



SPORTFORUM

Mals 2026



25. - 31. Juli | July | Luglio 2026

10. Internationaler Lehrgang für Sportunterricht
10th international seminar for physical education teachers
10° corso di aggiornamento e formazione per insegnanti di
educazione fisica e sport

Contactless zahlen, *impactless leben*



**Wähle die neue Sparkasse Card,
die erste nachhaltig produzierte
Sparkasse-Karte aus Holz**

Jetzt in der Filiale und im Online-Banking ON anfragen.
Kontaktiere Sparkasse Meet: Tel 800 378 378,
info@sparkasse.it für nähere Infos

Werbemitteilung zur Verkaufsförderung. Der Verkauf von Produkten und Dienstleistungen unterliegt der Prüfung der Bank. Die wirtschaftlichen und vertraglichen Bedingungen sind in den Informationsblättern, verfügbar in den Filialen und auf sparkasse.it, veröffentlicht.

Weitere Infos
zur Holzkarte
auf sparkasse.it



SPARKASSE
CASSA DI RISPARMIO

WILLKOMMEN ZUM SPORTFORUM MALS 2026

Zum 10. Mal Südtiroler Sportforum Mals

Impulse für junge Lehrpersonen im Bereich Bewegung und Sport

Seit einem Jahrzehnt ist das Südtiroler Sportforum Mals ein zentraler Treffpunkt für zeitgemäßen Sportunterricht – ein Ort der Inspiration, Innovation und Begeisterung für Bewegung. Zum 10-jährigen Jubiläum richtet sich die Veranstaltung besonders an junge Lehrpersonen, die Kinder und Jugendliche nachhaltig für Sport und einen aktiven Lebensstil gewinnen möchten.

Bewegung ist weit mehr als körperliche Aktivität: Sie stärkt die Persönlichkeit, fördert Gesundheit und steigert die Lebensqualität. Genau hier setzt das Sportforum an – mit dem Ziel, Lehrpersonen zu befähigen, diese Begeisterung authentisch vorzuleben und im Unterricht wirksam umzusetzen.

Fort- und Weiterbildung sind ein wesentlicher Bestandteil des Berufsbildes. Das Sportforum bietet dafür ideale Voraussetzungen: moderne Unterrichtskonzepte, Trendsportarten, praxisnahe Workshops und internationalen Austausch. Organisiert von der GWR in Zusammenarbeit mit der Deutschen Bildungsdirektion, der Gemeinde Mals und der Sportoberschule Mals, hat sich die Veranstaltung als bedeutendes Bildungs-Highlight etabliert.

Die einzigartige Infrastruktur der Sportoberschule Mals und die inspirierende Umgebung des Vinschgau schaffen den perfekten Rahmen für Lernen, Bewegung und Begegnung. Junge Lehrpersonen profitieren von neuen Ideen, wertvollen Kontakten und frischen Impulsen für ihren Unterricht.

Ziel des Jubiläums:

Neue Generationen von Lehrpersonen motivieren, modernen Sportunterricht aktiv mitzugestalten – kreativ, gesundheitsfördernd und begeisternd.

Das Südtiroler Sportforum Mals bleibt damit auch nach zehn Jahren ein Motor für Qualität, Innovation und Leidenschaft im Schulsport.



Friedl Sapelza

Geschäftsführer der Genossenschaft für
Weiterbildung und Regionalentwicklung
(GWR)



Werner Oberthaler

Direktor der Sportoberschule „Claudia von
Medici“ Mals

BENVENUTI AL SPORTFORUM MALS 2026

Alla 10ª edizione dello Sportforum Alto Adige Malles

Nuovi impulsi per giovani insegnanti nel settore dell'attività motoria e dello sport

Da un decennio, lo Sportforum Alto Adige Malles rappresenta un punto di riferimento per l'insegnamento moderno dell'educazione fisica: un luogo di ispirazione, innovazione ed entusiasmo per il movimento. In occasione del suo 10° anniversario, l'evento si rivolge in particolare ai giovani insegnanti che desiderano motivare bambini e ragazzi verso lo sport e uno stile di vita attivo e sostenibile.

Il movimento è molto più di una semplice attività fisica: rafforza la personalità, promuove la salute e migliora la qualità della vita. È proprio qui che interviene lo Sportforum, con l'obiettivo di sostenere gli insegnanti affinché possano trasmettere questa passione in modo autentico e applicarla efficacemente nella didattica.

L'aggiornamento e la formazione continua costituiscono una parte essenziale della professione docente. Lo Sportforum offre le condizioni ideali per questo percorso: concetti didattici innovativi, discipline sportive emergenti, workshop pratici e uno scambio internazionale di esperienze. Organizzato dalla GWR in collaborazione con la Direzione Istruzione e Formazione tedesca, il Comune di Malles e il Liceo Sportivo di Malles, l'evento si è affermato come uno dei principali appuntamenti formativi del settore.

L'infrastruttura unica del Liceo Sportivo di Malles e l'ambiente stimolante della Val Venosta offrono il contesto perfetto per apprendere, muoversi e creare relazioni. I giovani insegnanti possono trarre beneficio da nuove idee, preziosi contatti e stimoli innovativi da trasferire direttamente nella propria attività didattica.

Obiettivo dell'anniversario:

Motivare le nuove generazioni di insegnanti a contribuire attivamente allo sviluppo di un insegnamento dell'educazione fisica moderno, creativo, orientato alla salute e coinvolgente.

