



Online

Knowledge Co-Creation Program (Group and Region Focus)

Quality Physical Education in Basic Education




Course Number: 202107732J001

Course Period: September 5, 2022 - February 8, 2023



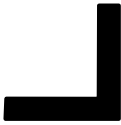
NOTE: If there are any difficulties in reading this document, please contact JICA Office in your country or JICA Center in Japan.

NOTE: Depending on the circumstances, some or all of the program periods may be changed or cancelled after the application has been accepted.



How do we conduct Quality Physical Education (PE)?

Gain the knowledge of Japan and
participatory countries to enrich the lives of
children for better tomorrow by quality PE.



Outline

-This program is designed for the government officials responsible for PE.

Participants can learn...

-The policies and activities for improving the quality of PE in Japan.

-How to make lesson plans for improving the quality of PE and brush up the plans by the feedback from lecturers.

*The sessions will be held online. All sessions are carried out in English.

Total course period

September 5, 2022 to February 8, 2023

-1st Phase: Basic training in September
<From 5 to 30 Sep, 2022>

-2nd Phase: Follow-up training, one session for every two weeks

<From October 2022 - February 2023>



JICA Knowledge Co-Creation Program (KCCP)

The Japanese Cabinet released the Development Cooperation Charter in February 2015, stated 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 foundation of mutual learning process.

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For What?

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.

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 knowledge of teaching methodology, teacher trainers, and facility, etc.

Objectives

Participants identify the situation and challenges of PE in each country, and learn the methods of making lesson plans for improving the quality of PE.

To Whom?

Job Areas and Organizations

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.

The applying organization with the best intention to utilize the opportunity of this program will be highly valued in the selection.

Targeted Countries

Cambodia, East Timor, Fiji,
El Salvador, Senegal, South Sudan

Participants who have successfully completed the program will be awarded a certificate by JICA.

When?

Online Program Period



From September 5, 2022
to February 8, 2023

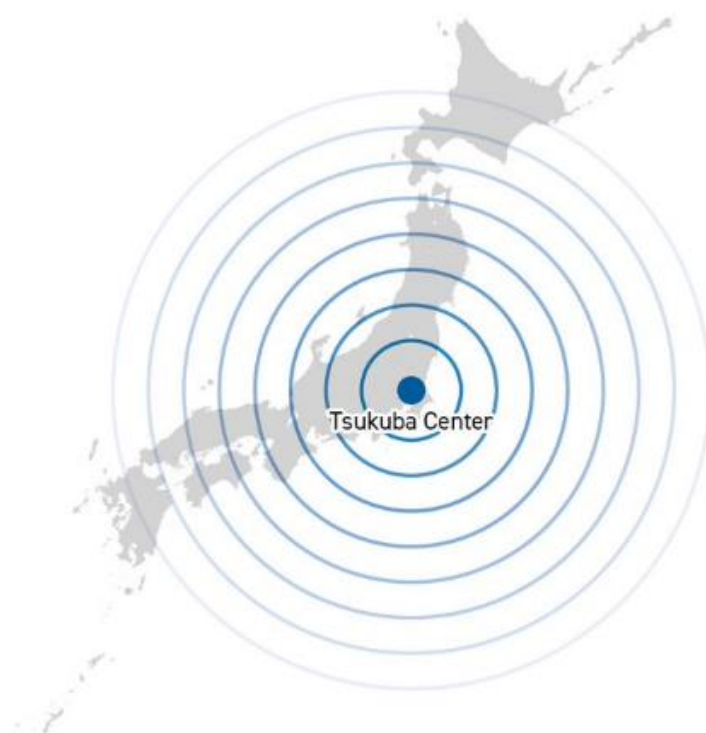
Where?

This course is carried out totally online, organized by JICA Tsukuba Center. As the online homeroom and Q&A sessions are held to assist your learning process, you are required to have a certain IT environment. For detail, see page 12.

Online Q&A Session

All participants will be connected via Zoom in following time zones.

- Japan: 5PM and 7PM
- Cambodia: 3PM and 5PM
- East Timor: 5PM and 7PM
- Fiji: 8PM and 10PM
- El Salvador: 2AM and 4AM
- Senegal: 8AM and 10AM
- South Sudan: 10AM and 12AM



How?

