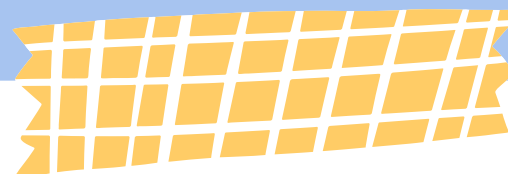




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ICARUS

MODULE N. 1

PARTNER: UNICHESS S.S.D.R.L.

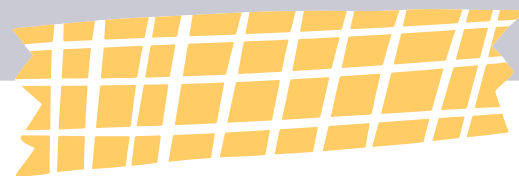
COUNTRY: ITALY

N. 2023-1-IT02-KA220-ADU-000152409





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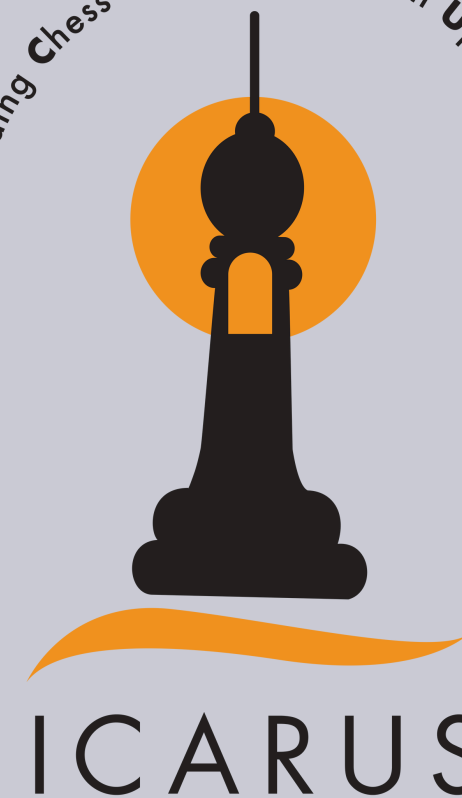


TRAINING MODULE:

TEACHING CHESS TO ADULTS

N. 2023-1-IT02-KA220-ADU-000152409

Including Chess As a Re-education Up-Skilling tool



TARGET:
ADULT
LEARNERS /
INMATES



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MODULE'S SUMMARY



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BACKGROUND AND CONTEXT

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TRAINING APPROACH

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ABOUT US

UniChess, founded in 2018 by GM Roberto Mogranzini and Nadia Ottavi, is an Italian chess society primarily focused on organizing chess events and providing training at all levels. With a network of over 30 collaborators worldwide, including chess coaches, UniChess aims to promote and develop chess among enthusiasts seeking lessons.

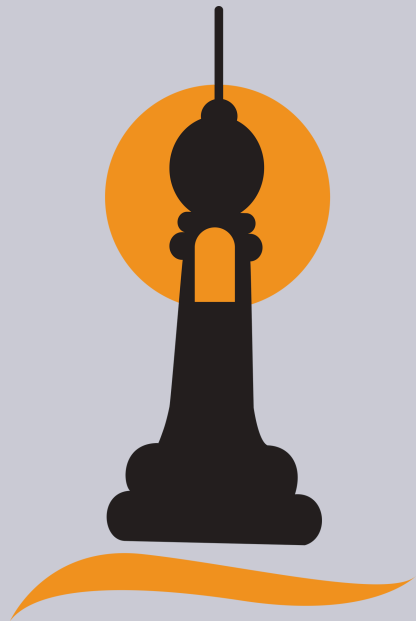
In 2022, UniChess participated in the "The Good News of Sport" initiative organized by Estra SpA. Their project "Chess in Prison" led by FIDE Trainer Mirko Trasciatti at the maximum security prison of Spoleto, received an honorable mention. Trasciatti has been instructing chess at the Spoleto prison since 2015 and has become a key figure in chess projects within Italian prisons. In 2023, he was awarded the 'Emiliano Mondonico' prize by Sport e Salute SpA for his social engagement. UniChess has maintained a consistent collaboration with Trasciatti over the years, benefiting from his expertise and high profile in the field.