Anche dopo dieci anni, lo Sportforum Alto Adige Malles continua così a essere un motore di qualità, innovazione e passione per lo sport scolastico.



Friedl Sapelza

Direttore della GWR (Cooperativa per la Formazione Continua e lo Sviluppo Regionale)

Managing Director of GWR (Cooperative for Continuing Education and Regional Development)

WELCOME TO SPORTFORUM MALS 2026

10th South Tyrolean Sportforum Mals

Inspiration for Young Teachers in Physical Education and Sport

For a decade, the South Tyrolean Sportforum Mals has been a key meeting place for modern physical education – a venue for inspiration, innovation, and enthusiasm for movement. Celebrating its 10th anniversary, the event is especially dedicated to young teachers who aim to inspire children and young people to embrace sport and an active lifestyle in a sustainable way.

Movement is far more than physical activity: it strengthens character, promotes health, and enhances quality of life. This is precisely where the Sportforum comes in – empowering teachers to authentically convey this enthusiasm and effectively integrate it into their teaching practice.

Professional development and lifelong learning are essential parts of the teaching profession. The Sportforum provides ideal opportunities through innovative teaching concepts, emerging sports trends, practical workshops, and international exchange. Organized by GWR in cooperation with the German Education Directorate, the Municipality of Mals, and the Sports High School Mals, the event has established itself as a major educational highlight.

The unique facilities of the Sports High School Mals and the inspiring surroundings of the Vinschgau Valley create the perfect setting for learning, movement, and networking. Young teachers benefit from fresh ideas, valuable contacts, and new perspectives that can enrich their teaching.

Anniversary Goal:

To inspire new generations of teachers to actively shape modern physical education – creative, health-oriented, and engaging.

Even after ten years, the South Tyrolean Sportforum Mals remains a driving force for quality, innovation, and passion in school sports.



Werner Oberthaler

Direttore del Liceo Sportivo „Claudia von Medici“ Malles

Principal of the Sports High School „Claudia von Medici“ Mals



Greeting words for the 10th Sportforum Mals

Every year in July it is the event par excellence for sports teachers and coaches from near and far: the „Sportforum Mals“. Actually not an event in the classical sense, but an international course that exceeds the idea of a typical advanced training course. Perhaps this has to do with the fact that it is a sports course which, in addition, focuses on physical education. We associate this with dynamics, movement and variety, and are therefore mentally far away from anything static. Exactly these associations are fulfilled by the „Sportforum Mals“ in the true sense of the word and also figuratively.

With its varied program of events lasting several days, the „Sportforum Mals“ has become a hub for physical education: On the one hand, it puts the focus on the manifold tasks of sports teachers and coaches. On the other hand, the event is designed to be a vibrant place of encounter and movement itself, where networking and exchange are writ large.

Even author Erich Kästner - himself a sports fan and movement aficionado, i.e. a sportsman - knew: „Man kind shall learn, only the oxen swot.“ He opposed the monotonous learning in school lessons of the past with further competencies: „After all, you also have to be able to jump, do gymnastics, dance and sing.“ Knowledge that is sufficiently scientifically supported: that movement and sport develop skills that are prerequisites for cognitive learning and beyond. Especially in physical education, social skills such as team spirit, fairness, responsibility and consideration, but also the integration of weaker children and perseverance are promoted and strengthened.

In this sense, the „Sportforum Mals“ with its diverse program of events and its prominent speakers should once again to all participants be a source of inspiration for contemporary and varied physical education. And I am convinced that the experiences and insights that sports teachers gain at the „Sportforum Mals“ will have a consistently positive effect on physical education in our schools, but especially on the children and young people.

My thanks go to all those who have contributed to the successful outcome of the Sports Forum again this year and make this valuable continuing education initiative possible. I wish everyone some instructive and „moving“ course days with many new insights.

Philipp Achammer
Provincial Counsellor

Grüßworte zum 10. Sportforum Mals

Alle zwei Jahre im Juli ist es das Event schlechthin für Sportlehrerinnen und Sportlehrer, Trainerinnen und Trainer aus nah und fern: das „Sportforum Mals“. Eigentlich kein Event im klassischen Sinne, sondern ein internationaler Lehrgang, der die Vorstellung eines typischen Fortbildungslehrgangs übersteigt. Vielleicht hängt das damit zusammen, dass es sich um einen Sportlehrgang handelt, der darüber hinaus den Sportunterricht im Fokus hat. Damit assoziieren wir Dynamik, Bewegung und Abwechslung, sind gedanklich also weit weg von allem Statischen. Genau diese Assoziationen erfüllt das „Sportforum Mals“ im wahren Sinne des Wortes und auch im übertragenen.

Mit seinem vielseitigen und mehrtägigen Veranstaltungsprogramm ist das „Sportforum Mals“ zum Dreh- und Angelpunkt für den Sportunterricht avanciert: Zum einen rückt es die vielfältigen Aufgaben von Sportlehrerinnen und Sportlehrern, Trainerinnen und Trainern in den Mittelpunkt. Zum anderen ist die Veranstaltung so ausgerichtet, selbst ein pulsierender Ort der Begegnung und Bewegung zu sein, wo Vernetzung und Austausch großgeschrieben werden. Schon Schriftsteller Erich Kästner – selbst Sportfan und Bewegungs-Aficionado, also Sporttreibender – wusste: „Der Mensch soll lernen, nur die Ochsen büffeln.“ Er stellte dem monotonen Lernen im Schulunterricht von einst weitere Kompetenzen entgegen:

„Man muss nämlich auch springen, turnen, tanzen und singen können.“ Ein Wissen, das hinlänglich wissenschaftlich untermauert ist: dass Bewegung und Sport Fähigkeiten entwickeln, die Voraussetzung für das kognitive Lernen und darüber hinaus sind. Insbesondere im Sportunterricht werden soziale Kompetenzen wie Teamgeist, Fairness, Verantwortung und Rücksichtnahme, aber auch die Integration von Schwächeren und das Durchhaltevermögen gefördert und gefestigt.

