

**ACTIVITY OF «KRAJOWA FEDERACJA SPORTU DLA WSZYSTKICH»
FOR INCREASE OF MOTOR ACTIVITY OF THE POPULATION OF POLAND****Olha ZHDANOVA***Opole University of Technology, Poland, e-mail: zhdanova@gmail.com*

Introduction. One of forms of physical recreation nowadays is “Sport for All”. Sport for All is international Project proposed by Council of Europe in 1966. Currently more than 170 countries from all continents participating in the project. “Sport for All” it is all forms of activities containing motional and sport aspects, in which person involved in free time by each own will and desire [1].

To develop Sport for All movement in Poland in 1996 was created Krajowa federacja Sportu dla Wszystkich. The Federation is an active participant in promoting of healthy and active lifestyle and informing about the benefits of participating in recreational activities.

The goal of research: to study the role of the Federation in attracting the population of Poland to recreational motion activity. **Research objectives:** to analyze aspects of the activities of the Federation, contacts with other organizations; to study traditional public events conducted by Federation. **The research method** is Federation activity regulation documents, Federation website and quarterly Federation magazine “Sport dla Wszystkich” content analysis.

Results. Was established Federation activity goals such as: popularization of all forms of Sports for All movement; attraction of all athletic and legal organizations working in sphere of physical culture to conducting joint activities in motional recreation and tourism, as well as events for disabled; cooperation with public, administrative and economic organizations inside country and abroad; volunteer activities, especially in bringing to motional activities of disabled. The other Federation statutory tasks are: formation of the programs of Federation activities, publishing activities, seminars, workshops and conferences; development and upgrading training bases and equipment supply.

“Krajowa federacja Sportu dla Wszystkich” established active business contacts with 26 Polish organizations, including: Fundacja Sportowa “Energetyk”, Fundacja “Makkabi” Polska, Fundacja Polskiej Lekkiej Atletyki, Liga Obrony Kraju, Polska Federacja Sportu Młodzieżowego, Polski Związek Sportu Niepełnosprawnych “Start”, Stowarzyszenie na Rzecz Wiejskich Dzieci i Osób w Podeszłym Wiek, Szkolny Związek Sportowy, Towarzystwo Krzewienia Kultury Fizycznej; Towarzystwo Kultury Fizycznej “Budowlani”, Wojskowe Stowarzyszenie “Sport – turystyka – Obronność” among others [2].

Under the patronage of Krajowa federacja Sportu dla Wszystkich conducted a large number of traditional mass competitions on the entire territory of Poland. The biggest event – Sportowy Turniej Miast i Gmin – is held annually in the framework of the World Day of Sports («International Challenge Day») in June and gathers about 5000000 residents of cities and villages which engaged in physical activity at least 30 minutes every day. The other popular events are Ogólnopolski Festywal Sportu i Zdrowia, Międzynarodowy Festywal Sportu Dzieci i Młodzieży and others [3].

Conclusions. Krajowa federacja Sportu dla Wszystkich is actively working to increase motional activity of the population of Poland. This is evidenced by Federation statutory tasks, it’s extensive business contacts and conducted mass events.

Keywords: Federation, activity, contacts, events.

Bibliography

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