FT Mirko Trasciatti



GM Roberto Mogranzini





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BACKGROUND

The module utilizes a multifaceted approach to teach chess, encompassing various methods tailored to different learning styles and levels of expertise. Its primary goal is to impart comprehensive chess knowledge while fostering critical thinking, problem-solving skills, and strategic decision-making. Through interactive lessons, practical exercises, and engaging activities, participants are guided through the fundamentals of chess, including basic rules, tactics, and strategies. The module also emphasizes the development of cognitive abilities such as memory, concentration, and pattern recognition, all of which are essential for success in chess and beyond. Overall, the module aims to instill a deep understanding and appreciation of the game while promoting intellectual growth and personal enrichment.

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How does it work?

Chess has been proven to offer numerous cognitive and socio-emotional benefits across various demographics. It enhances verbal skills, critical thinking, emotional intelligence, and mental acuity, benefiting both children and the elderly.



Additionally, chess programs implemented in prison settings serve as effective tools for rehabilitation, promoting cognitive development, positive behavior change, and social integration among inmates. Overall, chess emerges as a multifaceted activity with far-reaching implications for cognitive enhancement and personal growth, making it a valuable tool for education, therapy, and social intervention.



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TARGET

1

Adult learners

2

Inmates

3

Any other target (if applicable)

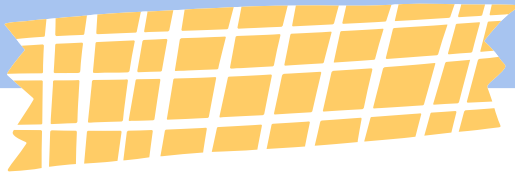
Total duration

The duration of the module is designed to be flexible and scalable based on the needs and preferences of the participants. While it is advised to conduct the module over a period of 4 hours, this timeframe can be adjusted to accommodate different schedules and learning styles. The 4-hour duration allows for a comprehensive exploration of key topics, including the history of chess, basic rules and strategies, practical gameplay, and analysis. It provides sufficient time for interactive workshops, hands-on activities, and group discussions, ensuring that participants have ample opportunity to engage with the material and practice their skills. Additionally, the 4-hour timeframe strikes a balance between depth of content and learner fatigue. Longer sessions may lead to decreased focus and retention, while shorter sessions may not allow for adequate exploration of concepts.

