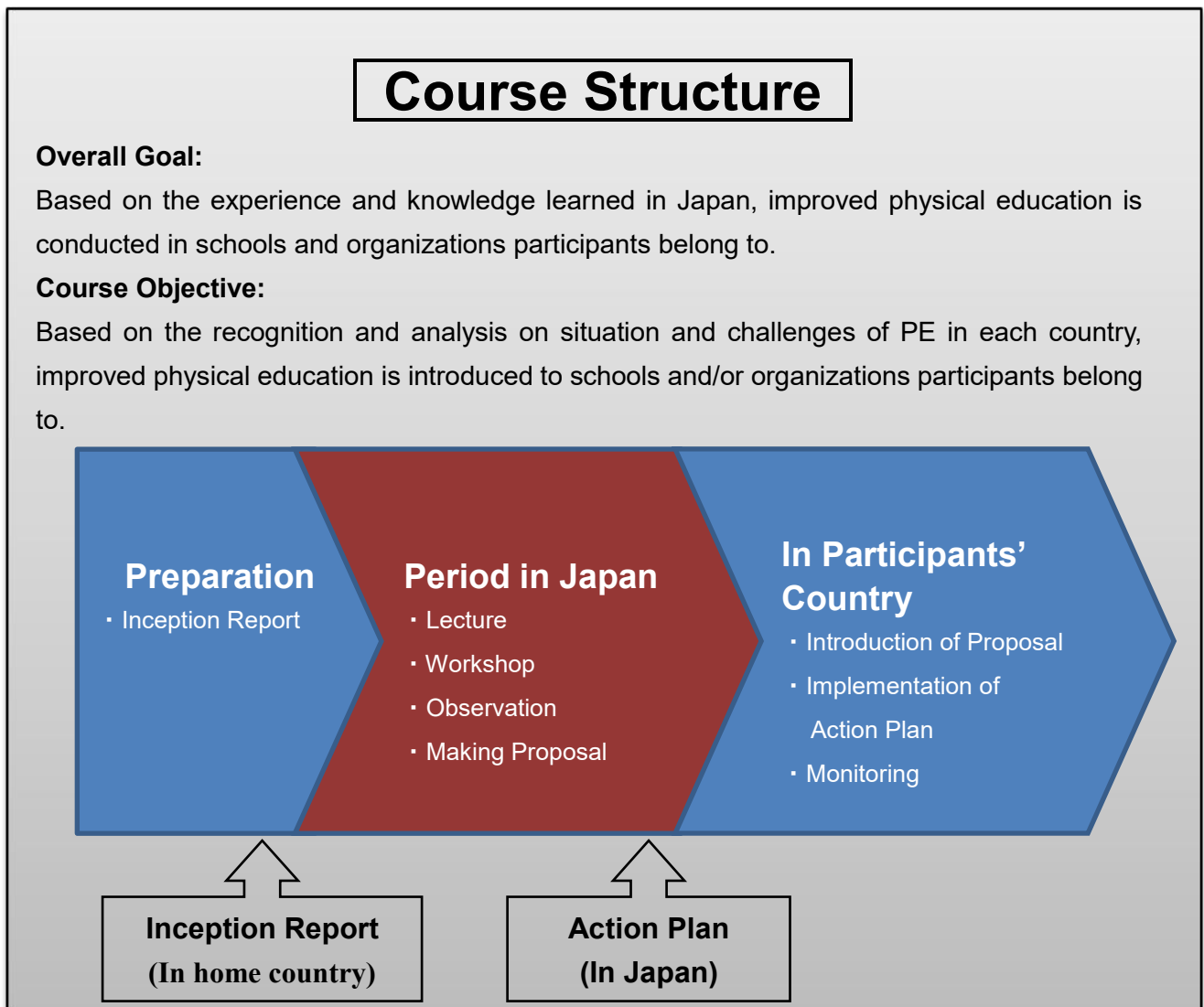
Participants are expected to achieve the following outputs:

1. To understand and share the current situation of physical education in Japan and other participating countries.
2. To identify and analyze the problems of physical education in each participatory country based on the comparative studies of strategies, policies and activities of physical education in Japan.
3. To propose practical solutions toward the problems of physical education in each participating country.

This program consists of the following components. Details on each component are given below.

