



# Roller Fit – Training for Teachers

Mobility Education with Scooters at Elementary Schools

Dr. Annika Nohe | 17<sup>th</sup> September 2024

**ADAC**

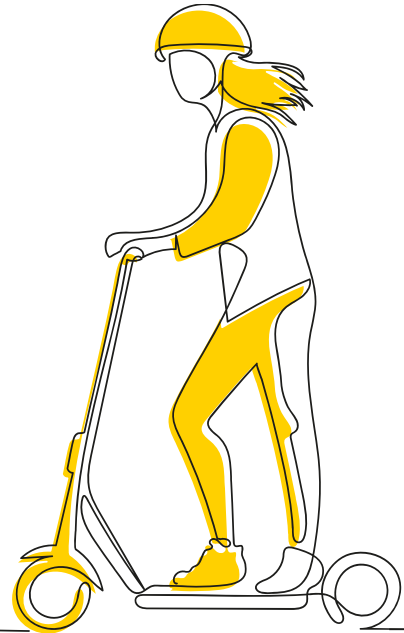
ADAC Stiftung

# ADAC Stiftung | One foundation, two topics

## Mobility

For safe and sustainable mobility.

*All people can meet their need for mobility safely and sustainably.*



## Lifesaving

For quick and effective help in medical emergencies.

*People with acute injuries or in life-threatening situations receive quick and effective help throughout Germany.*



**Individual assistance:** Advice and mobility aids after an accident

# Empowerment – Strengthening people and systems



## Mobility education

Mobility skills of children

## Mobility change

Sustainable mobility behaviour

## Amateur motorsport

Sustainable motorsport events

MOBILITY



## Emergency care

Nationwide professional rescue

## Resuscitation

Nationwide coverage with  
first aid systems

High lay resuscitation rate

LIFESAVING

# Mobility education offers solutions for three social challenges

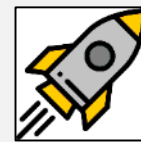
Increased traffic volume

Climate change

Lack of exercise



We **enable children** to find their way safely in an increasingly complex and rapidly changing mobility landscape.



We offer **high-quality educational opportunities** to help children deal with their own mobility behaviour and its impact on people and the environment.

**Aufgepasst mit ADACUS**



**RollerFit**



**Achtung Auto**



**verkehrshelden.com**



# Roller Fit meets current needs in the areas of mobility education, exercise and health

With Roller Fit we get

**primary school children in motion**

and promote their mobility to optimal preparation for **cycling**.



Roller Fit is a guarantee for safe, fair and sustainable mobility behavior.



Children move independently and are intrinsically motivated.



Training on a scooter strengthens children's sense of balance and sensorimotor skills.

# Roller Fit ensures more exercise, health and road safety

## Lack of exercise

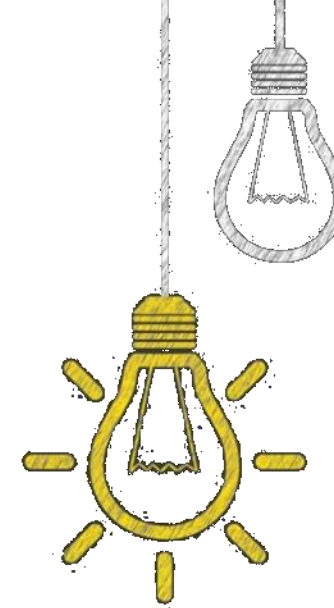
- **Physical activity** in childhood is fundamental for psychological and physiomotor development and thus for child health (WHO, 2023).

