**TEMPLATE FOR REPORTING ON RECENT INITIATIVES ON SPORT FOR DEVELOPMENT AND PEACE**

***Title of Initiative: Fit for Life, Scoping Study, QPE, Global Survey***

***Task:*** *Provide a summary of the initiative, including a brief overview, proposed/actual outcomes and an assessment of any lessons learned and the way forward.*

***Timeframe:*** *Please only include initiatives that fall within the reporting timeframe of January 2022 – February 2024*

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| **Please provide more details on each initiative including items below:** | | |
| **Objective(s):** | ***Please indicate which, if any, of the following fall among the main objectives of the initiative:*** | |
| * Ensuring no one is left behind (advancing empowerment, inclusiveness and equality through sport) | * Eradicating poverty and promoting prosperity |
| * Leveraging sports events to promote action to combat climate change, advance peace and/or sustainable development | * Conflict prevention/peace building |
| * Research development, data collection and/or data dissemination | * Gender |
| * Reinforce the 2030 Agenda and eradicate poverty in times of multiple crises, leading to the effective delivery of sustainable, resilient, and innovative solutions | * Safeguarding sport from corruption and crime |
| * Strengthened global framework on sport for development and peace | * Other (please specify) |
| **Situation** | ***What is the challenge or problem that the initiative aims to address?***  Fit for Life is a global UNESCO initiative designed to activate smart investments in and through sport to boost social and developmental outcomes.  It aims to address intersecting global crises in physical inactivity, poor mental health, and inequality. Even before the COVID-19 pandemic, over [one in four adults](https://linkinghub.elsevier.com/retrieve/pii/S2214109X18303577) (1.4 billion people) and [three in four adolescents](https://apps.who.int/iris/bitstream/handle/10665/272722/9789241514187-eng.pdf) failed to meet WHO-recommended physical activity standards. This, when combined with weakened mental and socio-emotional resilience, unemployment, and inequalities in the access to and participation in sport and physical education, has severe consequences for well-being.  Importantly, despite evidence that sport is a powerful tool to drive outcomes in health, equality, education, employability, and sustainability outcomes, it suffers from a lack of investment and policy attention. Refining and building on this evidence is fundamental to make the case for investments in inclusive and safe sport, and the use of sport as a policy tool to drive non-sport outcomes. Challenges such as data gaps, access to data, shared metrics and related capacity-building, form the basis of much of Fit for Life’s work. | |
| **Implementation mechanisms:** | ***What are the means/processes of implementation of the initiative?***  To increase participation in values-based sport and quality physical education (QPE), Fit for Life:   1. supports Member States to develop inclusive sport and physical education (PE) policies informed by data and knowledge of good practices; 2. builds the capacity of priority stakeholder groups (policy-makers, educators, youth and women) to develop, deliver and measure the impact of inclusive policies, high-impact activities and values-based curricula; 3. systematizes smart investments in sport policy, grassroots projects and related infrastructure, and advocates for the use of outcome-oriented measurement methodologies.   ***What are the main deliverables/activities involved?***  Activities within each of Fit for Life’s outcome areas focus on policy making, advocacy, capacity building, knowledge creation and impact measurement. At the international level, these will include:   1. the development and launch of an integrated database, combining insights from sport, PE and PA; 2. the launch of a digital hub connecting stakeholders with data, practical resources, and providing opportunities to learn and exchange; 3. the elaboration and implementation of a global framework of quality standards and comprehensive guidelines to support the financing, development, delivery and evaluation of inclusive sport policy and practice, including participant wellbeing; 4. the collation, update and implementation of trainings and curricula to support the development of quality policies and the delivery of inclusive sport and QPE; 5. the development of empowerment and capacity-building programmes for youth, educators, athletes and grassroots sports participants, with priority focus on women, girls, persons with disabilities, and other disadvantaged groups; 6. the mobilization of financial and in-kind contributions to support international, regional and national activities; 7. the staging of events and advocacy campaigns to support global knowledge exchange, capacity-development and investment in sport for development.   Underpinning these activities, a Fit for Life Scoping Study was launched in September 2022 to map and assess existing data and measurement frameworks and tools and developing actionable recommendations. Emergent findings, a theory of change and the research framework were presented to the 2022 CIGEPS Ordinary Session held in October 2022 and the Fit for Life Workshop on Gender Equality and Sport held in November 2022.  Recommendations from this scoping study will inform the upcoming Fit for Life global sport baseline study, which builds and expands upon UNESCO’s experience in measuring the state of physical education around the world through its QPE Survey and Indicators. Data collected from this global sports survey, alongside consultations with relevant sport stakeholders and data from the QPE Survey, will be used to create Fit for Life’s global dataset and be used to build a roadmap for future action, enhance Member State’s capacities in data equity and evidence-based policy, and contribute to the above-mentioned activities. Proof of concept pilot projects will also be used to complement survey data with localized evidence.  ***What is the time frame of implementation?***  Fit for Life has been designed for phased implementation over a 10-year period (2022-2032) divided into two stages of work.  Stage I of activity implementation will take place over a 5-year period (2022-2027):   1. Year 1-2 will include the launch of international alliance and national networks/multi-stakeholder taskforces; the launch of advocacy event series and communications; the launch of data collection (Fit for Life scoping study and global baseline study); the development and publication of resources, including global framework of standards; national pilot project implementation; and the launch of a digital hub 2. Year 3-4 will include the continuation of advocacy event series and communications; the scaling of national pilot project implementation; the growth of networks and partner groups; and the roll-out of Fit for Life Champion Country Change Programme in 5+ countries 3. Year 5 will include the launch of integrated data ecosystem; global-level evaluation; the dissemination and operationalization of findings; the update of resources; and recalibrating the inter-sectoral framework for action in advance of Phase II.   Stage II of activity implementation (2027-2032) will focus on scaling and diversifying champion country interventions, topping up datasets and scaling impacts further through the engagement of more countries, communities, and individuals.  In parallel, the implementation of Fit for Life by Member States at the national level has been designed so that national phases of work align with the international implementation framework and follow a scope and scale model: the establishment of national stakeholder architecture and the development of a national action plan (phases I-II); proof of concept pilot implementation (phase III); and Champion Country Change Programme (phase IV). This work will be typically undertaken under the authority of national/local stakeholders. | |
| **Target Audience(s):** | ***Who are the beneficiaries of the proposed/implemented initiative?***  Fit for Life activities are structured towards two sets of beneficiaries, supporting local impact (human capital and community engagement) in the short term, and systems change in the longer term.  Stakeholders benefitting from these efforts include: empowerment partners (youth, women, persons with disabilities, displaced persons, elderly, and other vulnerable groups or people in vulnerable situations, with respect for diversity regardless of gender or sexual orientation); impact partners (teachers, coaches, community leaders, parents, entrepreneurs, NGOs); scaling partners (ministries, local authorities, business and philanthropy, development cooperation and funding institutions, UN and regional IGOs, sports organizations, athletes and other influencers, media); knowledge partners (academia and practitioners); environmental and sustainability partners; and innovation and technology partners. | |
| **Partners/Funding:** | ***Who are the main organizations/entities involved in the initiative and what are their roles?***  Fit for Life counts on its Global Alliance of partners from public and private sectors to support activity implementation. It brings together social partners, national and local public authorities in charge of education, health, social and economic affairs, employment, urban development, environmental affairs and other areas to which sport can make a significant contribution; development agencies and financing institutions; sports and sport for development organizations; the business community; and civil society organizations, including academia and educational institutions.  Member organizations to date include the International Sports Press Association (AIPS) Atletas pelo Brasil, the Centre for Sport & Human Rights, The Commonwealth Secretariat, Futebol dá Força, Deutsche Gesellschaft für Internationale Zusammenarbeit (GIZ), Global Esports Federation, Global Observatory for Gender Equality and Sport (GO), Healthy Brains Global Initiative, The International Working Group (IWG) on Women & Sport, Laureus Sport for Good Foundation, Nike, Our Voice Stanford University, Rafa Nadal Foundation, Sport4Impact, WomenSport International, Wu Tsai Human Performance Alliance, and Yunus Sports Hub.  Alliance members support the implementation of Fit for Life activities through public pledges of financial and in-kind support; aid in the development of knowledge and capacity-building resources; implement Fit for Life pilot projects at regional and/or national levels; engage in events and campaigns such as knowledge and policy roundtables; and provide oversight of Fit for Life activities, data, reporting, events, and engagement opportunities.  ***What are the main sources of funding of the initiative?***  Fit for Life is funded and implemented through financial and in-kind contributions made by Member States, Alliance members and other partners. Interested stakeholders have decided to fund specific Fit for Life priority areas and projects, based on their alignment with individual activities within the initiative. Funds to support international and national level activities go towards UNESCO’s Special Account for the development of physical education and sport (FIDEPS).  UNESCO Member States at MINEPS VII have also called for the establishment of a Fit for Life Fund, to support the international and national implementation of Fit for Life. Subject to confirmed interest of partners and financial contributions, a multi-partner trust fund and accreditation system may be launched to build on the global framework of standards launch in stage 1. | |
| **SDG Alignment:** | ***To what SDG goal/target/indicator is this initiative targeted?***  SDGs 3, 4, 5, 8, 10, 11, 16, 17  ***Please indicate any other national or internationally agreed goals/commitments to which this initiative is aligned.***  Kazan Action Plan  International Charter of Physical Education, Physical Activity and Sport  UN Action Plan on Sport for Sustainable Development  UN Women’s Sports for Generational Equality Framework  WHO’s Global Action Plan on Physical Activity | |
