

# Finnish Schools on the Move – more active and pleasant school days



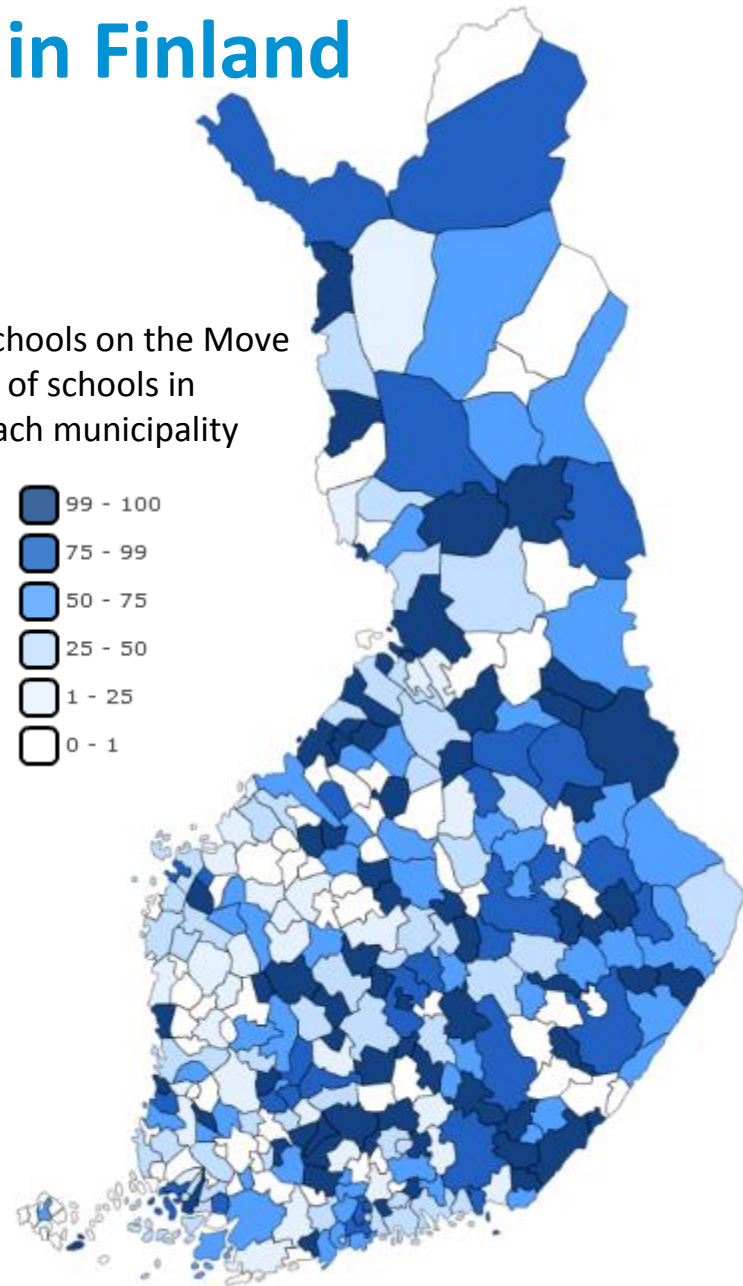
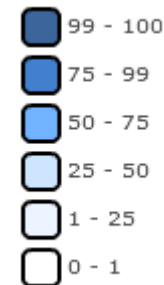
# Schools on the Move in Finland

- Nationwide programme, part of the Government Programme

**1400 comprehensive schools (55%)**  
are now *Schools on the Move*  
(on March 2016)

- Each school carries out their own plans to activate schooldays
- Funding: Lottery funds/ the Ministry of Education and Culture.

Schools on the Move  
% of schools in  
each municipality







- more movement – less sitting
- student participation
- learning



# The change we are looking for?



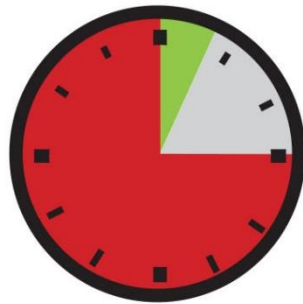


# Starting point: A typical school day

A typical hour for a Finnish student



Primary school  
Grades 1 to 6



Secondary school  
Grades 7 to 9

■ Sedentary time    ■ Light physical activity    ■ moderate-to-vigorous physical activity

**During the school day, a student accumulates:**

› moderate-to-vigorous physical activity: in primary school, 22 min and in secondary school, 17 min

› sedentary time: in primary school, 39 min/h and in secondary school, 46 min/h

**47%** of daily  
sedentary time  
occurs at school





# An active day consists of a variety of components

	More physical activity	Less sedentary time
At school	<ul style="list-style-type: none"> <li>› Active school commutes</li> <li>› Physically active breaks</li> <li>› P.E. lessons</li> <li>› Physical activity during other lessons</li> <li>› Clubs</li> <li>› Possibility for independent physical activity in the school area and premises</li> </ul>	<ul style="list-style-type: none"> <li>› Active breaks outdoors</li> <li>› Breaking up continuous sedentary periods during lessons</li> <li>› Working in standing position during lessons</li> <li>› Operational teaching</li> <li>› More active sitting techniques</li> </ul>
In leisure time	<ul style="list-style-type: none"> <li>› Active school commutes</li> <li>› Active commutes to hobbies and friends' houses</li> <li>› Everyday physical activity</li> <li>› Physically active hobbies and sports</li> </ul>	<ul style="list-style-type: none"> <li>› Less time playing on the computer</li> <li>› Less time watching TV</li> <li>› Fewer transports to school and hobbies or a part of the journey in a more active manner</li> </ul>





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