## Motor deficits

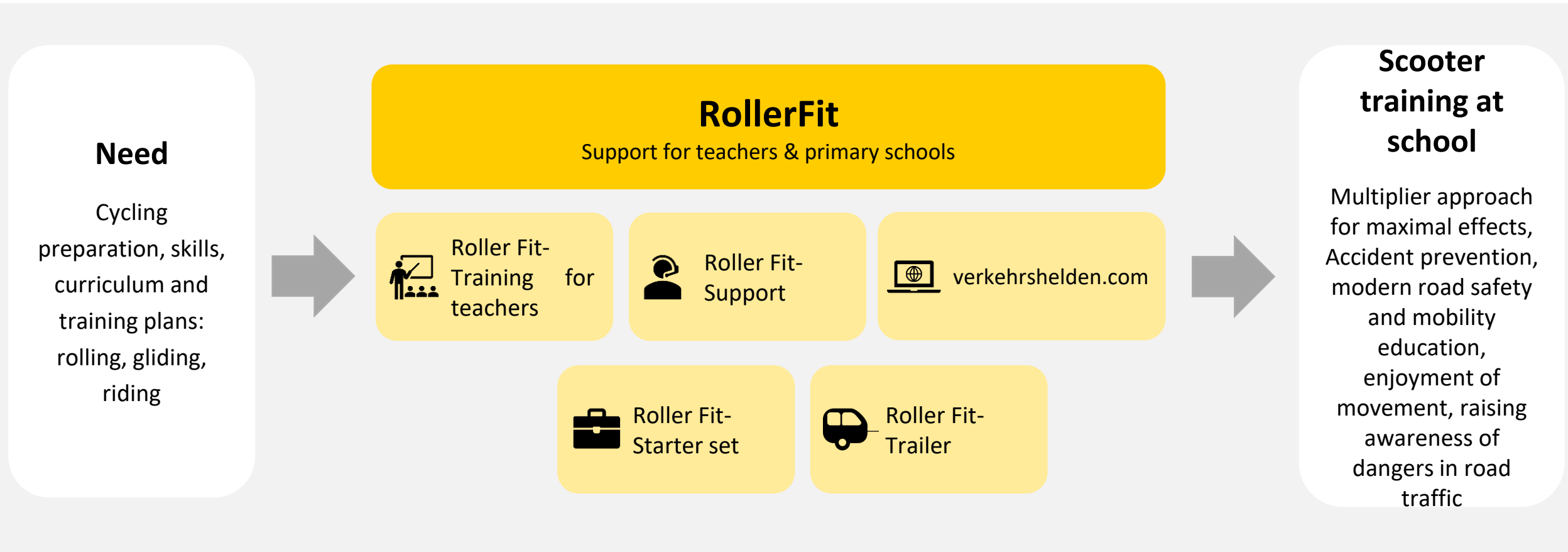
- Lack of exercise leads to **motor deficits** and poor concentration
- **Motor skills** are the basic prerequisite for safe participation in road traffic

## Unsafe participation in traffic

- **Abnormalities in cycling training**, especially in the 3rd and 4th grades
- Training on a scooter strengthens children's **sense of balance** and **sensorimotor skills**



# This is how we make children “Roller fit”:



# Roller Fit pursues a multiplier approach

## Roller Fit training for primary school teachers

- Usually one training course per school district
- With approx. 25-30 participating teachers / one teacher per school
- Duration: approx. 3 hours (theory and practical part)



## Trained teachers

- Book Roller Fit trailer for approx. 2 weeks
- Implement scooter training at their schools and train pupils in multiple sessions
- Ensure long-term implementation of the topic in their schools

# Roller Fit-Training

**Roller Fit workshop (1 x 3 hours), centrally located for the primary schools in a region, no previous experience is required.**

- Contents: the most important techniques, games and exercises, use of the Roller Fit learning material, questions and answers
- 97% of the participating teachers rated the training as “good” or “very good” (RIM Marktforschung GmbH, 2023).
- Almost a third of the participating teachers explicitly want further support in the provision of equipment, e.g. a Roller Fit-Trailer (RIM Marktforschung GmbH, 2023).



# Roller Fit-Trailer

## THE successful model for a central scooter pool in a region.

- Car trailer with special interior fittings and high-quality equipment suitable for intensive school operations (scooters, helmets, training aids, ramp courses).
- Easy handling, clear storage, safe transport even for non-professionals.
- The schools generally organize the collection of the Roller Fit-Trailer from the previous school themselves and can then use the equipment free of charge for two weeks.

