



Adding physical activity to school day – How Finland did it? National success story: Finnish Schools on the Move

Ministry of Education and Culture



FINNISH NATIONAL
AGENCY FOR EDUCATION

LIKES

Why it is important to focus on schools and education system?

A day of sitting

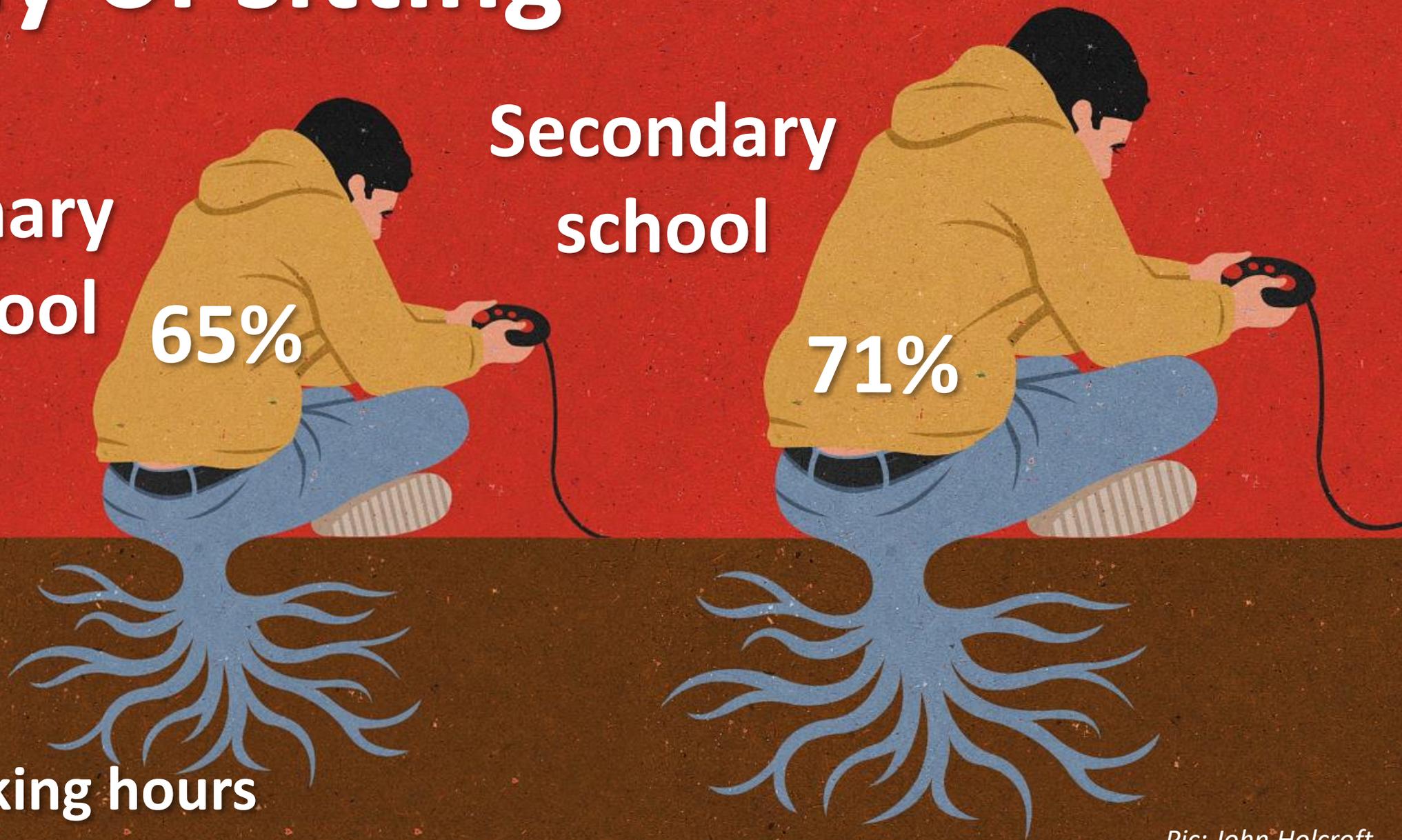
Primary
school

65%

Secondary
school

71%

% of waking hours



The Aim of the Programme

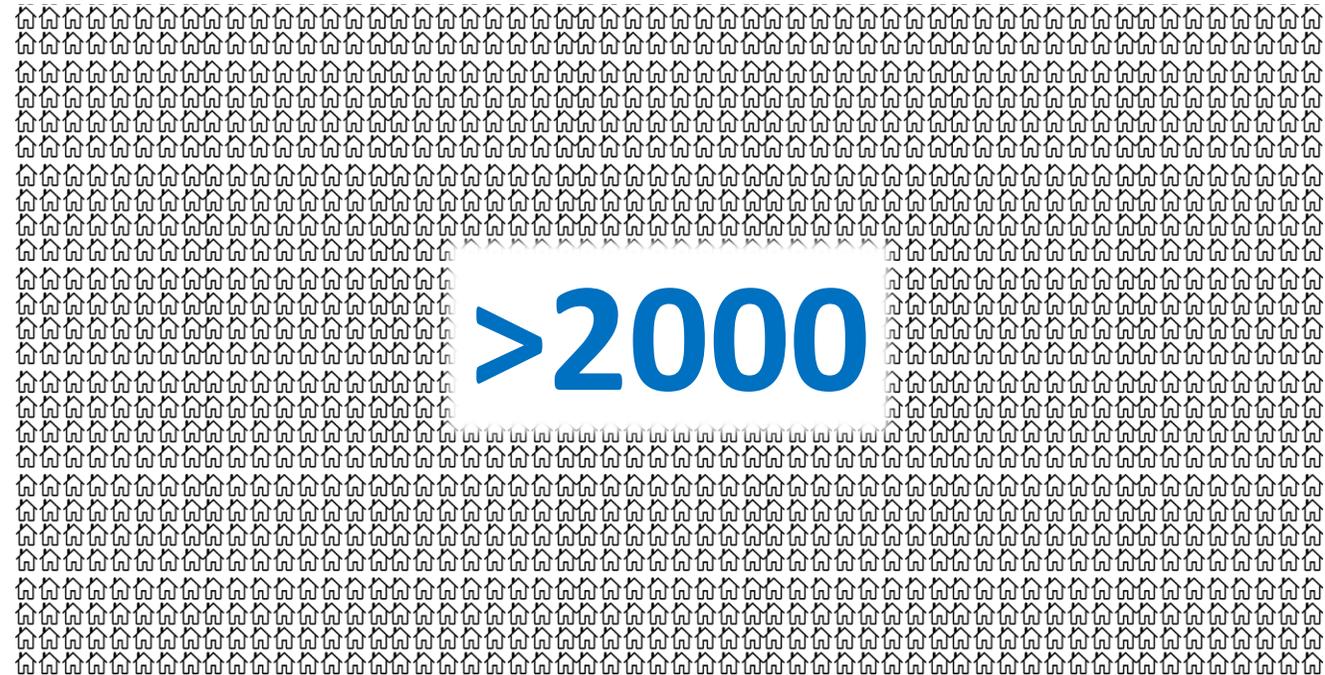
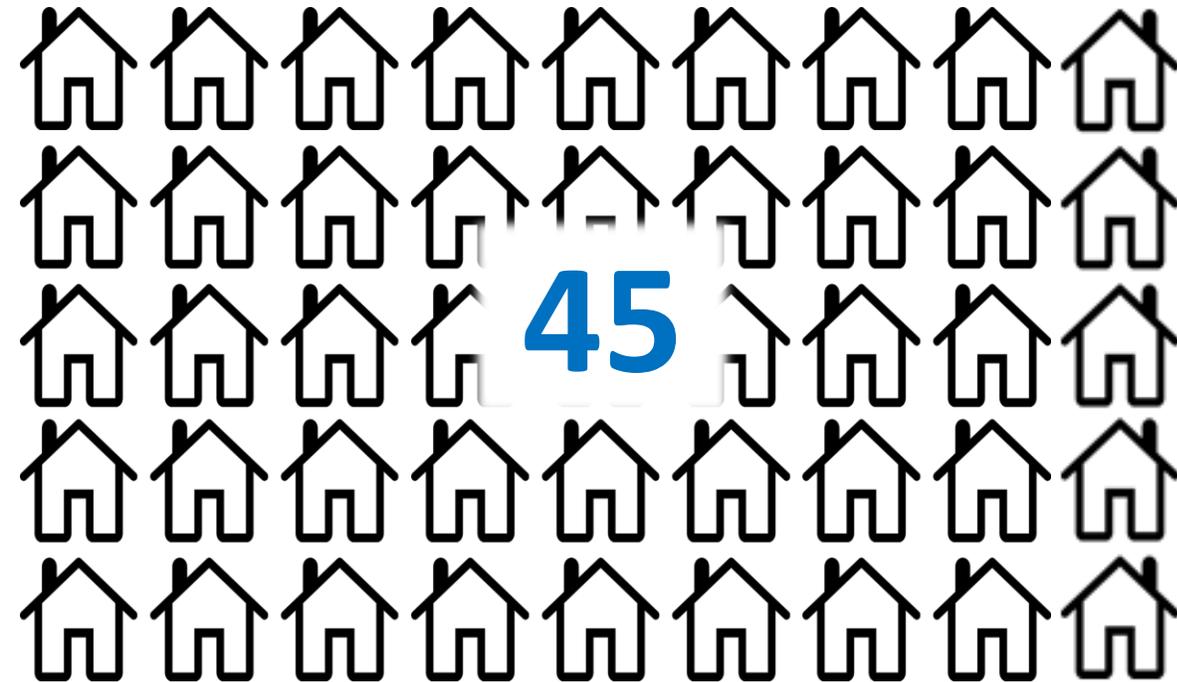
- more movement – less sitting
- student participation
- learning