In diesem Sinne soll das „Sportforum Mals“ mit seinem vielfältigen Veranstaltungsprogramm und seinen anerkannten Referentinnen und Referenten allen Teilnehmenden auch in diesem Jahr wieder Impulsgeber für einen zeitgemäßen und abwechslungsreichen Sportunterricht sein. Und ich bin überzeugt, die Erfahrungen und Erkenntnisse, welche Sportlehrerinnen und Sportlehrer beim „Sportforum Mals“ gewinnen, wirken sich durchwegs positiv auf den Sportunterricht an unseren Schulen aus, aber besonders auf die Kinder und Jugendlichen.

Mein Dank geht an alle, die auch in diesem Jahr zum erfolgreichen Gelingen des Sportforums beigetragen haben und diese wertvolle Weiterbildungsinitiative ermöglichen. Ich wünsche allen lehrreiche und „bewegte“ Kurstage mit vielen neuen Erkenntnissen.

Philipp Achammer
Landesrat

Saluto in occasione del 10° Sportforum Malles

Ogni due anni, nel mese di luglio, c'è un appuntamento imperdibile per insegnanti di educazione fisica, allenatrici, allenatori e professionisti dello sport provenienti da vicino e da lontano: lo Sportforum Malles. Più che un semplice evento, è un corso di aggiornamento internazionale che va ben oltre il concetto tradizionale di formazione. Forse perché si tratta di un seminario dedicato allo sport e, soprattutto, all'insegnamento dell'educazione fisica. Un ambito che richiama dinamismo, movimento e varietà, ben lontano da qualsiasi idea di staticità. Ed è proprio questo che lo Sportforum Malles incarna, sia in senso letterale che figurato.

Grazie al suo programma ricco e articolato, distribuito su più giornate, lo Sportforum Malles è diventato un punto di riferimento per l'educazione fisica. Da un lato mette al centro il ruolo fondamentale di

insegnanti, allenatrici e allenatori; dall'altro si propone come un luogo vivo di incontro, movimento e confronto, dove la condivisione delle esperienze e la creazione di reti professionali rappresentano valori essenziali.

Lo scrittore Erich Kästner, grande appassionato di sport e del movimento, affermava: «L'uomo deve imparare, solo i buoi sgobbano.» A un apprendimento scolastico puramente nozionistico contrapponeva altre competenze fondamentali:

«Bisogna anche saper saltare, fare ginnastica, ballare e cantare.»

Un'intuizione oggi ampiamente confermata dalla ricerca scientifica: il movimento e lo sport sviluppano capacità che costituiscono il presupposto per l'apprendimento cognitivo e per la crescita della persona nel suo complesso. In particolare, l'educazione fisica favorisce e consolida competenze sociali quali lo spirito di squadra, il fair play, il senso di responsabilità e il rispetto reciproco, promuovendo al tempo stesso l'inclusione dei più deboli e la capacità di perseverare.

Con questo spirito, anche quest'anno lo Sportforum Malles, grazie al suo ricco programma e ai suoi relatori di riconosciuta competenza, desidera offrire a tutti i partecipanti nuovi stimoli per un insegnamento dell'educazione fisica moderno, attuale e ricco di varietà. Sono convinto che le esperienze e le conoscenze acquisite durante lo Sportforum Malles abbiano un impatto positivo non solo sull'insegnamento nelle nostre scuole, ma soprattutto sulle bambine, sui bambini, sulle ragazze e sui ragazzi.

Desidero infine rivolgere un sincero ringraziamento a tutte le persone che, anche quest'anno, hanno contribuito alla riuscita dello Sportforum e rendono possibile questa preziosa iniziativa di formazione. Auguro a tutti giornate di corso ricche di insegnamenti, entusiasmo e movimento, con tante nuove esperienze da portare con sé.