| **Alignment with global frameworks:** | ***How does this initiative align with/contribute to the objectives of the*** [***Kazan Action Plan***](https://en.unesco.org/mineps6/kazan-action-plan)***,*** [***WHO Global Action Plan on Physical Activity***](https://apps.who.int/iris/bitstream/handle/10665/272722/9789241514187-eng.pdf) ***or other related internationally agreed frameworks on sport and/or physical activity?***  Fit for Life, as endorsed at MINEPS VII, is the intergovernmental follow-up to and implementation framework of MINEPS VI’s Kazan Action Plan (KAP). It extends the reach of the KAP by providing practical guidance on its translation in national and local settings and ensuring its continued relevance in light of contemporary social challenges such as COVID-19 recovery, climate change, sustainability and the energy crisis.  In alignment with Action 1 of the KAP (“Elaborate an advocacy tool presenting evidence-based arguments for investments in physical education, physical activity and sport”), Fit for Life stages events and advocacy campaigns to support global knowledge exchange, capacity-development and investment in sport for development.  It builds on Action 2 (“Develop common indicators for measuring the contribution of physical education, physical activity and sport to prioritized SDGs and targets”) with the development and launch of Fit for Life’s integrated database, a direct extension of the work led by the Commonwealth Secretariat to measure the contribution of sport to the SDGs;  It also sets national objectives, roles and responsibilities of different stakeholders, and selects indicators for measurement (drawing on international measurement frameworks and, as of 2023, on the Fit for Life indicator bank which will align with the SDG and Sport indicator framework and resource banks developed under KAP Action 2).  The launch of the Fit for Life digital hub, connecting stakeholders with data, practical resources, and providing opportunities to learn and exchange, builds on the work led by the Government of Catalonia as part of KAP Action 5 (“Develop a clearinghouse for sharing information according to the sport policy follow-up framework developed for MINEPS VI”). | |
| **Alignment with United Nations Action Plan on SDP:** | ***Which of the four thematic areas of the*** [***UN Action Plan on Sport for Development and Peace***](https://www.un.org/development/desa/dspd/wp-content/uploads/sites/22/2018/06/14.pdf) ***is this initiative designed to align?***  *1. Global framework for sport for development and peace*  *2. Policy development*  *3. Resource mobilization, programming and implementation*  *4.Evidence of impact and follow up*  ***To which action area(s) of the Plan is this initiative designed to contribute?***  *1. Global framework for sport for development and peace*  *2. Policy development*  *3. Resource mobilization, programming and implementation*  *4.Evidence of impact and follow up* | |
| **Outcomes:** | ***What are the expected/actual outcomes of the initiative?***  Fit for Life has three priority outcome areas: equality, education and employability, and wellbeing (including physical and mental health). Activities within each outcome area focus on policy advocacy, capacity building, knowledge creation and impact measurement. | |
| **Mechanism for monitoring and evaluating implementation:** | ***What are the mechanisms for monitoring and evaluating the implementation, outcomes and impact of the initiative?***  The Intergovernmental Committee for Physical Education and Sport (CIGEPS) supports the monitoring of the implementation of Fit for Life, and UNESCO has a leadership role in coordinating the implementation of the Fit for Life Alliance. Furthermore, all Members of the Fit for Life Alliance will have privileged oversight of activities, data, reporting, events, and engagement opportunities.  ***What specific monitoring and evaluation tools are involved?***  CIGEPS and CIGEPS Working Groups serve as key confederating mechanisms for Fit for Life. Their key functions include: ensuring policy coherence, in particular with UN and other policy frameworks; informing Member States’ priorities in terms of resourcing; mobilizing financial and in-kind support for international implementation; inputting to the development of Fit for Life project criteria; reviewing progress reporting; and overseeing standard-setting components through MINEPS and the UNESCO General Conference. | |
| **Challenges/Lessons learned** | ***What have been/were the main challenges to implementation?***  The Scoping Study identified key challenges and opportunities in the development of an integrated sport, PE and PA data ecosystem, which will be used to inform the next phases of Fit for Life. Fewer than 50% of UNESCO Member States have data on participation in sport readily available, and challenges faced worldwide include data gaps and fragmented data, siloed approaches in the sector, a lack of internationally consistent methodology to measure participation in sport, a lack of clear assessments on how sport-based initiatives support national priorities.  ***What lessons learned have been/can be utilized in the planning of future initiatives?***  Key lessons learned throughout the initial Scoping Study and first phases of Fit for Life’s implementation include the needs to strengthen coordination, establish internationally-aligned methodologies and metrics, and link data collection to clear assessments of how sports initiatives connect to national priorities and the Sustainable Development Goals. These factors are key in making the case for increased policy attention and investment in sport and QPE. The planning of future activities will focus on developing integrated, purpose-driven data ecosystems that support evidence-based decision-making, drive investment, and make progress toward ensuring sport and physical activity opportunities are available to all. | |