2010



2020





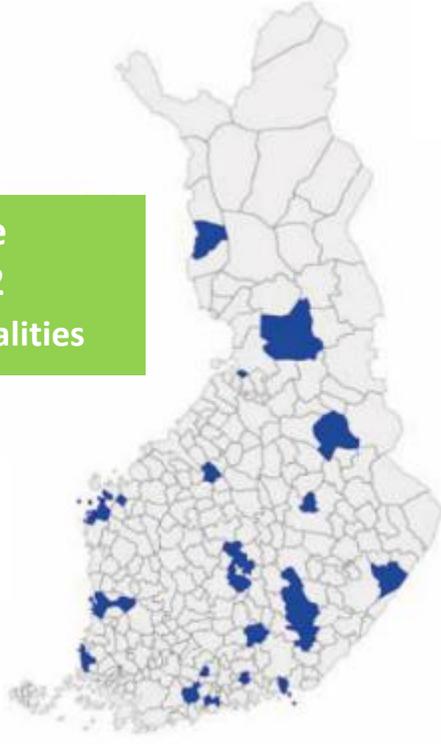
Schools on the Move in Finland

- Finnish Schools on the Move programme has been in the Government Programme (of Finland) three times. In 2016-2018 Government Programme it was one of the Key Projects in the field of knowledge and education.
- The goal of the Government was that "the Schools on the Move project will be expanded across the country to ensure one hour of physical activity each day".
- **2139 comprehensive schools** (90 %) are now involved in the programme (in December 2018)
- Each school carries out their own plans to activate schooldays
- Funding: the Ministry of Education and Culture

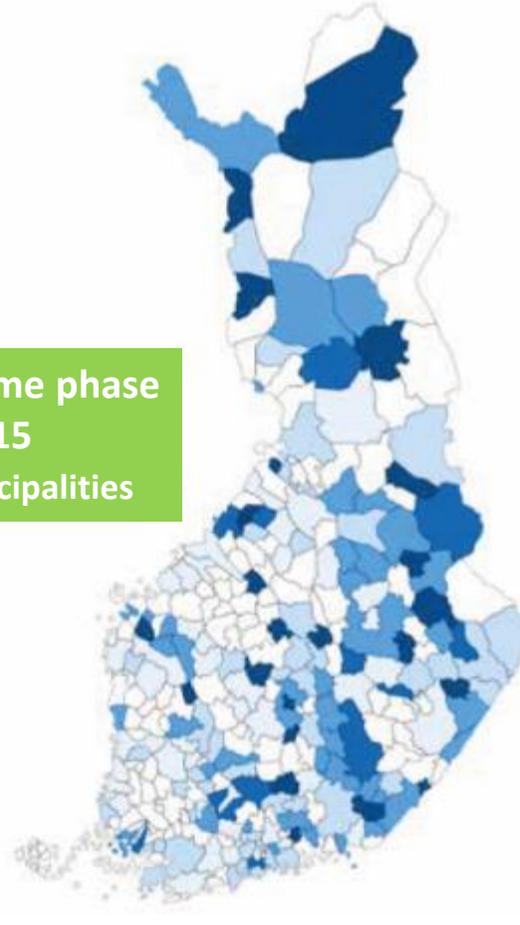


“The Schools on the Move project will be expanded across the country”

