

# The beginning of ACP

## What Japan Sport Association (JSPO) is

Prompted by Japan's participation in the Olympic Games, the Japan Amateur Athletic Association, the predecessor of the Japan Sport Association, was established in 1911. The JSPO promotes sport in Japan engaging in a multitude of projects, such as hosting the National Sports Festival, the largest multi-sport event in the country, operating Junior Sport Clubs, training sports instructors, promoting international exchange and cooperation, and conducting research in sport medicine and science.

Notably in the field of international exchange and cooperation, we promote interaction through sports among youth and adults in Korea, China, Germany and Russia. We also invite and train instructors of youth sports from neighboring Asian countries and regions to spread and promote youth sports.

## How the program was conceived

Today lack of physical activity among the youth has become an issue in many countries around the world and JSPO are now working on multiple measures to solve the problem.

Japan also faces various issues regarding young children's physical activity and exercise including moving their bodies through play. In specific terms, children play fewer games that require physical action and more children show immature body movements; they have fewer opportunities to exercise on their own initiative and move their bodies. One reason is the development in science which has made our lives fulfilling and convenient.

Under such conditions, JSPO developed and implemented the Active Child Program (ACP), an exercise program designed for children to cultivate the foundation of lifelong sports by conveying the joy of physical activity and sports.

The guidebook consists of theory and practical information to assist the instructors of active plays. We hope the guidebook will serve as a reliable source of information for the instructors around the world.