

Tänavareketi ja toitumise koolitusmaterjal

Tänavareket:

1. Inglisekeelsed slaidid:
https://www.canva.com/design/DAGvFfQOHmM/KubmM5RF-PpptOILKzfcCw/edit?utm_content=DAGvFfQOHmM&utm_campaign=designshare&utm_medium=link2&utm_source=sharebutton
2. Eestikeelsed slaidid:
<https://canva.link/vuw9t9wtpdvmybz>
3. Dr Daniel Amen Tic-Toc lühivideo tennisest kasulikkusest ajule ja tervisele:
<https://www.tiktok.com/@functionaltennis/video/7343271182990396705?lang=>



4. Pikk vestlus aju ja muust sama arstiga:

https://youtu.be/ycTZ_t-aiU?si=Ajup3A4dsjtAwMNC



5. Street Racket. Tänavareket. Reketimängud. Vahendiga löömisoskuse arendamine (materjal e-koolikotist):

<https://e-koolikott.ee/et/oppematerjal/21555-Street-Racket-Tanavareket-Reketimängud-Vahendiga-loomisoskuse-arendamine>



Siin on lühikokkuvõtte artiklist „Is Tennis Really the ‘World’s Healthiest Sport’? We Fact-Checked the Claim“ (TIME, 5. sept 2024):



Peamised punktid

- **U.S. Openil reklaamitakse tennist kui „maailma tervislikemat sporti“**, kuid selle väite teaduslik üldistus on küsitav.
- **Kaks uuringut toetavad tugevat seost tennise ja pikaajalisuse vahel:**
 - 2016. aasta uuring Suurbritannias (80 000 inimest) leidis, et reketispordi harrastajatel oli 47 % väiksem üldine suremusrisk ja 56 % madalam südamehaigustest tingitud suremuse risk võrreldes teiste (võrreldud) spordialadega.
 - 2018. aasta uuring Taanist (8 500 inimest, 25 aastat jälgimist) näitas, et tennise mängimine võiks lisada ligikaudu **9–10 aastat eluiga**, teised spordialad võrreldes:
 - badminton ~6,2 a,
 - jalgpall ~4,7 a,
 - jalgrattasõit ~3,7 a.
- Tennise toetuseks tuuakse välja, et **see ühendab aeroobse ja anaeroobse koormuse, koordineerimise, reaktsioonivõime, vaimse strateegia ja sotsiaalse aspekti**, mis koos muudab selle tervise mõttes eriti sobivaks spordialaks.
- **Kriitikud nendivad**, et väide „maailma tervislikum sport“ on eksitav, sest:
 - mitte kõik spordialad ei olnud uuringutes võrreldud – näiteks **squash** ja **korvpall** jäid välja,
 - tennise käegakatsutav risk tuleneb vigastustest (nt tenniseküünarnukk, ACL-rebend, pinged, ületreenimine).
- **Pickleball** (uustulnuk reketispordi valdkonnas /Eestis võib võrrelda Paddeliga/) võib sarnaselt pakkuda **6–10 lisavood** elueas ja sotsiaalset sidet seltskondlikus keskkonnas – seega võib tulevikus võtta üle tenniselt tervislikuma staatuse, kui seda hakata teaduslikult võrdlema.



Kokkuvõtte sõnumit:

- Tennise tervisele mõju on teaduslikult toetatud ja tugev.
 - Väide „tervislikem sport maailmas“ on sisuliselt **defensiivne turundusslogan**, mis tugineb vaid seni uuritud spordialade võrdlusele.
 - Tennise tugevuseks loetakse integreeritud *füüsilist, vaimset ja sotsiaalset koormust*.
 - Tulevikus võib ka **pickleball** või teised reketispordid sarnase staatuse saavutada, kui neid põhjalikult analüüsitakse.
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Kirjavaetus mängu loojaga Marcel Straub-iga:

Hey Leila

Thanks for your message today. Very happy to have Street Racket at the summer course in your good hands!