Philipp Achammer
Assessore provinciale



Martin Holzner - Abteilungsleiters der Pädagogischen Abteilung

Liebe Lehrpersonen, es freut mich sehr, Sie zum Sportforum 2026 in Mals willkommen zu heißen. Mit Ihrer Teilnahme an dieser Fortbildungsveranstaltung setzen Sie ein wichtiges Zeichen für die Bedeutung von Bewegung, Gesundheit und Sport in der Schule. Der Sportunterricht und bewegungsfördernde Angebote leisten einen wertvollen Beitrag zur ganzheitlichen Entwicklung von Kindern und Jugendlichen. Sie stärken nicht nur die körperliche Gesundheit, sondern fördern auch soziale Kompetenzen, Selbstvertrauen, Fairness und Teamgeist. Für diese wichtige Bildungsaufgabe braucht es engagierte Lehrpersonen, die bereit sind, ihr Wissen kontinuierlich zu erweitern und neue Impulse in ihre tägliche Arbeit einzubringen. Das Sportforum bietet Ihnen die Gelegenheit, aktuelle Entwicklungen kennenzulernen, praktische Erfahrungen auszutauschen und neue Ideen für einen zeitgemäßen und motivierenden Unterricht zu gewinnen. Die Begegnung mit Kolleginnen und Kollegen sowie mit Expertinnen und Experten eröffnet wertvolle Perspektiven und stärkt das gemeinsame Anliegen, junge Menschen für Bewegung und einen gesunden Lebensstil zu begeistern. Ich danke Ihnen für Ihr Engagement und Ihre Bereitschaft, sich im Rahmen dieser Fortbildung weiterzuentwickeln. Ihr Einsatz trägt wesentlich dazu bei, dass Schule ein Ort des Lernens, der Bewegung und des Wohlbefindens ist. Ich wünsche Ihnen interessante Vorträge, bereichernde Workshops, inspirierende Begegnungen und viele Anregungen für Ihre pädagogische Praxis. Mit den besten Wünschen für ein erfolgreiches Sportforum 2026.

Welcome Address from the Director of the Pedagogical Department for Sportforum Mals 2026

Dear Teachers,

It is my great pleasure to welcome you to Sportforum Mals 2026. By taking part in this professional development event, you are making a strong commitment to the importance of physical activity, health, and sport in education.

Physical education and movement-based learning opportunities make a valuable contribution to the holistic development of children and young people. They not only promote physical health but also foster social skills, self-confidence, fairness, and teamwork. This important educational mission requires dedicated teachers who are willing to continuously expand their knowledge and bring fresh ideas into their daily teaching practice.

Sportforum Mals offers you the opportunity to explore current developments, exchange practical experiences, and gain new inspiration for modern, motivating, and engaging physical education. Meeting colleagues as well as national and international experts provides valuable perspectives and strengthens our shared commitment to inspiring young people to embrace physical activity and a healthy lifestyle.

I would like to thank you for your dedication and your willingness to continue developing professionally through this seminar. Your commitment makes an essential contribution to ensuring that schools are places of learning, movement, and well-being.

I wish you inspiring lectures, enriching workshops, valuable encounters, and many new ideas that you can take back to your own educational practice.

With my very best wishes for a successful Sportforum Mals 2026.

Martin Holzner
Director of the Pedagogical Department

Saluto del Direttore della Ripartizione Pedagogica in occasione dello Sportforum Malles 2026

Care insegnanti, cari insegnanti,

è con grande piacere che vi do il benvenuto allo Sportforum Malles 2026. Con la vostra partecipazione a questo corso di aggiornamento testimoniate l'importanza che attribuite al movimento, alla salute e allo sport nella scuola.

L'educazione fisica e le attività che promuovono il movimento offrono un contributo fondamentale allo sviluppo armonico di bambine, bambini, ragazze e ragazzi. Non rafforzano soltanto la salute fisica, ma favoriscono anche competenze sociali, fiducia in sé stessi, fair play e spirito di squadra. Per svolgere al meglio questo importante compito educativo sono necessari insegnanti motivati, pronti ad aggiornare costantemente le proprie competenze e a portare nuovi stimoli nella pratica didattica quotidiana.

Lo Sportforum Malles vi offre l'opportunità di conoscere gli sviluppi più recenti, condividere esperienze pratiche e raccogliere nuove idee per una didattica dell'educazione fisica moderna, coinvolgente e motivante. L'incontro con colleghe e colleghi, così come con esperte ed esperti del settore, apre nuove prospettive e rafforza il comune obiettivo di trasmettere ai giovani la passione per il movimento e per uno stile di vita sano.

Vi ringrazio per il vostro impegno e per la disponibilità a continuare a crescere professionalmente attraverso questa esperienza formativa. Il vostro contributo è fondamentale affinché la scuola sia un luogo di apprendimento, movimento e benessere.

Vi auguro conferenze interessanti, workshop stimolanti, incontri arricchenti e tanti nuovi spunti da portare nella vostra pratica educativa.

Con i migliori auguri per uno Sportforum Malles 2026 ricco di successo.

Martin Holzner
Direttore della Ripartizione Pedagogica

FORST 0,0% VON NATUR AUS SPORTLICH SPORTIVA PER NATURA SPORTIVE BY NATURE

AUSGEZEICHNET MIT GOLD BEI DEN WORLD BEER AWARDS 2023
IN DER KATEGORIE NO & LOW ALCOHOL LAGER.

CONQUISTA LA MEDAGLIA D'ORO DEI WORLD BEER AWARDS 2023
NELLA CATEGORIA NO & LOW ALCOHOL LAGER.

WINS THE GOLD MEDAL AT THE WORLD BEER AWARDS 2023
IN THE NO & LOW ALCOHOL LAGER CATEGORY.



MEET THE TEAM



Franz Chiusole
Organizer



Vera Chiusole
Organizer



Getti Punter
Front Office



Tobias Lechthaler
Co-Organizer



Jonas Mathá
Co-Organizer



Valentina Cavalleri
Co-Organizer



Emma Prantner
Field Trips



Walther Mader
Events



Veit Angerer
Catering/Logistics



Gloria Briani
Office



Helga Köllemann
Office



Traudi Von Leon
Photographer



Roland Weithaler
Photographer



We're here for you!

If you have any questions during
Sportforum, feel free to contact
any of us.
Enjoy the week!



