



Antwerp, Belgium, Tuesday 02nd May 2017
Objet: Albanian School Sport Federation – Support
Ref: LP/CH – 2017/41

To the Prime Minister of Albania,

Dear Mr. Edi Rama,

It is my honour to inform you that I recently exchange with Mr. Rauf Dimraj on the occasion of the ISF European Meeting, and I was impressed by all the work done in such a little time and the perspectives advanced to me.

The Albanian School Sport Federation informed me about organisation and development of the platform; a theoretical and practical function for the Physical - Sport Education in the Albanian Undergraduate Education System, which I list down below.

- The scientific preparation of the Platform of Physical Education and Sport in the undergraduate education system;
- Drafting of the theoretical, practical, demonstrational and evaluation standards for the physical education teachers;
- Training of the physical education teachers in accordance to these standards;
- Increase to 3 hours per week of physical education learning;
- The employment of 1000 physical education teachers;
- Drafting of physical movement programs for children of all ages from 3-18 years, based on four principles:
 - o Development of aerobic stability (cardiac-respiratory-vascular system)
 - o Reduce of body fat percentage
 - o Increase of the body and limb muscle strength
 - o Increase the body and limb muscle flexibility
- The foundation of the first School Sport Association and their activities in different regions;
- The foundation of the Albanian School Sport Federation;
- The membership registration on May 2016 of the Albanian School Sport Federation in the International School Sport Federation;
- Drafting of the motor education book for the ages of 3-6 years, currently available for all education teachers, the theoretical and practical training and licensing of these teachers by respective School Sport Associations;
- BMI analysis study for children age 6-18 years, involved more than 87% of the students of the primary and secondary school which resulted with an obesity decrease from 11.9% to 0.61%;
- Physical-athletic attributes measures, with the participation of 89% of the students in the primary and secondary school.

I fully support this initiative and the Foundation of the International School Sport Federation will be pleased to support to ensure the coordinated efforts for a fruitful collaboration to produce fruitful results for the implementation and realisation of those latter projects.

I am certain that it will be fully recognised and supported by the Albanian Government to strive for Education through Sports.

I remain at disposal,

Yours Sincerely,

A handwritten signature in black ink, appearing to read 'Laurent Petrynka', written in a cursive style.

Laurent Petrynka,
ISF President