

# PROMOTING PHYSICAL ACTIVITY AND SPORTS IN SCHOOLS

BRINGING MORE ACTIVITY AND EXERCISE TO THE SCHOOL DAY

ACTIVITY SQUARE EUROPE



## WHY WE EXECUTE THE PROGRAMME

The new Finnish OPS2016 curriculum guide for schools facilitates the implementation of a more active school day, increases the possibilities for students to take part and encourages the co-operation of teachers. It also encourages collaboration between schools and third sector actors.

The inclusion of the Expansion of the **Schools on the Move program** in the Government Programme for 2016-2018 safeguards resources intended to promote physical activity, while also challenging schools and clubs to work more closely to realise recreational after-school activities. The funding is in 3 years period 21 million euros.

The main goal of Schools on the Move Program is to offer **one hour physical activity during the school day** for every pupil. The current situation with physical activity in primary schools is 22 minutes and in secondary schools 17 minutes.

## WHO WE ARE



VALO is Finnish Sport Federation with 89 members including national federations, regional associations and sports organizations. Sport clubs are members of the national federations. The main funder of Valo and NOC is the Ministry of Education and Culture. VALO works in collaboration with kindergartens, schools, companies and workplaces, including different networks related to sports.



VALO, together with Regional Sports Associations, works closely together with *Schools on the Move program*. The actual work with municipalities and schools is done by the regional sport organizations.

## ENSURING A GOOD DAY FOR CHILDREN THROUGH PHYSICAL ACTIVITY AND SPORTS

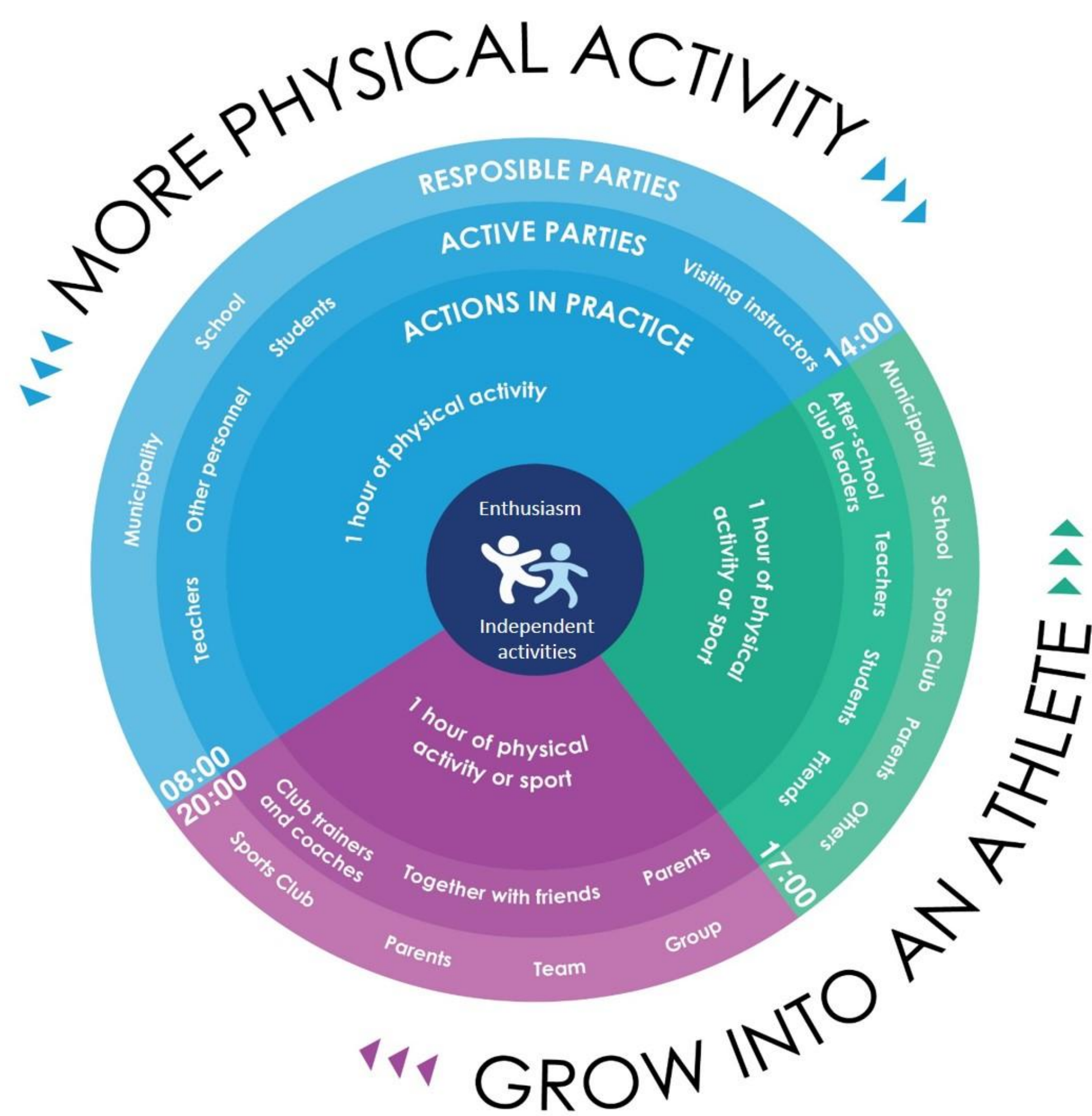
### VISION

Every school-aged child has the opportunity to participate in a diverse range of sports and physical activities during the school day.

