

# Germany

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The origins of the Republic of Germany is unclear, however it could have been because the Romans called the land Germania. There has also been connection between the Celtic word gair meaning neighbor (Everett-Heath, 2005).

1. Germany is the 2<sup>nd</sup> most populous nation in Europe with 82,329,758 people.
2. Approximately 74% of Germany's population lives in urban areas.
3. The life expectancy for males is 76.26 years and for females is 82.42 years.
4. Ethnic groups in Germany are 91.5% German, 2.4% Turkish, and 6.1% Other.
5. 34% of Germany's people are Roman Catholic; another 34% are Protestant. 3.7% are Muslim; while the other 28.3% are follow other religions.
6. The main language spoken in Germany is German.
7. The Literacy rate in Germany is 99%!
8. Germany is among the world's largest and most technologically advanced producers of iron, steel, coal, chemicals, machinery, vehicles, machine tools, and electronics.
9. The unemployment rate in Germany is about 7.8%.
10. Germany has about 644,480 km of paved roads, which is about 440,461 miles.

German Culture centers around being active and enjoying the outdoors. Germans enjoy both physical and health related activities on land and in the water. German culture also is known for its love of all different art forms. There are more than 300 theaters and over 130 professional orchestras in Germany (Facts about Germany). The national language in Germany is German.

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Sports are a way for people to step out of their normal lives. Sports create a feeling of team, self-worth, and a desire to perform at your very best. In some countries sports are not available to the masses, and only those select individuals with talent are able to compete. In Germany, there are so many choices of fun, challenging, and rewarding sport opportunities that it is very easy for the German public to be active in their daily lives.

Germany has many rivers and lakes as well as an ocean that is readily available for the country's inhabitants. Therefore, many different sporting opportunities can be done in the water as an alternative to land exercises. A major advantage for participating in a water sport is that there is little impact on the individual's body. Therefore, an elderly or injured person can participate in an activity and stay active when an activity like running would be out of the question. Other water sports would include diving, swimming, and canoeing. All of these activities help build muscular strength and endurance. Another great advantage to these sports is that little money is needed to participate. It is very easy to swim in a lake or river without needing expensive equipment. Likewise, with both swimming and diving, a group is not needed. If an individual has free time they can participate on his or her own, or they can easily bring friends along.

Another low impact sport that is extremely popular in Germany is cycling. The landscape in Germany is beautiful with rolling hills, beautiful flats, and majestic mountains. Germany's landscape allows for road cycling, as well as, mountain biking. Since cycling is such a popular sport across Europe, there are also many indoor tracks for cyclists to maintain their

skills when adverse weather conditions limit the outdoor experience. Cycling is another example of a sport where little equipment is needed and can be done in a group or just by the individual.

Running is a popular sport across Germany. When combined with swimming and cycling the intense sport of a triathlon is created. A triathlon is very hard on the individual but vastly increases the individual's muscular strength and endurance and will lower their body composition. Running, like the previously mentioned sports and activities is easy to start with relatively little equipment needed; and can also be done by ones' lonesome or in a group.

These sports are a great way for the German people to exercise and improve their ways of life in a simple, cheap, fun, and rewarding way. If every German was able to participate in these simple exercises, and then Germany would be even healthier than they all ready are.

Arguably the biggest sport in Germany, Europe and the world, is soccer. Stadiums are constructed and treated as shrines. Towns shut down when games are being played. When the national team plays, the country is completely behind their players. Soccer is a team sport that can improve body composition, muscular strength, muscular endurance, and flexibility. Again, little equipment is needed to play making it very easy for anyone to start to play, therefore, improving their health. Essentially, the only material that is needed is a soccer ball. A goal can be constructed using two trees or two garbage cans, and a field or even a street instantly becomes a perfect field. One individual can play or a small group, the game is played during every season throughout the year. According to a study, the former soccer players, after retiring became coaches. This is an excellent way for the sport to grow and to help include Germany's youth. The young players look up to these players and want to be like them when they get older. This drives the younger players and the knowledge from the former players is passed down. This cycle helps to increase youth involvement and lowers obesity and sedentary lifestyles.