The purchase of a Roller Fit-Trailer is usually made outside of the Roller Fit program via external/regional partners and then remains permanently in a region/school district .



# Roller Fit since 2018 – A look at facts, figures and data.



**16**

active federal states  
with Roller Fit



**5,000**

teachers have been  
trained so far

**400,000**

children have been reached with  
Roller Fit so far – incl. their families  
and environment



**90%**

of the teachers find  
the content suitable  
for everyday use



**94%**

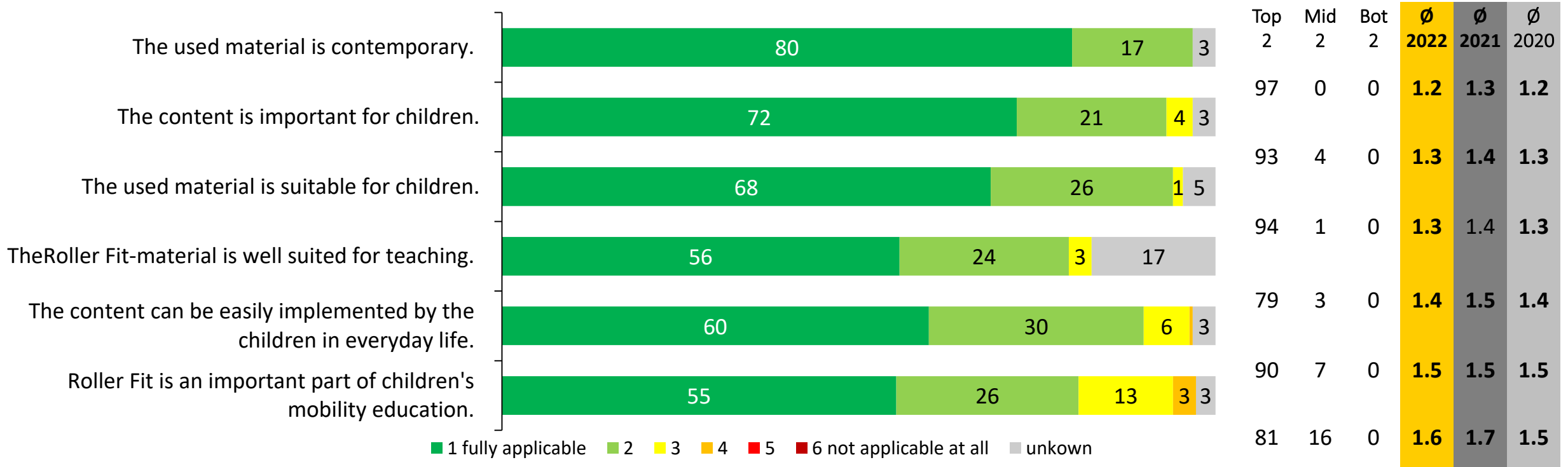
of the teachers  
recommend Roller Fit



**250**

weeks of using  
the Roller Fit-  
Trailers

# Roller Fit Evaluation (example)



Basis: Primary school teachers or educators who have taken part in a "Roller Fit" training course 2022 n=219 | 2021 n=526 | 2020 n=44 (Attention: small number of cases!) | Values <=1 are blanked out ; Scale: 1=fully agree to 6=not at all agree | Figures in % | Deviations from 100% are due to rounding

# Scaling through cooperation with partners such as ministries of education and / or health insurance companies

ADAC Stiftung



## Nationwide Roller Fit offer in Germany



Implementation of Roller Fit-Trainings via ADAC Stiftung

&



Funding of Roller Fit-Trainers through partners

# Roller Fit increases the visibility of the ADAC Stiftung as an expert in mobility education



**Roller Fit is a very successful program that combines...**



... children's health



... promoting physical activity



... sustainability



... road safety



**Thank you for your attention**

**Are there any questions?**





**Dr. Annika Nohe**

Head of Mobility Education

+49 89 76 76 57 26

[Annika.Nohe@stiftung.adac.de](mailto:Annika.Nohe@stiftung.adac.de)