As many school-aged children and youth as possible are encouraged to take part in sports and active play in the afternoon.

Sport organisations commit to collaboration in order to support the infusion of sports and recreational activities into the schools

1. ACTIVE AFTERNOONS – together with sports clubs
2. A SCHOOL DAY IN MOTION – sport organizations support active school day
3. OPPORTUNITIES FOR SPORTS IN UPPER COMPREHENSIVE SCHOOLS – combining education and sport
4. WORKING TOGETHER – in national level and local level



## PRELIMINARY RESULTS AND SUCCESS STORIES

- Road map to increase the role of physical activity and sport in schools was made together with national federations and regional sports organizations in 2015 which has increased co-operation between federations (new programs in team sports, racket sports and martial arts).
- VALO and sport federations and regional organizations have campaigns, re-education for teachers and sport specific presentations and events in schools.
- VALO and sport federations have produced materials about afternoon activities.
- Common marketing brochure of all the services sports organizations are able to provide to schools was delivered with Teachers Magazine last August.
- Regional sports associations organize meetings in municipalities together with schools and sports clubs.
- Multisport clubs have been piloted in many municipalities. Clubs enable children to have easy access to a sport activity immediately after school in a familiar and safe environment.

## FACTS AND FIGURES

1550 schools (60% of schools) from 240 municipalities have registered in Schools on the Move Program

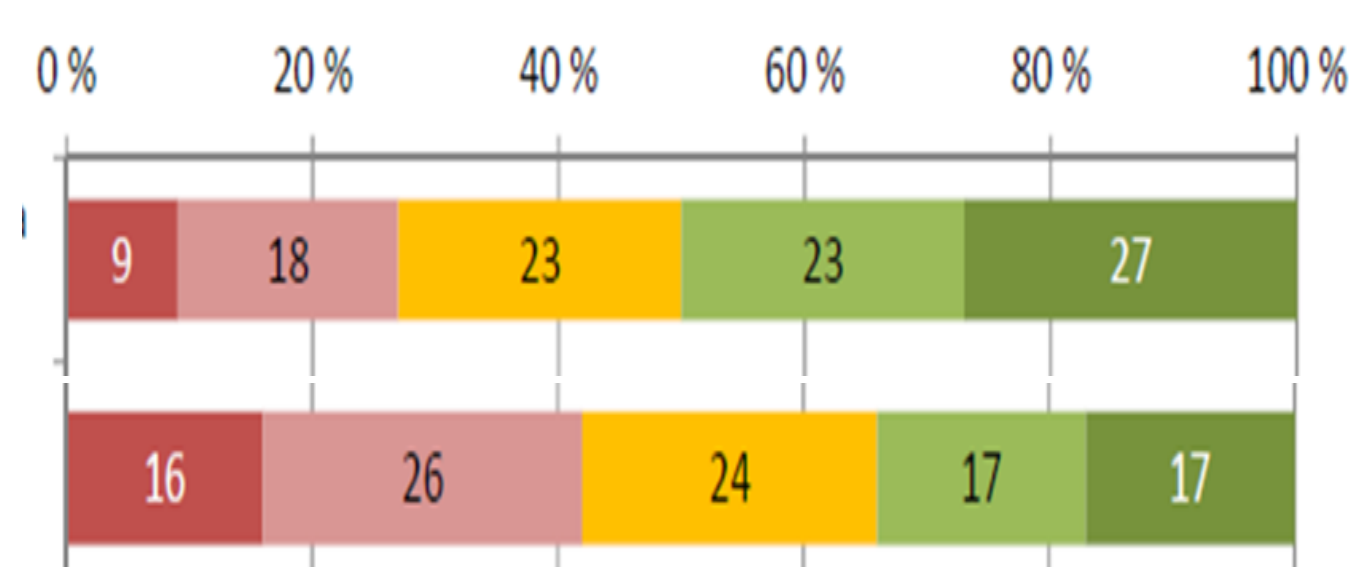
29% of schools co-operate with sport clubs (*School on the Move follow-up 2012*)

22% of pupils take part in afternoon activities – in 5th grade 31%, in 7th grade 20% and in 9th grade 15% (*National survey in 2015*)

Schools self evaluation tool – summary of all schools

Our school has sport related afternoon activities

We co-operate with local associations in afternoon activities



## OUR CHALLENGES

- Lack of co-operation in national and local level
- Inclusion of sport clubs and volunteers
- The supply of afternoon activities doesn't meet the demand
- It is easy to reach the active one's but can we reach less active kids
- The quality of afternoon activities

## CONTACT AND INFORMATION

Websites: [www.sport.fi/koulu](http://www.sport.fi/koulu), [www.liikkuvakoulu.fi](http://www.liikkuvakoulu.fi)

Contact: Jukka Karvinen, [jukka.karvinen@valo.fi](mailto:jukka.karvinen@valo.fi)

Maria Ulvinen, [maria.ulvinen@valo.fi](mailto:maria.ulvinen@valo.fi)

Address: Radiokatu 20, FIN-00240 Helsinki