The German people are blessed to live in a country where sports and activities are literally everywhere. They can participate in sports in their parks, on their roads, or in specific buildings, such as soccer stadiums and velodromes for cycling. The opportunities in Germany have created a way of life that should be emulated across the world.

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Germany is one of the few countries in the world that has excelled in an improved understanding of health and health related activities. By the 19<sup>th</sup> century Germany had already begun to pay special attention to health and physical education. Daryl Siedentop describes the purpose of the German Physical Education System as, "build a strong, unified Germany by balancing academic and physical education" (Siedentop, 2009). The idea of incorporating physical education with academic education during time was very rare. Another reason the German citizens are, as a whole, healthier than those in other countries is because of the large number of exercise, sport, and social clubs like the Turnvereins located throughout the country (Siedentop, 2009).

War often causes countries to pay special attention to the physical abilities, or lack of physical abilities of soldiers. Throughout history Germany has been involved in multiple lengthy wars. Because of the stringent physical demands that Adolf Hitler required from his soldiers, physically fit individuals were expected. Even after the re-unification of Germany these beliefs regarding a healthy country remained strong throughout Germany.

Today, Germany is leading the way in the promotion of health and physical activity. Insurance companies in Germany have aided in the promotion of Health Education for all ages (Naul Roland, 2002). Many large companies organize health related activities for their employees to promote healthy lifestyles (Naul Roland, 2002). Many Germans take great pride in their health conscious ways. Kurort's, resorts for preventative medicine, recovery, or cures are popular in Germany as are health spas (Flipppo). Many of these spas and resorts are covered by insurance and often prescribed by doctors (Flipppo).

The one area that Germany is less health focused than other countries, especially the United States, is in the abundant use of tobacco. In 1996 44% of males and 37% of females over the age of 17 smoked cigarettes (Flippo). If the number of smokers continue to remain high, or increase the countries physical may be effected because of the difficulty some tobacco users have with breathing difficulties. As a whole, however, Germans are much healthier than Americans.

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If I had grown up in Germany instead of the United States many experiences would have been different. From the research collected we have found that the physical education is similar to comparable classes in the United States. Sports experiences, however, are very different due to the dramatic cultural preference for one particular sport.

European Football is undoubtedly the most popular sport in Germany, as is true for most other European countries. European Football enjoys a significantly greater popularity in Germany than any other sport. This is in contrast to the United States where many sports battle near the top in popularity. In the United States many children grow up participating in many different sport activities, whereas in Germany most children participate in European Football almost exclusively and continue to play this sport regularly through their young adult years. There are 5.25 million members of the German Soccer Federation (Menke-Gluckert, 1997) out of the 82 million German citizens (Agency). It should be noted that the German Soccer Federation consists of only sponsored club teams in Germany and there are many unsponsored teams throughout the country.

I believe the main reason for the dramatic drop in popularity from European Football to the other sports in Germany is due to the lack of space. Germans are known for utilizing the available space, but with 82 million citizens living in a country the size of Montana it would be difficult finding dedicated space for many different sports.

Germany would have been a great place to grow up and participate in sport activities because the country tries to incorporate sports and health activities into the lives of all who are interested. In spite of the challenges related to space and population, it is great to see the effort of an entire country to keep health and sports as a center piece of their culture.

Without the vast variety of sports found in the United States, I believe I would have become bored of soccer and might have given up team sports and concentrated on other endeavors. Individuals in the US who enjoy contact sports would have been very limited to the activities that they could have participated in. American football, lacrosse, rugby, and ice hockey are not as popular in Germany and therefore there is a less of a chance for opportunities to participate in such sports. As a person who grew up participating in contact sports I would have had a very different childhood.