<p><b>Expected Module Output (1):</b> To understand and share the current situation of physical education in Japan and other participating countries.</p>
<p><b>Major Activities:</b></p> <p>Based on the presentations of Inception Report/Country Report, participants will discuss and analyze current situation and issues of physical education in each country. Through the comparative analysis, participants will understand the structure of problems (causes of the problem) in their own countries.</p>
<p><b>Methodology:</b> Inception Report /Country Report presentation and discussion, comparative analysis</p>
<p><b>Expected Module Output (2):</b> To identify and analyze the problems of physical education in each participatory country based on the comparative studies of strategies, policies and activities of physical education in Japan.</p>
<p><b>Major Activities:</b></p> <p>Participants will learn the features of physical education in Japan through lectures, observations of lessons at primary/junior high schools, and discussions. Participants are also expected to participate in workshops on physical education lessons in order to acquire practical knowledge and skills.</p> <p>Participants will identify which experiences in physical education in Japan can be adapted to address issues in their countries.</p>
<p><b>Methodology:</b> Lecture, Workshop(with discussion), Observation/School Visits</p>
<p><b>Expected Module Output (3):</b> To propose practical solutions toward the problems of physical education in each participating country.</p>
<p><b>Major Activities:</b></p> <p>Participants will discuss the knowledge and experience that participants have learned in Japan and develop a concrete proposal to improve the physical education in their own countries. They will also make a feasible action plan to implement the proposal in their organizations.</p>
<p><b>Methodology:</b> Workshop (Reflection, Proposal / Action Plan)</p>

## <Structure of the Course: System Flow Chart>



## <Schedule of the Program>

### Out line (tentative): From August 17 to September 4

1st week: August 17 – August 21

- (1) Briefing/Orientation
- (2) Presentation: Inception Report / Analysis of the issues of physical education.
- (3) Lecture: Overview of Japanese Physical Education policy and curriculum.
- (4) Lecture: Overview of Japanese Physical Education planning and evaluation.
- (5) Observation: Physical Education in schools.

2nd week: August 24 – August 28

- (1) Lecture: Teaching method and analyzing the Physical Education in Japan
- (2) Workshop: Practical work of Physical Education Lesson
- (3) School visits/Observation: Local School
- (4) Elaboration on proposal

3rd week: August 31 – September 4

- (1) Identify and analyze the challenging issues in each participants.
- (2) Design the Action plan based on the problem analysis in each country.
- (3) Propose and share the practical solutions in each participating country.
- (4) Closing ceremony



Game for Practical Work



Visit to Sports Agency



Observation in Primary School



Closing Ceremony

### III. Conditions and Procedures for Application

#### 1. Expectations for the Participating Organizations:

- (1) This program is designed primarily for organizations and the staff members that intend to address specific issues or problems identified in their operation. Participating organizations and the staff are expected to use the outcomes of the training for those specific purposes.
- (2) This program is enriched with contents and facilitation schemes specially developed in collaboration with relevant prominent organizations in Japan. These special features enable the training program to meet specific requirements of applying organizations and effectively facilitate them to address the issues and problems.

#### 2. Nominee Qualifications:

Applying Organizations are expected to select nominees who meet the following qualifications:

##### (1) 【Essential Qualifications】

- 1) **Current Duties:** Candidates must be responsible for improvement of the quality of physical education and responsible for physical education in basic education. **(This program is not designed for sport trainers. It is designed for those who work in the field of “Education”.)**

(1) Technical officer from Ministry of Education or related ministry of central and/or local government (who is responsible for curriculum of Physical Education)

(2) Technical trainer at an educational institution, such as teacher training college/university

\*It is preferable to receive two participants, both (1) and (2) respectively from the same country, if more than two (2) seats are assigned to the country. However, it does NOT mean both nominees are guaranteed to be accepted.

- 2) **Experience in the relevant field: More than five (5) years working experience in field of physical education, and more than one (1) year working experience in current position.**

3) **Educational Background:** bachelor degrees or equivalent

4) **Language:** Proficient in spoken and written English.

5) **Health:** must be in good health, both physically and mentally, to participate in the Program in Japan.

**Applicants should answer all the questions of “Medical History” of Application Form truthfully and completely including lifestyle diseases such as hypertension and diabetes.**

Pregnant applicants are not recommended to apply due to the potential risk of health and life issues of mother and fetus.

##### 【Recommended Qualifications】

- 1) **Age:** be between the ages of twenty-five (25) and fifty (50) years
- 2) **Gender Consideration:** JICA is promoting Gender equality. Women are encouraged to apply for the program.



### 3. Required Documents for Application:

#### (1) Application Form:

The Application Form is available at **the JICA office (or the Embassy of Japan)**.

#### (2) Photocopy of passport:

To be submitted with the application form, if you possess your passport which you will carry when entering Japan for this program. If not, you are requested to submit its photocopy as soon as you obtain it.