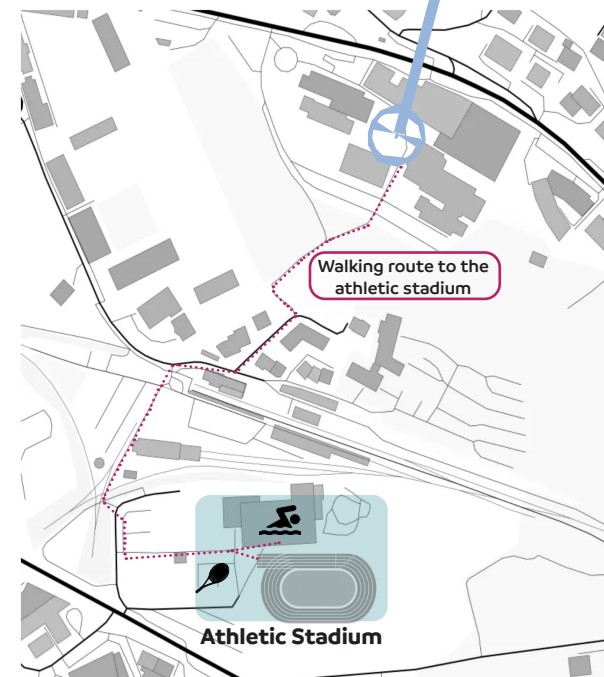
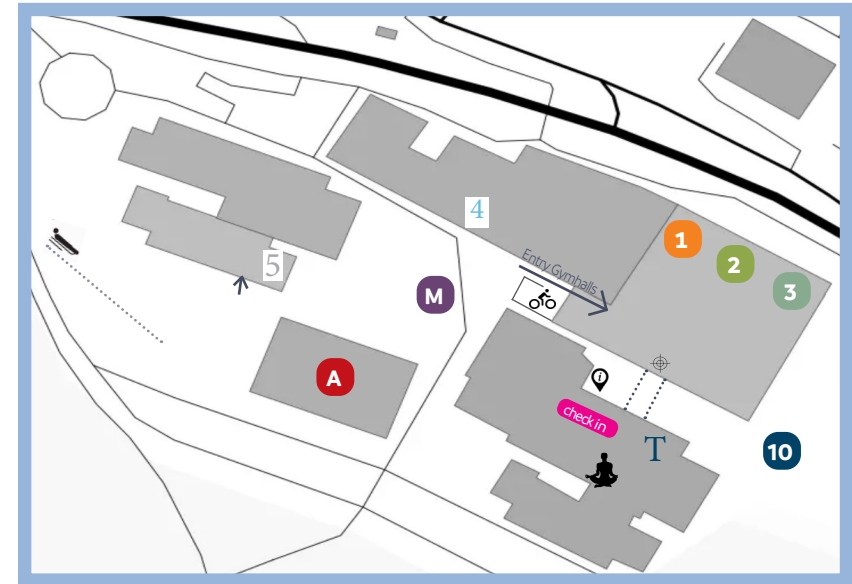
HERZLICH WILLKOMMEN
WARM WELCOME
BENVENUTO CALOROSO

SATURDAY 25.07.2026

- 14.00** Anmeldung
Check in / Registration
Registrazione
- 18.45** Eröffnungsfeier mit Programmvorschau – Aula Magna
Opening ceremony with programme preview – Aula Magna
Cerimonia d'inaugurazione e anteprima del programma – Aula Magna
- 20.00** Welcome dinner im Schulhof + Registration Field Trips
Welcome dinner in the schoolyard
Welcome dinner nel cortile della scuola
- After Dinner:
Einschreibungen zu den Fieldtrips
Sign up for the fieldtrips
Registrazioni per i Fieldtrip



Find your way around
Mals! Scan this QR Code
for a detailed map.



A	Gym Hall A
1	Gym Hall 1
2	Gym Hall 2
3	Gym Hall 3
10	Place 10
M	Meeting Point
	Cycling
	Yoga Room
T	Theory Room
5	Massage Room
4	Room 4
	Shooting Range
	Athletic Stadium
	Swimming/Yoseikan Hall
	Tennis court