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Germany Lesson Plan: Soccer  
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- 1) Overview
  - a) As a result of this lesson, based on the Sport Curriculum Model, the students will learn and be able to successfully perform the basic concepts of soccer including the passing and how to keep score.
  - b) 20 – 30 Students
  - c) 60 Minutes
  
- 2) Rationale
  - a) The game of soccer has been around for thousands of years. It is a simple game that can be played with as little as two people (one on one) or full sided (11 vs. 11) and very little equipment is needed. Soccer is a great way for individuals to improve many aspects of their overall health including: aerobic and anaerobic fitness, flexibility, strength and speed.
  
- 3) Resources and materials
  - a) Stopwatch
  - b) Whistle
  - c) Stereo and Compact Disc
    - i) Music we chose is age appropriate and can be changed according to age group
  - d) Soccer balls (25)
  - e) Safe Area (soccer field)
  
- 4) References
  - a) Elementary Classroom Teachers as Movement Educators. Second ed. Boston: McGraw Hill, 2007.
  
- 5) Anticipated Difficulties
  - a) Students might not hear our instructions.
  - b) Students may not be willing or motivate to try our activity.
  - c) Faulty equipment which prevents every student from participation.
  - d) Injury of one or more of the students that hinders them from participating.
  
- 6) NASPE Standards
  - a) **Standard 1:** Demonstrate mature movement patterns in locomotor (traveling actions), non-locomotor (movement in place), and manipulative (throw, catch, strike, swing, push, pull) skills.
    - i) *Example:* Using their feet and legs to kick a ball.
  - b) **Standard 2:** Demonstrate combinations of motor (movement) skills for specific sports.
    - i) *Example:* Being able to pass the ball to a target successfully.

- c) **Standard 3:** Participates regularly in physical activity.
  - i) *Example:* Soccer is a fun alternative that can easily be placed into any workout to add variety.
- d) **Standard 4:** Achieves and maintains a health-enhancing level of physical fitness.
  - i) *Example:* Soccer is an excellent way to improve multiple aspects of one's physical health.

7) Student Lesson Outcomes

- a) Cognitive
  - i) Students will learn how to correctly pass the soccer ball and how to keep score.
  - ii) Students will learn to incorporate a fun new game in their exercise program.
- b) Affective
  - i) Students will be able to complete a sufficient workout in one fun game.
- c) Psychomotor
  - i) Students must concentrate in order to complete the movement activities being given.
  - ii) They will also have to be aware of which pass they are completing.

8) Classroom Management Procedures

- a) Keeping the students on task by creating fun and challenging activities.
- b) Demonstrating each skill to reduce injury and increase students learning potential.
- c) We will monitor their playing, and if need be, correct any movements.

9) Main Activities

- a) Warm-up
  - i) One lap around the entire soccer field.
  - ii) Shuffles around the penalty area.
  - iii) 25 jumping jacks.
- b) Introduction
  - i) Explanation of what we are teaching including scoring and passing. (We will have the students give two thumbs up if they understand)
  - ii) Have students obtain a partner and a ball. (Someone you do not know too well)
- c) Passing to a target
  - i) The students will stand 5 feet apart.
  - ii) They will point the plant foot toward the target and then pass the ball with the other.
    - (1) They will complete five passes and then both take three steps back.
    - (2) They will then have to complete five more passes and take another three steps back.
- d) Scoring
  - i) We will explain scoring.
  - ii) We will explain overtime and penalty kicks.

- e) Using skills and knowledge to play
  - i) Short, Short, Long. Activity in a group of three, two students complete two short passes then one long pass. The student that makes the long pass will then run to the other side and complete the short pass with the other person. They will have 3 minutes in their group to score as many points as possible. They will then rotate and get a new group.
  - ii) The students will “score” by accurately completing the long pass.

#### 10) Closure

- a) Ask the students if they have any questions and ask them what they learned while participating including, cues, history, and scoring system.
- b) Have students help put equipment away.

The class will be easy to manage with two instructors. We do not need any equipment besides soccer balls, since soccer is such an easy game to play. We will keep the students on one side of the field so they can hear us and we can easily instruct them all if need be. We would show the students an example of how the pass is supposed to look. Then while they are participating we will also select a group of students to show the class the correct way to complete the activity.

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