Time: 4 hours

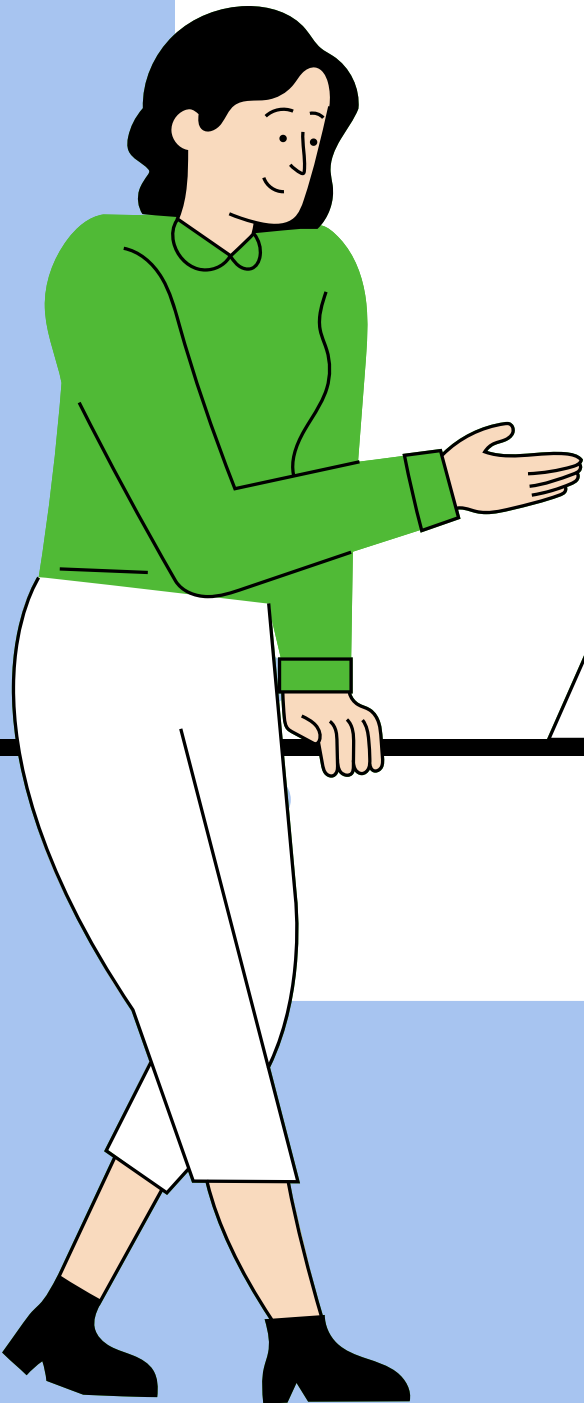


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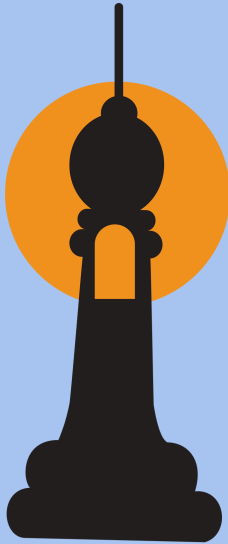


LET'S BEGIN!

Are You Ready?



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DESCRIPTION



The
importance
of choices



Improvement
of social skills

“Thought and Choice in Chess” research

De Groot's, after conducting his research, he findings revealed a crucial aspect of move selection in chess occurring within the first few seconds after players encounter a position. He delineated the process of move selection into four stages:

1. Orientation Phase (First Stage): In this initial stage, the participant perceives the position on the board, assesses it, and formulates a general strategy for the next move.
2. Exploration Phase (Second Stage): Also referred to as "branch theory" in chess, this stage involves identifying candidate moves or potential options.
3. Investigation Phase (Third Stage): In this stage, chess players deliberate and select a potentially optimal move, engaging in activities such as calculating lines, mentally evaluating final positions, and abstract thinking.
4. Proof Phase (Fourth Stage): The final stage involves the player drawing conclusions and affirming that their evaluation, calculation, and choice constitute the best course of action.

Through the use of these steps we will integrate with our teachings aimed at the reintegration of inmates.



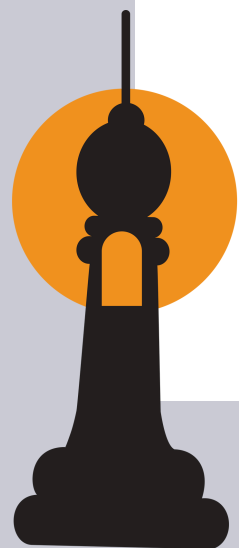


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AIM / GOAL

The practical explanation of the expected result for implementing chess programs in various contexts involves several key aspects:

- Chess hones verbal skills: Through regular chess practice, individuals are expected to demonstrate improved verbal skills, as evidenced by studies showing enhanced verbal, mathematical, and administrative-directional tasks among participants.
- Chess sharpens critical thinking skills: Research has shown that engagement in chess enhances critical thinking and good judgment skills, leading to improved cognitive abilities, particularly in decision-making and problem-solving.
- Chess boosts emotional intelligence and psycho-social skills: Chess fosters emotional intelligence and psycho-social skills by bringing people together, regardless of background, and encouraging collaboration and interaction, thereby improving social and emotional well-being.