PROGRAMME | SUNDAY 26.07.2026

07:25 - 08:25 Tai Chi with Lin Lain-Li **(Meeting Point)**

07:45 - 08:20 Mindful Movement Meditation with Sari Penttilä **(Place 10)**

Time	Gym Hall A	Gym Hall 1	Gym Hall 2	Gym Hall 3	Athletic Stadium	Meeting Point	Special Location				
8:30 - 9:30	Modern Dance 1 R. Fanni	Burner games fun & run M. Sutter	Beat the Star C. Schaudt	TacDo Ball 1 G. Alex	FUNiño 1 R. Folz	Yoga for you S. Penttilä	Cycling 1 R. Müllen	Tumble Turns M. Ngalioma	Human Static- Meditaping 1 D. Sielmann ⁵	Fast Cornering H. Silbernagl ^M	
9:45 - 10:45	Partnerfree Ballroom and American Style P. Gider	Zumba 1 A. Custodio	Handball 1 J.Schäfer	Teambuilding 1 Malakauskiene/ Raulickiene	Flag football M. Romano	Fast Cornering * H. Silbernagl ^M	Nutrition 1 J. Flück ^T	Crawl Swimming M. Gasser	Juggling - three balls D. Kranich ^M	Aerial Yoga M. Missa/ M. Lopez	
Jause - Coffee break - Merenda											
11:15 - 12:15	Disco Fox A. Gider	Dodgeball 1 S. Mikulic/ P. Rehberger	Best of Basketball 1 J. Zownir	Roundnet Intro A. Gjergji	Softball 1 M. Angel	Calisthenics S. Dollinger ^M	Table Tennis 1 T. Ming Hsien ⁴	Acro Yoga 1 Sam / Luna ^M	Nutrition 2 J. Flück ^T	Aerial Yoga M. Missa/ M. Lopez	
Mittagessen - Lunch - Pranzo											
14:00 - 15:00	Circle Mobility 1 A. Custodio	Trampolin Basic N. Pichler	Handball 2 Developing the game J. Schäfer	Baskin 1 F. Kiuppis	Children Athletics 1 C. Schwabl	Balance and Stability H. Silbernagl ^M	Crazy Cricket 1 N. Tuhuteru	Breaststro- ke Swimming M. Gasser	Human Static- Meditaping 1* D. Sielmann ⁵	Parkour Training S. Dollinger ^M	
15:15 - 16:15	Chacha P. Puranen	Dodgeball 2 S. Mikulic/ P. Rehberger	Futsal 1 G. Alex	BODYART 1 E. Seiler	FUNiño 2 R. Folz	Cardio Tennis Forhand & Backhand T. Crivelli	Listen to your Heart R. Müllen ^T	Acro Yoga 1* Sam / Luna ^M	Partner Juggling D. Kranich ^M	Roundnet Setting A. Gjergji ^M	
Jause - Coffee break - Merenda											
16:30 - 17:30	Standard Dances A. Gider	Peteca 1 M. Angel	Rope Skipping: single jump B. Lopez	Zumba 2 A. Custodio	Rugby/Soccer- Hybrid M. Romano	Breaking Technique H. Silbernagl ^M	Athletic Training S. Dollinger ^M	Sport massage 1 Upper Back E. Procter ⁵	Virtual Reality Glasses 1 R. Rutkauskaitė ⁴	Pilates Shape N. Pichler	
19:30	SPORTWELL NIGHT (Fete Blanche) - white clothing 19:30 Pizza in the Sportwell Mals • 21:00 - 24:00 Live music with DJ										

PROGRAMME | MONDAY 27.07.2026

04:00 - 07:30 Sunrise Hike (Meeting Point)

07:25 - 08:25 Tai Chi with Lin Lain-Li (Meeting Point)

07:45 - 08:20 Mindful Movement Meditation with Sari Penttilä (Place 10)

Time	Gym Hall A	Gym Hall 1	Gym Hall 2	Gym Hall 3	Athletic Stadium	Meeting Point	Special Location					
8:30 - 9:30	Salsa P. Puranen	Dodgeball 1* S. Mikulic/ P. Rehberger	Rope Skipping: jump in pairs B. Lopez	Kin-Ball 1: Introduction G. Köcher	Crazy Cricket 2 N. Tuhuteru	Fast Cornering* H. Silbernagl	Calisthenics * S. Dollinger	Cycling 2 R. Müllen	Breaststroke Turns M. Ngalioma	Shooting N. Larch	Aerial Yoga	Via Ferrata „Poppele“
9:45 - 10:45	Circle Mobility 2 A. Custodio	Dodgeball 2* S. Mikulic/ P. Rehberger	Trampolin Basic* N. Pichler Trampolin Basic* N. Pichler	Neuro Athletic M. Schnitzer	Softball 2 M. Angel	Braking Technique* H. Silbernagl	Acro Yoga 2 Sam & Luna	Yoga Flow with Music S. Penttilä	Watergames D. Giuriato	J+S Modul Schulsport (german lan- guage) C. Schaudt	Aerial Yoga	
Jause - Coffee break - Merenda												
11:15 - 12:15	Modern Dance 2 R. Fanni	Donut hockey and candy games M. Sutter	Best of Basket- ball 2 J. Zownir	Breathing for Performance M. Schnitzer	Invasion - Endzone Games M. Romano	Acro Yoga 2 * Sam / Luna	Table Soccer K. Heim	Long Jump V. Cavalleri	Cardio Tennis Reaction T. Crivelli			
Mittagessen - Lunch - Pranzo												
14:00 - 15:00	Chacha* P. Puranen	Neuro Athletic* M. Schnitzer	Futsal 2 G. Alex	Trampolin Flashback Trampolin Flashback	Flag football * M. Romano	Pilates de Gasquet D. Giuriato	Table Soccer * K. Heim	Backstroke Swimming M. Gasser	Human Static- Meditaping 2 D. Sielmann	Shooting* N. Larch		E- MTB Tour
15:15 - 16:15	Zumba 3 A. Custodio	Baskin 2 F. Kiuppis	BODYART 2 E. Seiler	Obstacle Course C. Schaudt	Roundnet Hitting A. Gjergji	Juggling - three ball tricks D. Kranich	Parkour Training* S. Dollinger	Backstroke Turns M. Ngalioma	Olympic Education H. Leo	Mindful Movement in Nature & Asahi S. Penttilä	Aerial Yoga	
Jause - Coffee break - Merenda												
16:30 - 17:30	American Dances A. Gider	Breathing for Performance* M. Schnitzer	Streethandball- Goalcha J. Schäfer	Trampolin Flashback * Trampolin Flashback *	Throwing the disc! S. Kleinhapl	Pilates de Gasquet D. Giuriato	Shooting* N. Larch	Table Tennis 2 T. Ming Hsien	Sport massage 2 Lower Back E. Procter		Aerial Yoga	
19:30	Tartscher Bühel EXPERIENCE 18:30 Walk together to the Tartscher Bühel • 20:00 Outdoor-Dinner											