How to Learn

- Online Self-Study
- Online Interactive Q&A Session
- Lectures
- Discussions
- Presentations



Watch



Listen



Study



Chat



Discuss



Present

Language

English

Course Capacity

20 participants

Commitment to the SDGs



Program Structure

The schedule is subject to change. All the online live sessions will be held from 5:00 to 7:00 PM [Japan Standard Time].

-1st Phase: Basic training in September

<From 5 to 30 Sep, 2022>

Month	Week	Date	Live/On-demand	Orientation
Sep.	1st W.	Mon. 5	Live	Program orientation
		Tue. 6	Live	Inception report 1-3 Presentation & Discussion
		Wed.7	Live	Inception report 4-6 Presentation & Discussion
				Lesson orientation and sharing goals
				Overall
	2nd W.	Mon.12-14	On-demand	On-demand video lectures for School Physical Education in Japan
		Thu.15	Live	Discussion
				Teacher Education
	3rd W.	Mon.19-21	On-demand	On-demand video lectures for Teacher Education in Japan
		Thu.22	Live	Discussion
				Unit & Lesson Planning
	4th W.	Mon.26	Live	Planning: How to Draw up Unit Plan
		Tue.27	Live	Planning: How to Draw up Unit Plan
		Thu.29	Live	Planning: How to Draw up Unit Plan
		Fri.30	Live	Planning: How to Draw up Unit Plan

-2nd Phase:Follow-Up training, one session for every two weeks

<From October 2022 -February 2023>

Month	Week	Date	Live/On-demand	Orientation
Oct.				Practice 1.1. ("Ball game 1"practice)
	1st W.		On-demand	On-demand video lectures for School Physical Education in Japan
	2nd W.	Fri.14	Live	Presentation (Country 1) & Discussion (Collaborative learning)

	3rd W.		On-demand	On-demand video lectures for Analysis/Reflection of Lesson Study by Systematic Observation Method
	4th W.	Wed.26	Live	Presentation (Country 2) & Discussion (Systematic observation)
Nov.				Practice 1.1. ("Ball game 2"practice)
	1st W.		On-demand	On-demand video lectures for Practicing of Sports Education Model and Tactical Game Approach Model
	2nd W.	Wed.9	Live	Presentation (Country 1) & Discussion
	3rd W.		On-demand	On-demand video lectures for Analysis/Reflection of Lesson Study by Systematic Observation Method
	4th W.	Wed.23	Live	Presentation (Country 2) & Discussion
Dec.				Practice 1.1. ("Individual activity 1"practice)
	2nd W.		On-demand	On-demand video lectures for Practicing of Physical Fitness Exercise & Dance
	3rd W.	Wed.14	Live	Presentation (Country 1) & Discussion
	4th W.	Wed.21	Live	Presentation (Country 2) & Discussion
Jan.				Practice 1.1. ("Individual activity 2"practice)
	2nd W.	Wed.11	Live	Presentation (Country 1) & Discussion
	4th W.	Wed.25	Live	Presentation (Country 2) & Discussion
Feb.				Final presentation
	1st W.	Tue.7	Live	Final presentation 1
		Wed.8	Live	Final presentation 2

Participants are expected to achieve the following outputs:

1. To understand and share the current situation and challenges of PE in participating countries.
2. To understand the policies and activities for improving the quality of PE in Japan.
3. To learn how to make lesson plans for improving the quality of PE in participating countries by sharing teaching practices of selected countries.

Eligibility and Procedures

1. Expectations to the Applying Organizations

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

- (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 PE, 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.

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

(2) Recommended Qualifications

- 1) Age: between the ages of twenty-five (25) and fifty (50) years

Gender Equality and Women’s Empowerment: Women are encouraged to apply for the program. JICA makes a commitment to promote gender equality and women’s empowerment, providing equal opportunity for all applicants regardless of sexual orientation and gender identity.

(3) Specific Qualifications for Online program participation

- 1) Have own available laptop computer (with microphone and camera)
- 2) Have access to stable internet connection (5Mbps speed)
- 3) Have basic skill on internet operation such as accessibility to Zoom etc.
- 4) Secure the date for attending all lectures of online program
- 5) Have availability for participation regardless of the normal working hours.

On-time lectures/discussion (online meeting) will be held from 17:00 to 19:00 (tentative) at Japan time during the period.