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AIM / GOAL

- Chess preserves mental acuity in the elderly: For elderly individuals, chess serves as a cognitive exercise that helps maintain mental acuity, including pattern recognition, analytical thinking, and understanding of complex concepts, thus mitigating the risk of neurodegenerative conditions like dementia.
- Chess in prison promotes rehabilitation: By incorporating chess into prison projects, the aim is to develop cognitive skills, problem-solving abilities, and strategic thinking among inmates, contributing to personal growth and facilitating reintegration into society. Additionally, chess programs encourage positive behavioral changes, such as discipline, patience, and respect, while providing a constructive outlet for stress relief and fostering a sense of community and teamwork within correctional facilities. Overall, the goal is to utilize chess as a tool for positive change and rehabilitation within the prison environment, ultimately reducing the likelihood of recidivism among inmates.





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LEARNING OUTCOME

Prison Context:

- Introduce incarcerated individuals to chess as a constructive mental exercise.
- Encourage participation in chess clubs within the prison environment.
- Foster socialization and healthier leisure activities among prisoners.
- Targeted skills for development include visualization, memory, self-confidence, self-analysis, pattern recognition, time management, and communication.



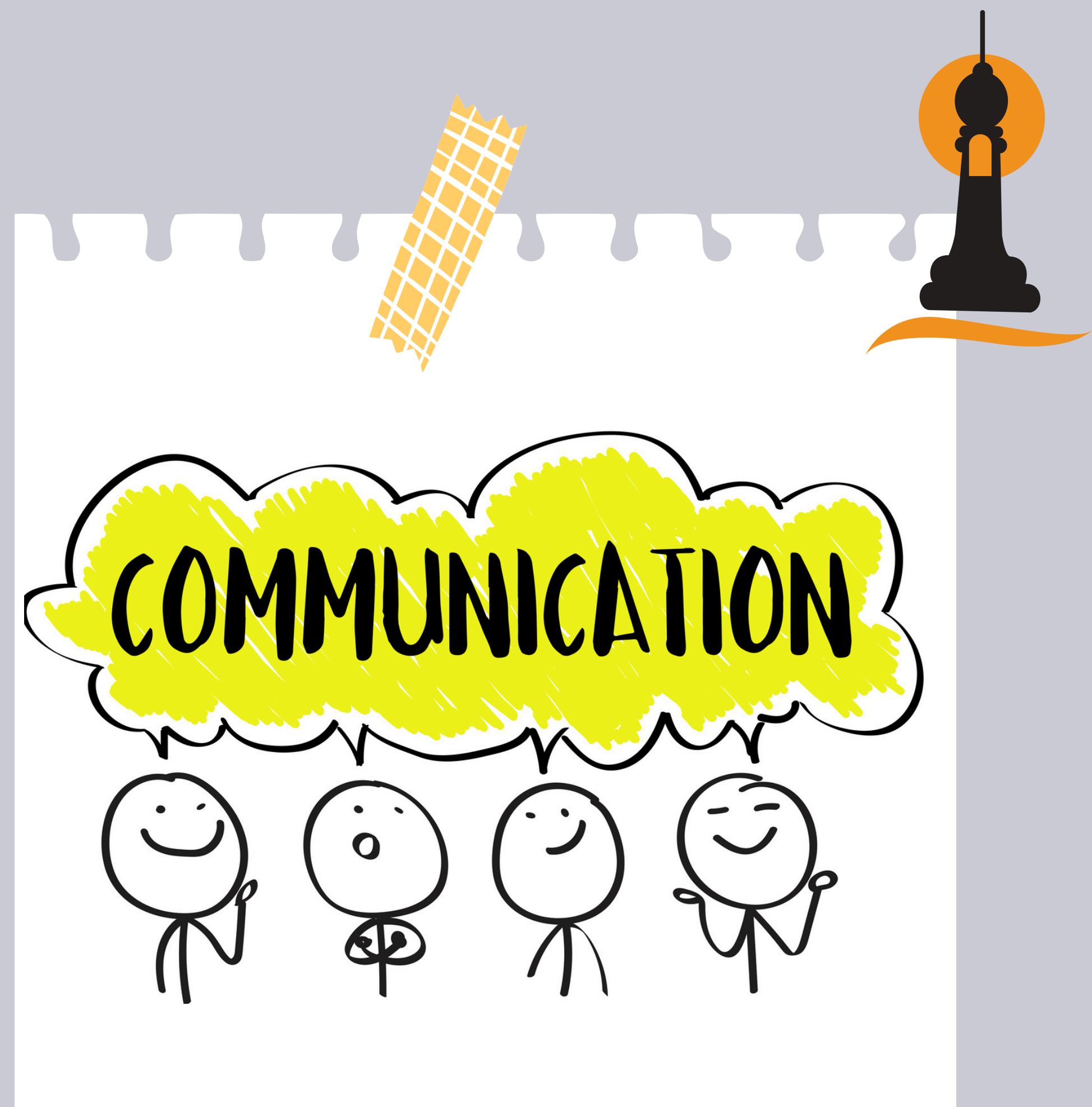


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LEARNING OUTCOME

General Context:

- Establish chess as a fulfilling hobby and regular mental exercise for adult learners.
- Promote participation in chess clubs for socialization and healthier leisure activities.
- Offer a healthier alternative to passive activities like watching TV.
- Targeted skills for enhancement include visualization, memory, self-confidence, self-analysis, pattern recognition, time management, and communication.





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TRAINING APPROACH

The approach involves leveraging chess as a multifaceted tool in various domains, aiming to enhance cognitive abilities such as critical thinking and problem-solving skills.

TOOLS:

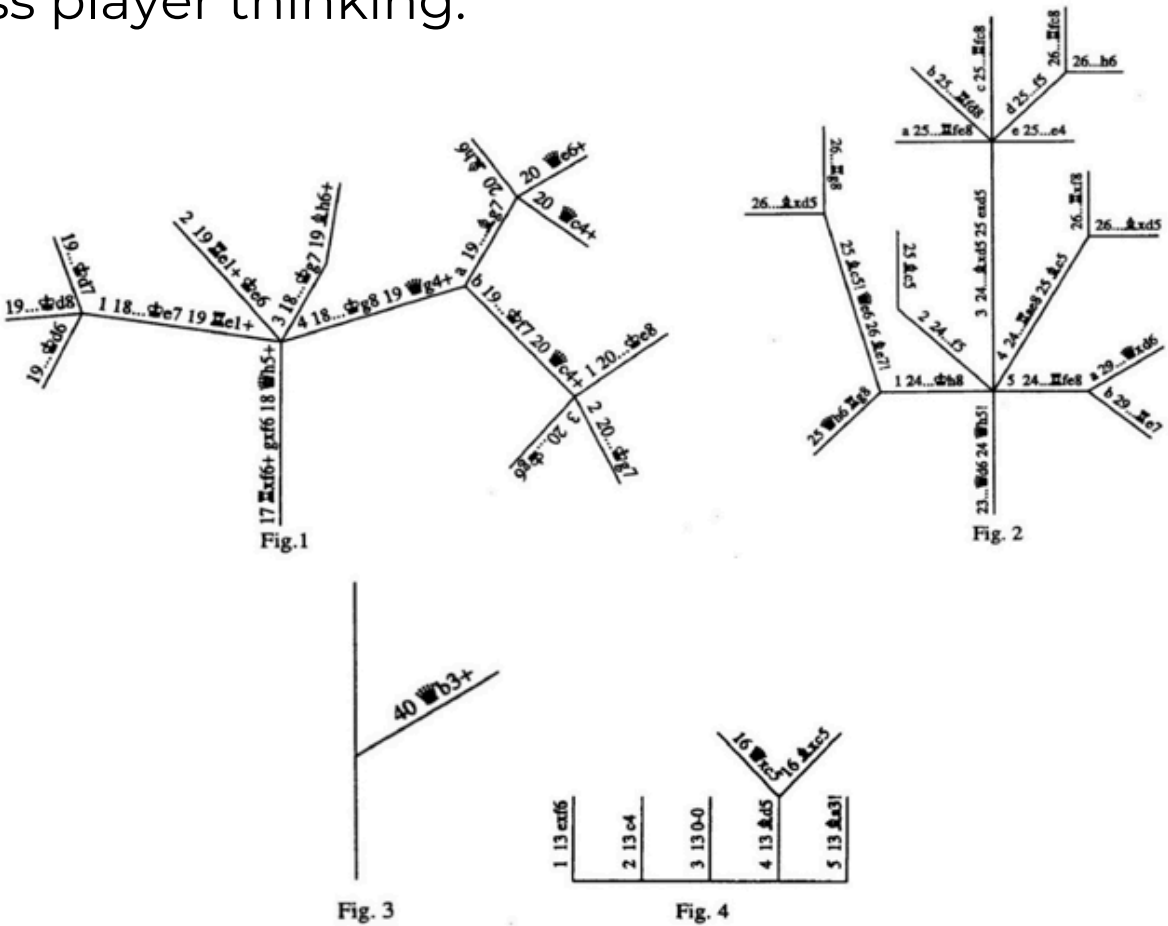
Chess as a medium for cognitive stimulation and development, as well as educational materials such as diagrams and instructional resources to illustrate cognitive processes