\*Photocopy should include the followings:

Name, Date of birth, Nationality, Sex, Passport number and Expire date.

#### (3) Nominee's English Score Sheet:

To be submitted with the Application Form. If you have any official certificate of English ability (e.g., TOEFL, TOEIC, IELTS), attach its photocopy on the application form.

**If there is no certificate and the candidate is not from the country in which English is not spoken as common language, please check English ability of the candidate in JICA Office in respective countries and inform the result to JICA Tsukuba.**

### 4. Procedures for Application and Selection:

#### (1) Submission of the Application Documents:

Deadline for applications differs depending on countries: **Please inquire the deadline of the JICA office (or the Embassy of Japan)**

(After receiving applications, the JICA office (or the Embassy of Japan) will send them to **the JICA Center in Japan by April 24<sup>th</sup>, 2020**)

**\*Attention: Since the program will be conducted during Para Olympic 2020, the application deadline is set earlier so that we can ensure flight tickets for the selected candidates.**

#### (2) Selection:

After receiving the documents through proper channels from your government, the JICA office (or the embassy of Japan) will conduct screenings, and then forward the documents to the JICA Center in Japan. Selection will be made by the JICA Center in consultation with concerned organizations in Japan. The applying organization with the best intention to utilize the opportunity of this program will be highly valued in the selection. Qualifications of applicants who belong to the military or other military-related organizations and/or who are enlisted in the military will be examined by the Government of Japan on a case-by-case basis, consistent with the Development Cooperation Charter of Japan, taking into consideration their duties, positions in the organization, and other relevant information in a comprehensive manner.

#### (3) Notice of Acceptance:

Notification of results shall be made by the JICA office (or Embassy of Japan) **not later than May 29<sup>th</sup>, 2020**

## **5. Document(s) to be submitted by accepted candidates:**

**Inception Report** -- to be submitted by **July 15<sup>th</sup>, 2020**.

Before coming to Japan, accepted candidates are required to prepare an Inception Report (detailed information is provided in the ANNEX "Inception Report".) The Inception Report should be sent to **JICA Center in Japan by July 15<sup>th</sup>, 2020**, preferably by e-mail to ([tbictp@jica.go.jp](mailto:tbictp@jica.go.jp)).

## **6. Conditions for Attendance:**

**Accepted candidates will be required to follow the following conditions:**

- (1) to strictly adhere to the program schedule.
- (2) not to change the program topics.
- (3) not to extend the period of stay in Japan.
- (4) not to be accompanied by family members during the program.
- (5) to return to home countries at the end of the program in accordance with the travel schedule designated by JICA.
- (6) to refrain from engaging in any political activities, or any form of employment for profit or gain.
- (7) to observe Japanese laws and ordinances. If there is any violation of said laws and ordinances, participants may be required to return part or all of the training expenditure depending on the severity of said violation.
- (8) to observe the rules and regulations of the accommodation and not to change the accommodation designated by JICA.

# **IV. Administrative Arrangements**

## **1. Organizer:**

- (1) Name: JICA Tsukuba
- (2) Contact: Ms. NOMURA Misaki ([tbictp@jica.go.jp](mailto:tbictp@jica.go.jp))

## **2. Travel to Japan:**

### **(1) Air Ticket:**

The cost of a round-trip ticket between an international airport designated by JICA and Japan will be borne by JICA.

### **(2) Travel Insurance:**

Coverage is from time of arrival up to departure in Japan. Thus traveling time outside Japan will not be covered.

## **3. Accommodation in Japan:**

JICA will arrange the following accommodations for the participants in Japan:

JICA Tsukuba Center (JICA TSUKUBA)

Address: 3-6 Koyadai, Tsukuba, Ibaraki 305-0074, Japan

TEL: +81-29-838-1111, FAX: +81-29-838-1119

(where “81” is the country code for Japan, and “29” is the local area code)

Please refer to facility guide of TBIC at its URL;

<https://www.jica.go.jp/english/about/contact/domestic/information.pdf>

If there is no vacancy at JICA TSUKUBA, JICA will arrange alternative accommodations for the participants.

#### **4. Expenses:**

The following expenses will be provided for the participants by JICA:

- (1) Allowances for accommodation, living expenses, outfit, and shipping
- (2) Expenses for study tours (basically in the form of train tickets).
- (3) Free medical care for participants who become ill after arriving in Japan (costs related to pre-existing illness, pregnancy, or dental treatment are not included)
- (4) Expenses for program implementation, including materials.