Maybe useful: I updated some video content for you (check the learning in movement and cognition examples) maybe there is cool new stuff for you to use in the sessions. Enjoy, take some fotos and let me know how it went!

We are also looking for official partners to promote SR in Estonia like we have in many countries. Please let the participants know about this option and that they should get in touch if interested. We are establishing a global partner network where all partners can use the protected concept and logo etc. to expand the impact of Street Racket in many areas of public and private life. Maybe YOU can also be that partner? Maybe in a team with other teachers or sports coaches?

Please pass on the message thanks! So your courses will be more sustainable if they lead to new people connecting with the concept.

We also won a new award:

Another step in the world of education 🏆👉💯!

MONTESSORI GLOBAL CHILD CENTERED LEARNING AWARDS:

<https://www.facebook.com/share/p/1B3NPR2u6x/?mibextid=wwXlfr>

We proudly acknowledge Street Racket for receiving STAR Endorsement - recognising their dedication to inclusive engagement and movement-based learning.

Curious to learn more about Street Racket and their work?

Visit their profile here: https://bit.ly/STAREndorsement_StreetRacket



To find out more about STAR Endorsement and how it recognises innovation in child-centred learning click here: https://bit.ly/STAR_Endorsement

MONTESSORI GLOBAL EDUCATION

We are thrilled to share the selected innovators from our Spotlight on Child-Centred Learning, in collaboration with HundrED!

These 14 initiatives offer powerful examples of how learner-centred education is thriving across diverse contexts.

It's been remarkable to witness the range of unique and impactful innovations happening around the world - we are truly grateful and inspired by all who shared their work with us.

You can meet the innovators and explore the full Spotlight through the links below:

Article: Spotlight on Child-Centred Learning Reveals 14 Transformative Practices

<https://hundred.org/en/articles/spotlight-on-child-centred-learning-reveals-14-transformative-practices>

Spotlight Report

<https://hundred.org/en/reports/spotlight-child-centred-learning>

Stay tuned as we continue sharing insights and stories from the innovators featured in this Spotlight!

<https://www.facebook.com/share/1EnUbHs5Kr/?>

Street Racket movies & clips: The world is our PLAYGROUND!

1. [Teaser MOVIE](#)
2. [A game for ALL: Anyone - Anywhere - Anytime](#)
3. [Concept, Basics, Rules, Impact \(Animation\)](#)
4. [Healthy, active & social meeting point in YOUR SCHOOL](#)
5. [Game variations on various courts](#)
6. [Street Racket for SCHOOLS](#)
7. [This is why Street Racket is in the TOP 100 of the world's most impactful & scalable educational concepts!](#)
8. [Play and learn \(Coordination & cognition - in school and anywhere\)](#)
9. [Learning in MOVEMENT \(Example: Addition\) \(Animation\)](#)
10. [The Street Racket PROGRESSION - ANYONE can play!](#)
11. [Kids play alone and free](#)
12. [Learning in Movement: The FLOWER \(numeracy/literacy\)](#)
13. [Impressions from a school workshop](#)
14. [Learning in movement \(Island game literacy\)](#)
15. [Street Racket for FAMILY and ALL generations!](#)
16. [Street Racket: Go outside and play \(family movie\)](#)
17. [The unique Team-Racket for Cooperation & Communication!](#)
18. [Street Racket on national TV in Austria: ORF SCHULE BEWEGT!](#)
19. [Inclusion with Street Racket - Swiss Paraplegic Association](#)
20. [Inclusion with Street Racket - National Paraplegic Center](#)
21. [Motivation film extended version](#)
22. [Street Racket for corporate health](#)
23. [Street Racket in Germany's biggest TV SHOW «Schlag den Star»](#)
24. [Sports Development Project: KENIA](#)
25. [Sports Development Project: GHANA](#)
26. [The unique Street Racket FLEXI COURT for INDOOR & EVENT PLAY](#)

- [27. Customized FLEXI COURT for MUTLI-PURPOSE sports use](#)
- [28. Street Racket SWISS OPEN tournament](#)
- [29. Street Racket instructor's workshop & advanced play](#)

best, Marcel