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# VITESSE GOALS



**SOCIALLY  
DEPRIVED  
NEIGHBOURHOOD**

**21%**  
**SEVERE  
OBESITY  
UNDER  
CHILDREN  
(6 – 12 Y.O.)**

**3**  
**PHASES**

**5**  
**PRIMARY  
SCHOOLS**

**1000**  
**PARTICIPANTS  
PER YEAR**

# VITESSE GOALS | PHASE 1

**5**

**PRIMARY  
SCHOOLS**

**VITESSE COACH  
(3 HOURS A  
WEEK) ON THE  
SCHOOL**

**8**

**WEEK  
INTERVENTION**

**HEALTHY  
SCHOOL -  
POLICY**



# VITESSE GOALS | 8 WEEK INTERVENTION



### LES 1 GESCOUT DOOR VITESSE

Watradat je Vitesse speler kunt worden moet je een aantal testjes doen. In een paar  
se je samen met je zw broer of zuster te helpen. Op deze pagina heb je de resultaten van  
je testjes bijhouden.

TOEGANG	WEGTAL	STREK	W
SNELTUKEN	6.80 SECONDEN	BAHIGA	
EVENWICHTSTEST	8 KEER GEVALLID	MOIN	
SET & BLACH	24 CENTIMETER	HEKIMBA	
VERSPINDEEN	241 CENTIMETER	LEERDAH	
ARMENHOPRECHT	15.000	KASHA	
SIT-UPS	25 KEER	VOOR	
ARMEN MET SABOEN BOMEN	125 SECONDEN	ZHANG	
10 X 5 METER SPRINT	15.40 SECONDEN	VAN ROOIJ	

Wie is jouw favoriete Vitesse speler?



### GOALS

Wat heb je geleerd tijdens deze les?

Wat verwacht je de komende lessen te leren?



**GRADE 1 - 6**

**THEORETICAL  
PART**

**PRACTICAL  
PART**

**LINK BETWEEN  
VITESSE  
PLAYERS AND  
PARTICIPANTS**

# VITESSE GOALS | HEALTHY SCHOOL POLICY



**ASSIST SCHOOL  
BOARD AND  
TEACHERS**

**BIRTHDAY  
TREAT POLICY**

**ACTIVE BREAKS**

**HEALTHY  
FOOD/WATER  
AT SCHOOL**

# VITESSE GOALS | PHASE 2

**AFTER SCHOOL  
PROGRAM**

**2 LOCATIONS  
3 AGE GROUPS  
(6 – 8, 9 – 10,  
11 – 12)**

**12  
WEEK  
PROGRAM**

**CHILDREN  
WITH HIGH  
OBESITY, LOW  
PHYSICAL AND  
SPORTING  
PARTICIPATION**

**MEASURING  
AND TESTING  
HEALTH:  
BEFORE,  
DURING AND  
AFTER**

**PARENT  
PARTICIPATION**

**USE OF CLUB  
KNOWLEDGE**

# VITESSE GOALS | PHASE 3



**12**  
Month  
guidance

Sportsclub/Co  
mmunity sports

Youth Sports  
trust

Vitesse coach  
Contact  
moments

# VITESSE GOALS | PROJECT DEVELOPMENT



INTERVENTION  
RESEARCH

4  
OTHER  
COMMUNITIES

3  
OTHER CITY'S

COOPERATION  
NOC\*NSF





# VITESSE GOALS | FUNDING



**START:  
NATIONAL  
FUNDING**

**FUTURE:  
MUNICIPALITY  
OF ARNHEM**

**FUTURE:  
PROVINCE  
GELDERLAND**

**FUTURE:  
FOOD VALLEY  
NL**

# VITESSE GOALS | PARTNERS



**MUNICIPALITY  
OF ARNHEM**

**SPORTING  
SERVICE  
ARNHEM**

**VU MEDICAL  
CENTRE  
AMSTERDAM**

**MINISTRY  
WELLBEING,  
HEALTH AND  
SPORTS  
(SPORTIMPULS)**

# VITESSE GOALS

QUESTIONS?

BETROKKEN