For more details, please see “III. ALLOWANCES” of the brochure for participants titled “KENSU-IN GUIDE BOOK,” which will be given before departure for Japan.

#### **5. Pre-departure Orientation:**

A pre-departure orientation will be held at the respective country’s JICA office (or Japanese Embassy) to provide participants with details on travel to Japan, conditions of the workshop, and other matters.

## V. Other Information

### 1. Computer:

The participants are requested **to bring laptop computers.** During the program, participants will prepare and submit the Action Plan, presentation slides, and other assignments by e-mail.

### 2. Extension Course (for Media, etc.)

During the training, some program may be open for media or others to observe. (Especially observations at schools, teaching practices, and presentation days)

JICA may also utilize some information and your photos for our publications or newsletters. We appreciate your kind support.

### 3. Clothes for practical activities

In this program, practical works are included and they will be held in gymnasium. Please prepare the comfortable outfit for the program. Required wears are below:

**(1) Sport Shoes for indoor (for gymnasium)**

**(2) Sports wear**

### 4. Preparation of Cash

Allowances, such as for accommodation, living, clothing, and shipping, are deposited to participants' temporary bank account in Japan after 2 to 5 days after their arrival in Japan. It is highly advised to bring some cash in order to cover necessary expenses for the first few days.

### 5. Notes:

Due to the above mentioned practical works, we strongly request to submit medical condition of candidates to avoid any medical/health issues. (\*this is not in use for limitation of the acceptance.)

## 6. HP & Facebook

- ✧ JICA Tsukuba website [<https://www.jica.go.jp/tsukuba/english/office/index.html>]
- ✧ JICA Tsukuba Facebook [<https://www.facebook.com/jicatsukuba>]

You can find posts about on-going KCCPs and stories of ex-participants on our Facebook page.



- ✧ City of Tsukuba [<http://www.tsukubainfo.jp/>]

END

## VI. ANNEX: *Inception Report*

### **For accepted candidates only**

Please make sure to complete the following assignments before you come to Japan. These assignments should be submitted by each country. If more than one participant is accepted, please work together to complete the assignments as one team.

**Assignment 1.** Table of Physical Education

**Assignment 2.** Lesson Plan (for Assignment 3)

**Assignment 3.** Video Recording of a Lesson

**Assignment 4.** Course of Study/ National Curriculum/ Textbook (if available)

**Assignment 5.** Preparation for Presentation

### **[Deadline: July 15<sup>th</sup>, 2020] Assignment 1: Table of Physical Education**

Collect the data about Physical Education in your country and fulfill the format for Assignment 1. This table will be used for your Outputs during the program, such as Inception Report, Action Plan and Proposal for the improvement.

Notes:

- 1) All of the themes and items in the format are important for you to know. However, accepted candidates can choose information available and possible to be collected according to their positions.
- 2) The format for Assignment 1 will be sent with the Acceptance Notice.

### **Assignment 2: Lesson Plan (for Assignment 3)**

Submit the lesson plan that was used for class in Assignment 3 to JICA Office in your country by the above due date. If there is no lesson plan, please make a lesson plan about the class you recorded. The lesson plan should have description about the general information of the class, purpose of the lesson, and lesson delivery, etc.

### **[Deadline: on arrival in Japan]**

### **Assignment 3: Video Recording of a Lesson**

Please record one physical education class, especially the one which seems to have a problem or a challenge by participants. The class should be conducted by a teacher in your country (or yourself). If it is possible, compose the video from 10 to 15 minutes.

<How to record a class>

- (1) Subject : Physical Education: Class must be "Ball Games"
- (2) When you record a video, please record the teacher of the class. Also make sure that it is possible to hear what teacher says in the class to students.

*Note: You are asked to submit the DVD of the class or Video Data. Data must be able to play with "Windows Media Player".*

#### **Assignment 4: Course of Study/ National Curriculum/ Textbook (if available)**

If there is Course of Study/ National Curriculum for Physical Education, please bring it with you and submit it on your arrival. Also if there is a teacher's guide for physical education in your country, please bring one with you. In addition, if there is a physical education textbook for students, please bring it with you. Those will be used for comparison among participants during the program.

#### **Assignment 5: Preparation for Presentation of Inception Report**

Prepare the presentation material of Inception Report (Microsoft Power Point or Microsoft Word is preferable). At the beginning of the program, participants are requested to make a presentation of Inception Report about basic information of physical education in your country. The presentation should include the contents below.