FULL Day - Field Trips: Mountain Hiking Trip Mountaineering Via Ferrata „Zielklettersteig“ mit R. Müller											
Time	Gym Hall A	Gym Hall 1	Gym Hall 2	Gym Hall 3	Athletic Stadium	Meeting Point	Special Location				
8:30 - 9:30	Disco Fox* A. Gider	Burner games fantasy and multimedia M. Sutter	Futsal 3 G. Alex	Baskin 1* F. Kiuppis	Prevention to go V. Cavalleri	Balance and Stability* H. Silbernagl	Ultimate Skills S. Kleinhapl	Idrobike D. Giuriato	Human Static-Meditaping 3 D. Sielmann	Asahi Nordic Method S. Penttilä	Natural Track Luge E. Lanthaler
9:45 - 10:45	Modern Dance 3 R. Fanni	Muscle Care and Recovery* E. Seiler	Streethandball-Goalcha* J. Schäfer	Teambuilding 2 Malakauskiene/ Raulickiene	Disc/Frisbee golf M. Romano	Braking Technique* H. Silbernagl	Cycling 3 R. Müllen	Idrobike* D. Giuriato	Pilates Shape* N. Pichler	Aerial Yoga M. Missa/ M. Lopez	
Jause - Coffee break - Merenda											
11:15 - 12:15	Salsa* P. Puranen	Kin-Ball 2: Introduction G. Köcher	Fun games of China J. Zownir	Tria Play C. Schaudt	Ultimate 1 S. Kleinhapl	Special Olympics P. Gider	Crawl Swimming* M. Gasser	Sport Massage 1* Upper Back E. Procter	Virtual Reality Glasses 2 R. Rutkauskaite	Aerial Yoga M. Missa/ M. Lopez	Natural Track Luge E. Lanthaler
Mittagessen - Lunch - Pranzo											
14:00 - 18:00	HALF Day - Field Trips Bear Bath + Hike, Breathing & Bathing Beauty, Bunker Tour, Castel Visit, Caneoing, Cheese Tasting, Experiential Education, E-mtb tour, Glurns-Tour, Marble quarry tour, Marienberg-abbey visit more Information on page 15										
19:30	TRADITIONAL EVENING (please wear traditional clothing from your country) 18:45 Group photo in the school yard 19:30 Dinner in the Village of Mals DORFANGER 21:00 Live Music with the Big Band Mals										

PROGRAMME | WEDNESDAY 29.07.2026

07:25 - 08:25 Tai Chi with Lin Lain-Li **(Meeting Point)**

07:45 - 08:20 Mindful Movement Meditation with Sari Penttilä **(Place 10)**

Time	Gym Hall A	Gym Hall 1	Gym Hall 2	Gym Hall 3	Athletic Stadium	Meeting Point	Special Location						
8:30 - 9:30	Latin Amercian Dances A. Gider	Agility & Psychokinetics in Teamsports 2 S. Stuffer	Handball 1* J. Schäfer	Fosbury Flop C. Schaudt	FUNiño 1* R. Folz	Rope Skipping: Long Rope B. Lopez	Cycling 4 R. Müllen	Individual Medley M. Ngalioma	Table Tennis 3 T. Ming Hsien	Experiential Education P. Leodolter	Aerial Yoga	E- MTB Tour	
9:45 - 10:45	Modern Dance 4 R. Fanni	Muscle Care and Recovery E. Seiler	Capoeira C. Villella	TacDo Ball 2 G. Alex	Form Drills & Running Technique V. Cavalleri	Street Racket 1 M. Straub	Roundnet Serve & Receive A. Gjergji	Swimming Butterfly H. Leo	Vortrag 1 (german language) A. Conzelmann				
Jause - Coffee break - Merenda							Orienteering Schoolyard M. Heir						
11:15 - 12:15	Partnerfree Latin/Rhythm Dances 1 P. Gider	Burner Gladiators M. Sutter	Futsal 4 G. Alex	Kin-Ball 3: Educational Games G. Köcher	Ultimate 2 S. Kleinhapl	3 x 3 Basketball Tournament J. Zownir		Yoga with a Friend/ Partneryoga S. Penttilä	Vortrag 1 (german language) A. Conzelmann	Sport Massage 2* Lower Back E. Procter	Aerial Yoga		
Mittagessen - Lunch - Pranzo													
14:00 - 15:00	Latino Dances A. Gider	Peteca 2 M. Angel	Tchoukball 1 C. Voluntè	Capoeira* C. Villella	Ultimate Game Variants S. Kleinhapl	Street Racket 2 M. Straub	Breaststroke Swimming* M. Gasser	Human Static-Meditaping 4 D. Sielmann	Vortrag 1 (german language) A. Conzelmann	Experiential Education P. Leodolter		Aerial Yoga	
15:15 - 16:15	Partnerfree Latin/Rhythm Dances 2 P. Gider	Burner speed games M. Sutter	Handball 2 Developing the Game* J. Schäfer	Kin-Ball 4: Educational Games G. Köcher	Cardio Tennis Game Forms T. Crivelli	Street Racket 3 M. Straub	Roundnet Defense & Offense A. Gjergji	Virtual Reality Glasses 3 R. Rutkauskaite	Nutrition I. Daurú				
Jause - Coffee break - Merenda													
16:30 - 17:30	Bacchata P. Puranen	Juggling - Three Ball Tricks D. Kranich	Tchoukball 2 C. Voluntè	Baskin 2* F. Kiuppis	Biathlon N. Larch	Street Racket 1* M. Straub	Qigong V. Corrain	Fascial Floss C. Villella	Aerial Yoga M. Missa/ M. Lopez			E- MTB Tour	
19:30	TOURNAMENTS 19:30 Dinner in the School Yard • 20:30 Meeting in the Gymhall 1,2,3 with your Tournament-Group												