SKILL TO IMPROVE:

Cognitive abilities such as critical thinking and problem-solving

Example

The provided diagrams from Kotov's book illustrate the systematic, logical, visual, and analytical aspects of chess player thinking.



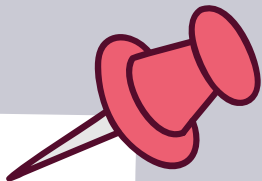
This approach aims to elevate brain activity and contribute to develop critical thinking and problem-solving skills.



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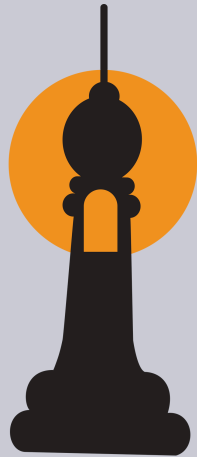
SCHEDULE



TRAINING DAY

1. Introduction to Chess	History of chess and basic rules of the game
2. Basic elements	Chessboard and pieces movements
3. Strategies & tactics	Common openings, middle game and endgame. Discussion and general techniques
4. Game practice	Practice and analysis of games played
COFFEE BREAK	
5. Learning resources	Provide a list of recommended books and online resources for independent learning
6. Teaching methodology	Interactive lessons, exercises and hands-on activities with constructive feedback
7. Assessment	Self-assessment and continuous evaluation

TOTAL TIME: 4 HOURS



10 MIN.

30 MIN.

30 MIN.

20 MIN.

30 MIN.

90 MIN.

30 MIN.



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CIRCLE TIME



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Tips and Tools

Peer Learning Groups: Facilitate peer learning groups where learners can collaborate, discuss strategies, and share insights with one another. Peer learning fosters a sense of community and provides opportunities for learners to learn from each other's experiences and perspectives.

Practical Exercises and Simulations: Design practical exercises and simulations that simulate real-life chess scenarios and challenges. For example, learners could role-play different chess positions or analyze famous chess games to develop their analytical and decision-making skills.

Visual Aids: Utilize visual aids such as diagrams, charts, and videos to illustrate chess concepts, moves, and strategies in an engaging and accessible manner.

