

MALTA – COUNTRY INSIGHT

01 NATIONAL STRATEGIES

| Title of strategy | Year | Author | Themes |
|---|------|--|--|
| "Aiming Higher" - An Overview of the National Strategy for Sport and Physical Activity in Malta | 2019 | Parliamentary Secretariat for Youth, Sport and Voluntary Organisations | Education (sport in schools, training of professionals of the sector), Health & Well-Being (awareness campaigns on the benefits of PA, financial incentives), Environmentally friendly and accessible-by-all facilities, Industry (develop employability in the sport sector, partnerships, efficiency), Integrity, Excellency |

02 PRACTICAL INITIATIVES

| Title of strategy / event / programme / campaign | Year | Author | Short description |
|--|------|-------------|--|
| Health & Wellbeing | | | |
| Programme - #OnTheMove | | Sport Malta | Dynamic programme - from 6 month old babies into adulthood/different programmes for different ages |
| Programme - #OnTheMove - Summer | | Sport Malta | Same but in the summer |

| | | | |
|--|--|-------------|--|
| <u>Walking and Jogging Club</u> | | Sport Malta | Invites the general public to make use of a number of tracks in four different colleges |
| <u>Senior Citizen Swimming Programme/Senior Citizens Fitness Programme</u> | | Sport Malta | Encourage physical activity among senior citizens |
| <u>Programme - Move 360</u> | | Sport Malta | Study by Sport Malta. Aim : nurture in the children part of the programme the habit of eating well and doing more physical activity. |
| Play & Physical Literacy | | | |
| <u>SPORTS FOR ALL BEACH GAMES FOR SCHOOLS</u> | | OC Malta | Sport festival for school children. Discovery of different sports |
| Gender Equality | | | |
| <u>Women's Day Run</u> | | OC Malta | Run on Women's Day - Raise awareness |