If there are any concerns, JICA overseas offices may be able to support for setting up participants’ IT environment (ex. tablet or laptop PC lending, venue

arrangement etc.) by answering Questionnaire. Please see ANNEX.
(Please be noted that JICA overseas offices may not be able to offer sufficient support.)

3. Required Documents for Application

- (1) **Application Form:** The Application Form is available at **the JICA overseas office (or the Embassy of Japan)**
- (2) **Photocopy of Passport:** You should submit it with the application form if you possess your passport for identification. If not, you are requested to submit its photocopy or any equivalent ID as soon as you obtain it.
*The following information should be included in the photocopy:
Name, Date of Birth, Nationality, Sex, Passport Number and Expiry Date
- (3) **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) **Questionnaire:** to be submitted with the application form. Fill in ANNEX of this General Information, and submit it along with the Application Form.

4. Procedures for Application and Selection

(1) Submission of the Application Documents

Closing date for applications: **Please confirm the local deadline with the JICA overseas office (or the Embassy of Japan).**
(All required material must arrive at JICA Center in Japan by June 30, 2022)

(2) Selection

Primary screening is conducted at the JICA overseas office (or the embassy of Japan) after receiving official documents from your government. JICA Center will consult with concerned organizations in Japan in the process of final

selection. Applying organizations with the best intentions to utilize the opportunity will be highly valued.

The Government of Japan will examine applicants who belong to the military or other military-related organizations and/or who are enlisted in the military, taking into consideration of their duties, positions in the organization and other relevant information in a comprehensive manner to be consistent with the Development Cooperation Charter of Japan.

(3) Notice of Acceptance

The JICA overseas office (or the Embassy of Japan) will notify the results **not later than July 15 2022.**

5. Additional Document(s) to Be Submitted by Accepted Candidates

Inception Report should be submitted by August 25, 2022.

Only accepted candidates are required to prepare an Inception Report. Detailed information will be provided at the time of sending Notice of Acceptance, but please check the brief information in the ANNEX2 "Inception Report".

6. Conditions for Participation

The participants of KCCP are required

- (1) to strictly adhere to the program schedule.
 - (2) not to change the program topics.
 - (3) to refrain from engaging in any political activities, or any form of employment for profit or gain.
 - (4) to comply with the use conditions of copyrighted works by each copyright holder, when using texts and other materials distributed for the training.
Especially, participants are strictly prohibited to record online lectures or use contents providing during the program without permissions.
- Participants may also sign a copyright agreement.

Administrative Arrangements

1. Organizer (JICA Center in Japan)

- (1) **Center:** JICA Tsukuba Center (JICA TSUKUBA)
 - (2) **Program Officer:** Ms. MIURA Natsuko (tbicttp@jica.go.jp)
-

2. Implementing Partner

- (1) **Name:** University of Tsukuba
 - (2) **URL:** <https://www.tsukuba.ac.jp/en/>
-

3. Pre-departure Orientation

*YouTube of “Knowledge Co-Creation Program and Life in Japan” and “Introduction of JICA Center” are viewable from the link below.

Part I: Knowledge Co-Creation Program and Life in Japan	
English ver.	https://www.youtube.com/watch?v=SLurfKugrEw

If the link of these URLs has expired, please access the URL below and search the necessary information from the key word.

<https://www.youtube.com/user/JICAChannel02>

Reference

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.
- ✧ YouTube clip “Introduction of JICA Tsukuba”:
〔[Introduction of JICA Tsukuba - YouTube](#)〕
- ✧ City of Tsukuba 〔<http://www.tsukubainfo.jp/>〕

Annex1:Questionnaire for all candidates

Candidates are requested to submit the questionnaire together with the Application Form.

【Your IT Environment for Online Program】		
Based on your answer, JICA office will consider your IT environment arrangement. Since your answer does not affect to the acceptance judgment, please answer honestly.		
No.	Questions	Yes or No
1	Do you have a following system to attend online program at your home or office?	
1-1	Desktop or laptop PC	Desktop or Laptop or None
1-2	Internet environment	Yes or No (OS version:)
1-3	Stable Internet connection (5Mbps speed)	Yes or No
1-4	PC with Microphone	Yes or No
1-5	PC with Camera	Yes or No
2	Have you ever attend online meeting?	Yes or No (When:) (Organizer:)
3	Have you ever used those online systems below?	
3-1	Zoom	Yes or No
3-2	Microsoft Teams	Yes or No
3-3	Google Drive	Yes or No
3-4	Google Form	Yes or No
3-5	You Tube	Yes or No
3-6	Facebook	Yes or No
3-7	Other	Describe it:
4	Please let us know if you have any concerns or questions for participating the program.	Describe:
5	Your contact email address and phone number during the online program	Email: Phone:

Annex2: Inception Report

[Accepted candidates only]

Only accepted candidates are required to prepare an Inception Report. Detailed information will be provided at the time of sending Notice of Acceptance, but please check the brief information below. The assignments should be prepared/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 (if possible), Or Pictures

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

-Assignment 5: Preparation for Presentation

【Deadline: 】

-About Assignment 2, 3 and 5, participants need to submit before the training, by 25th August, 2022. Please send them to Ms. Miura Miura of JICA Tsukuba.

-About Assignment 1 and 4, participants do NOT need to submit beforehand but are recommended to collect the information. They may use the information during the training.

<Assignment 1: Table of Physical Education>

Please collect the data about Physical Education in your country and fulfill the format 'Table of PE' of Assignment 1. This table will be used for your outputs during the program, such as Inception Report.

<Assignment 2: Lesson Plan (for Assignment 3) >

Please submit the lesson plan that was used for class in Assignment 3. 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.

<Assignment 3: Video Recording OR pictures 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. If you cannot record videos, please take the pictures that show teachers and students in a physical education class, the facilities and sports equipment.

<Assignment 4: National Curriculum/ Textbook etc. (if available) >

If there are materials as below, please collect them for you to refer during training. Those will be used for comparison among participants during the program.

- Course of Study/ National Curriculum for Physical Education
- Teacher's guide for physical education in your country
- Physical education textbook for students

<Assignment 5: Preparation for Presentation>

Please prepare the presentation material (Microsoft Power Point).

At the beginning of the program, on 6th September, participants are requested to make a presentation about **basic information of physical education in your country**. The presentation should include the contents below.

- (1) Country background (Introduction)
- (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) Community Partnerships [if any]
- (6) Monitoring and quality assurance

Notes:

- 1) Please refer to Assignment 1 and 2 to prepare for 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 total 10 pages in Power Point for 15 minutes. Each country has 25 minutes in total. (15 min presentation 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.*

For Your Reference

JICA and Capacity Development

Technical cooperation is people-to-people cooperation that supports partner countries in enhancing their comprehensive capacities to address development challenges by their own efforts. Instead of applying Japanese technology per se to partner countries, JICA's technical cooperation provides solutions that best fit their needs by working with people living there. In the process, consideration is given to factors such as their regional characteristics, historical background, and languages. JICA does not limit its technical cooperation to human resources development; it offers multi-tiered assistance that also involves organizational strengthening, policy formulation, and institution building.

Implementation methods of JICA's technical cooperation can be divided into two approaches. One is overseas cooperation by dispatching experts and volunteers in various development sectors to partner countries; the other is domestic cooperation by inviting participants from developing countries to Japan. The latter method is the Knowledge Co-Creation Program, formerly called Training Program, and it is one of the core programs carried out in Japan. By inviting officials from partner countries and with cooperation from domestic partners, the Knowledge Co-Creation Program provides technical knowledge and practical solutions for development issues in participating countries.

The Knowledge Co-Creation Program (Group & Region Focus) has long occupied an important place in JICA operations. About 400 pre-organized courses 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 is being customized by the different target organizations to address the specific needs, 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, as the first non-Western nation to become a developed country, built itself into a country that is free, peaceful, prosperous and democratic while preserving its tradition. Japan will serve as one of the best examples for our partner countries to follow in their own development.

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 a process of adoption and adaptation, of course, has been accompanied by countless failures and errors behind the success stories.

Through Japan's progressive adaptation and application of systems, methods and technologies from the West in a way that is suited to its own circumstances, Japan has developed a storehouse of knowledge not found elsewhere from unique systems of organization, administration and personnel management to such social systems as the livelihood improvement approach and governmental organization. It is not easy to apply such experiences to other countries where the circumstances differ, but the experiences can provide ideas and clues useful when devising measures to solve problems.

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.

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



Contact Information for Inquiries

For inquiries and further information, please contact the JICA overseas 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: +81-29-838-1119