Time	Gym Hall A	Gym Hall 1	Gym Hall 2	Gym Hall 3	Athletic Stadium	Meeting Point	Special Location				
8:30 - 9:30	Partnerfree Standard/Smooth Dances 1 P. Gider	Capoeira* C. Villella	Agility & Psychokinetics in Teamsports 1 S. Stuffer	Baskin * F. Kiuppis	Ultimate Gameplay & Tactics S. Kleinhapl	Street Racket 2* M. Straub	M Qigong* V. Corrain	 Butterfly Turns M. Ngalioma	 Cycling 5 R. Müllen	M Biathlon N. Larch	E-MTB Tour
9:45 - 10:45	Partnerfree Standard/Smooth Dances 2 P. Gider	Kin-Ball 5: Fun with SIX Balls G. Köcher	Tchoukball 1* C. Voluntè	Brawling/ Fighting Games C. Schaudt	Disc/Frisbee golf* M. Romano	M Street Racket 3* M. Straub	Children Athletics C. Schwabl	 Waterpolo H. Leo	⁵ Human Static-Meditaping 5 D. Sielmann	M Orienteering Forest M. Heir	
Jause - Coffee break - Merenda											
11:15 - 12:15	Jive P. Puranen	Roundnet Variations A. Gjergji	Best of Basketball 3 J. Zownir	Sport Climbing R. Stecher	FUNiño 2* R. Folz		Yoga Relax and Restore with Yoga Nidra S. Penttilä 	^T Spirit of the Game S. Kleinhapl	⁴ Fascial floss* C. Villella		Aerial Yoga
Mittagessen - Lunch - Pranzo											
14:00 - 15:00		Burner Urban Acrobatics M. Sutter	Tchoukball 2* C. Voluntè	Sport Climbing* R. Stecher		M Street Racket M. Straub	M Qigong* V. Corrain	⁴ Virtual Reality Glasses 4 R. Rutkauskaite	⁵ Sport massage 3 New Techniques E. Procter	Aerial Yoga M. Missa/ M. Lopez	
15:15 - 16:15	All Together • Gym Hall 1, 2, 3 Laughter Yoga with M. Regele										
Jause - Coffee time - Merenda											
16:30 - 17:30	FAREWELL EVENING										
19:30	18:00 - 18:30 Aperitif outside the Village Hall (Kulturhaus) 18:30 Dinner in the Village Hall (Kulturhaus) 20:00 Closing Ceremony 21:30 - 02:00 Uhr Live Music „Saxmartl“ and Dance										

E - MTB Tour



DISCOVER IT NOW!



reschensee.com



**READY FOR YOUR
ADVENTURE?**
AT LAKE RESCHENSEE



Fieldtrips

Monday

Sunrise Hike
3 hour E-MTB tour
Half day Via Ferrata „Poppele“

Tuesday

Full day: - Mountain Hike
- Via Ferrata „Zielklettersteig“
Half day: - Bear Bath + Hike
- Breathing & Bathing Beauty
- Bunker Tour
- Castel Tour
- Canoeing
- Cheese Tasting
- Experiential Education
- E-mtb tour
- Glurns-Tour
- Marble quarry tour
- Marienberg-abbey visit

**Sign up for the fieldtrips at
the Info-Point**

**From saturday after dinner
until Sunday 11:15 a.m.**

Wednesday

2 hour E-MTB tour - morning
2 hour E-MTB tour - afternoon

Thursday

Sunrise hike
3 hours E-MTB tour

More information on the website:
www.sportforum-mals.it/fieldtrips





STAY CONNECTED DURING SPORTFORUM

Join our WhatsApp Channel and get important updates, programme changes and key information **directly to your phone.**

Scan to join!



Scan with your **phone camera**
to join our **WhatsApp Channel**.

Das **APFEL** **Paradies**



ÖFFNUNGSZEITEN
UND DETAILS



Entdecke den Direktverkauf
der Vinschger Genossenschaften.



380
PARTICIPANTS

21
NATIONS

294
SESSIONS

THANK YOU for
being part of
Sportforum Mals
2026

Join us again in 2 years.
22. - 28.07.2028

All the details on our website:
www.sportforum-mals.it



Institutional Partners



Marktgemeinde Mals
Comune di Malles Venosta



Autonome Provinz Bozen
Provincia autonoma di Bolzano
Provincia autonoma de Bulsan
SÜDTIROL • ALTO ADIGE



SPORT

**We are thanking all our
partners for the support**

Collaborating Partners



SPARKASSE
CASSA DI RISPARMIO



Sportwell
... Mals



DrSchär
Innovating special nutrition.

GHOST