- (1) Introduction  
-including country background, roles and responsibilities of your organization and your position
- (2) Legal basis for Education and PE with Ministry structure
- (3) Teacher education, supply and development in Pre-/In-SET
- (4) Facilities, equipment and resources of PE lesson
- (5) Curriculum contents and flexibility (Assignment 1, 4)
- (6) Community Partnerships
- (7) Monitoring and quality assurance
- (8) Issues related to Quality PE that your country (and organization) currently faces
- (9) Sample Yearly plan, Unit plan, and Lesson plan (Assignment 2)
- (10) Lesson scene by short film (use Assignment 3)  
\*Show the video that you have recorded and explain about the lesson using the lesson plan.(Assignment 1 and 3 mentioned above)

#### Notes:

- 1) Please refer to Assignment 1 and 2 to prepare your presentation.
- 2) If there are more than two (2) participants from your country, please combine your information and make presentation as a country.
- 3) Presentation slide should be maximum 2 pages for each content in Power Point. Each country has 50 minutes in total (30 min presentation and 10 min video playing, and 10 min questions and answers).
- 4) Time is limited, therefore, please minimize the time for explaining general information of your country and more focus on the contents mentioned above.

*※Time arrangement is tentative.*

## VII. ANNEX: Questionnaire

### For accepted candidates only

We will order special T-shirt designed by Tsukuba University for the accepted participants. Please write your height and size by referring to the following list and submit it to JICA Center in Japan by July 15, 2020 through JICA Office in your country.

- **Name: Mr. / Ms** \_\_\_\_\_
- **Country:** \_\_\_\_\_

### Questionnaire for T-shirt size given by Tsukuba University

- Your height : (                      ) cm
- Please check the size list and write your size from SS to 5L below.

(                      )

Size (cm)	SS	S	M	L	LL	3L	4L	5L
Shoulder Width	42	44	46	48	50	53	56	59
Sleeve Length	19	20	21	22	23	25	26	27



## *For Your Reference*

### **JICA and Capacity Development**

The key concept underpinning JICA operations since its establishment in 1974 has been the conviction that “capacity development” is central to the socioeconomic development of any country, regardless of the specific operational scheme one may be undertaking, i.e. expert assignments, development projects, development study projects, training programs, JOCV programs, etc.

Within this wide range of programs, Training Programs have long occupied an important place in JICA operations. Conducted in Japan, they provide partner countries with opportunities to acquire practical knowledge accumulated in Japanese society. Participants dispatched by partner countries might find useful knowledge and re-create their own knowledge for enhancement of their own capacity or that of the organization and society to which they belong.

About 460 pre-organized programs cover a wide range of professional fields, ranging from education, health, infrastructure, energy, trade and finance, to agriculture, rural development, gender mainstreaming, and environmental protection. A variety of programs are being customized to address the specific needs of different target organizations, such as policy-making organizations, service provision organizations, as well as research and academic institutions. Some programs are organized to target a certain group of countries with similar developmental challenges.

### **Japanese Development Experience**

Japan was the first non-Western country to successfully modernize its society and industrialize its economy. At the core of this process, which started more than 140 years ago, was the “*adopt and adapt*” concept by which a wide range of appropriate skills and knowledge have been imported from developed countries; these skills and knowledge have been adapted and/or improved using local skills, knowledge and initiatives. They finally became internalized in Japanese society to suit its local needs and conditions.

From engineering technology to production management methods, most of the know-how that has enabled Japan to become what it is today has emanated from this “*adoption and adaptation*” process, which, of course, has been accompanied by countless failures and errors behind the success stories. We presume that such experiences, both successful and unsuccessful, will be useful to our partners who are trying to address the challenges currently faced by developing countries.

However, it is rather challenging to share with our partners this whole body of Japan’s developmental experience. This difficulty has to do, in part, with the challenge of explaining a body of “tacit knowledge,” a type of knowledge that cannot fully be expressed in words or numbers. Adding to this difficulty are the social and cultural systems of Japan that vastly differ from those of other Western industrialized countries, and hence still remain unfamiliar to many partner countries. Simply stated, coming to Japan might be one way of overcoming such a cultural gap.

JICA, therefore, would like to invite as many leaders of partner countries as possible to come and visit us, to mingle with the Japanese people, and witness the advantages as well as the disadvantages of Japanese systems, so that integration of their findings might help them reach their developmental objectives.



**CORRESPONDENCE**

For enquiries and further information, please contact the JICA office or the Embassy of Japan. Further, address correspondence to:

**JICA Tsukuba Center (JICA TSUKUBA)**

**Address: 3-6 Koyadai, Tsukuba, Ibaraki 305-0074, Japan**

TEL: +81-29-838-1744 FAX: +81-29-838-1776