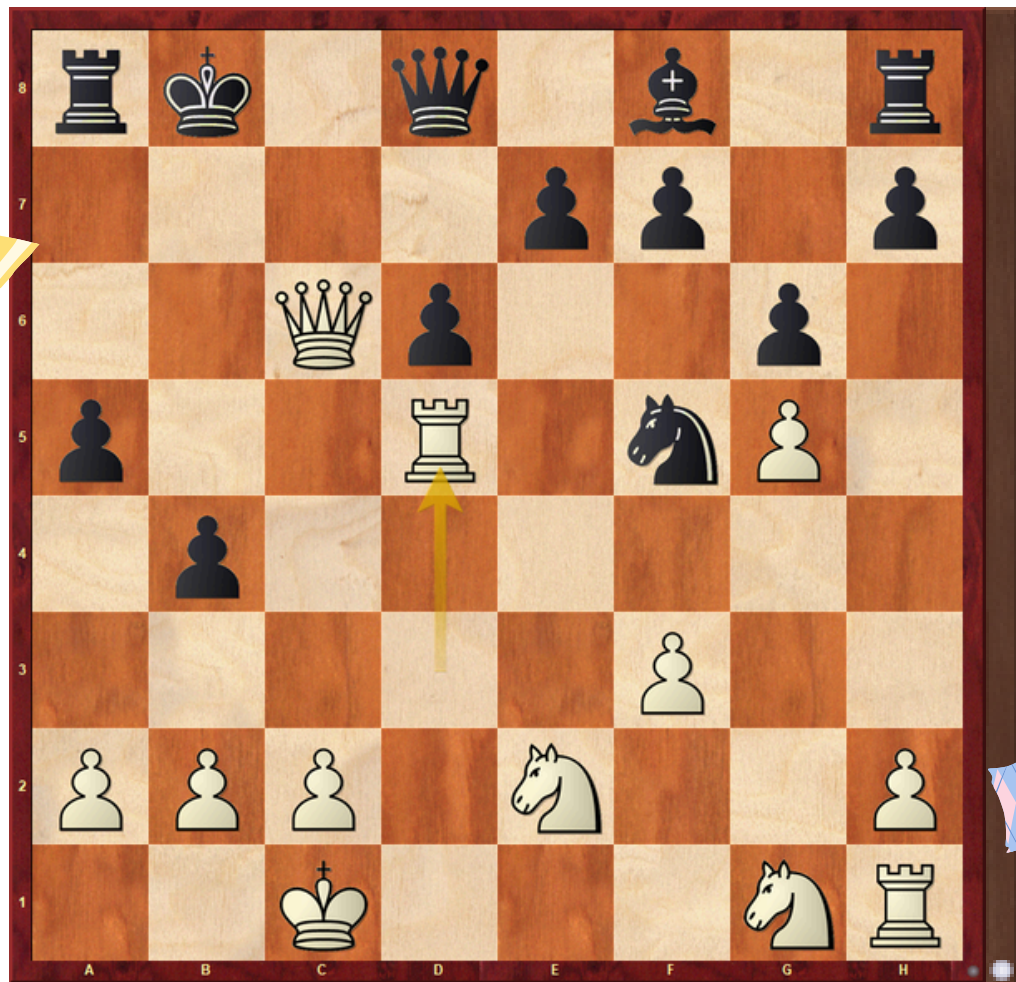
Hands-on Activities: Incorporate hands-on activities such as chess piece manipulation, board setup drills, and physical exercises to reinforce learning and enhance retention.





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OPERATIVE TRAINING TOOLS



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How to do it

The position displayed is the result of a previous exercise that will be carefully analysed and used to show some critical issues affecting inmates.

The aim of the exercise is to show how apparently simple positions with an obvious result can conceal complex backgrounds full of surprises. It will be our task to bring the focus from the position to a more accurate and detailed study of all the aspects present on the chessboard (visible and not), helping pupils to understand how it is possible to find positive solutions even where there do not seem to be any.

Despite White's strong attack with checkmate attacks, the position is perfectly balanced. However, it requires precise play on both sides. If either player decides to force, putting his own structure at risk, he will soon collapse.

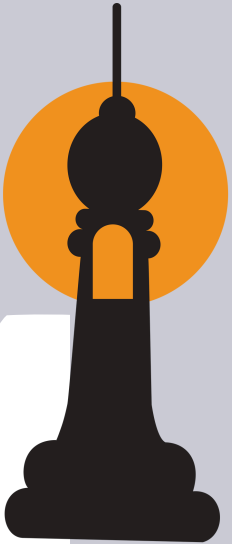
This exercise encapsulates all the elements that should be covered in a prison course.





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OPERATIVE TRAINING TOOLS



Tips and Tools

By incorporating chess boards and pieces, participants engage their tactile senses, coordination, and visualization skills. They must replicate patterns from printed diagrams onto the chessboard, promoting eye-mind movement and patience.

Data on the time taken and challenges encountered are meticulously recorded to refine the program. Memory training involves participants memorizing chess piece configurations, gradually enhancing their memory skills through consistent exercises.

Evaluation is centered on Chess Problems and Studies, enhancing pattern recognition for optimal moves, while implementing behavior traps involves identifying target skills and finding compelling bait to engage learners effectively.





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