Pilot phase
2010–2012
21 Municipalities

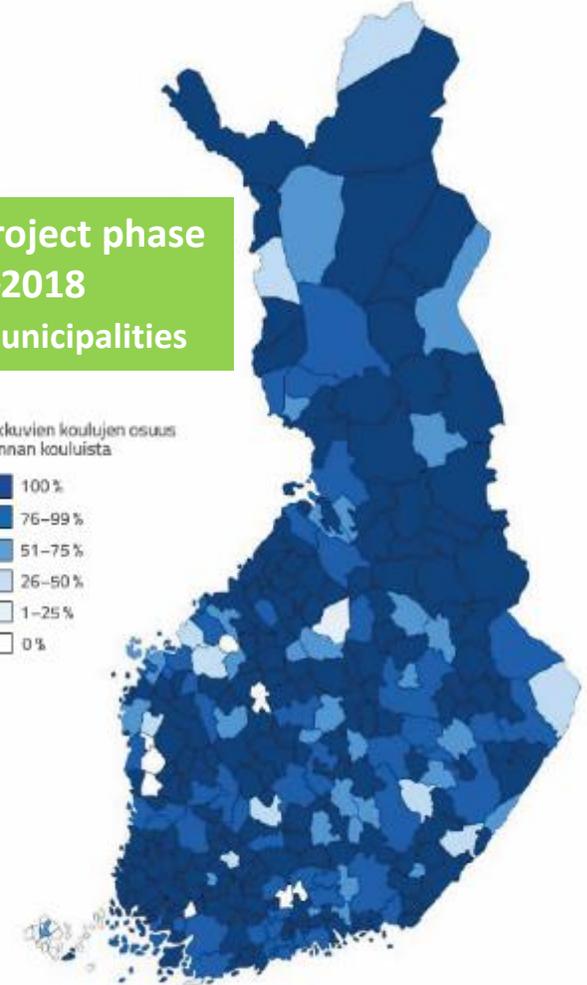


Programme phase
2012–2015
171 Municipalities



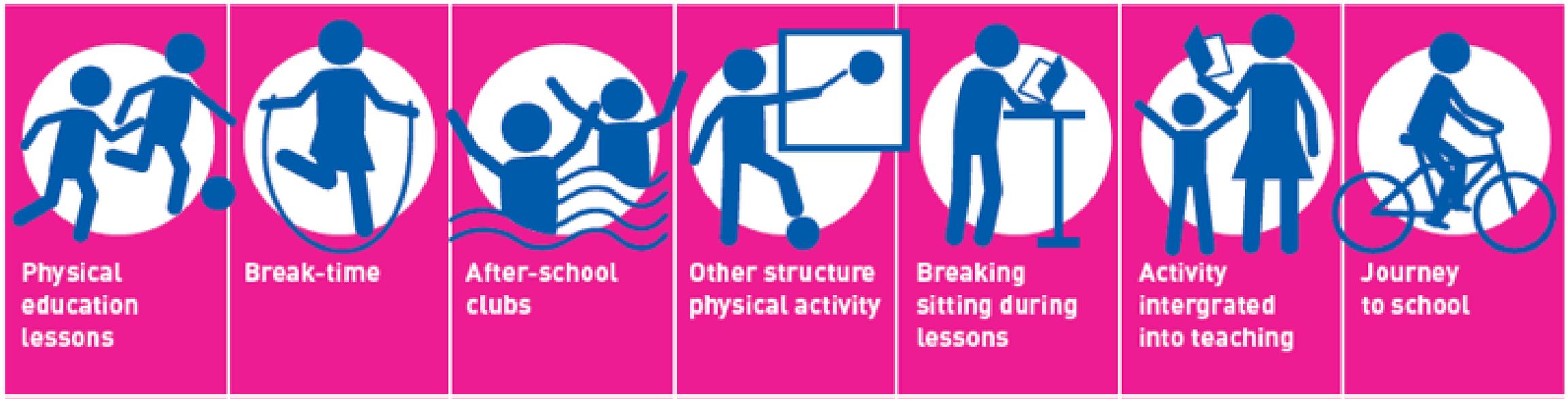
Key Project phase
2016–2018
289 Municipalities

Liikkuvien koulujen osuus
kunnan kouluista



An active school day consists of a variety of components

PHYSICAL ACTIVITY DURING THE SCHOOL DAY INCLUDES THE FOLLOWING:



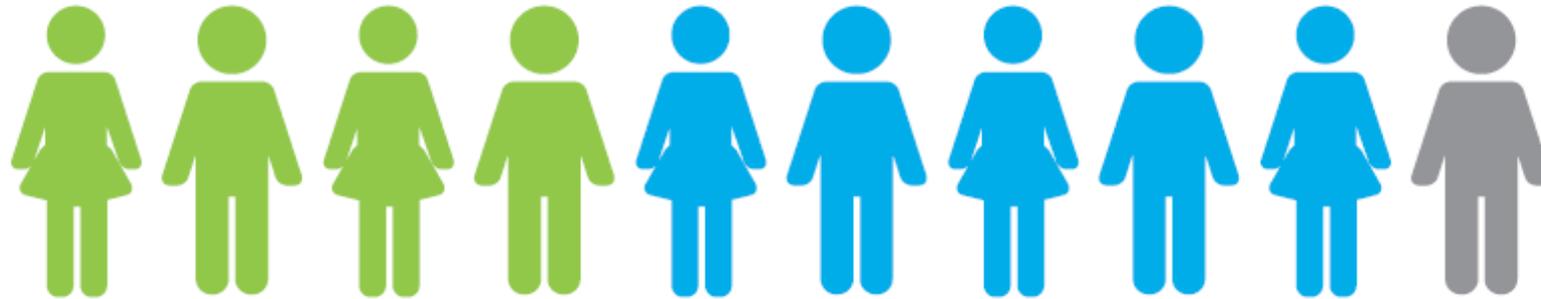
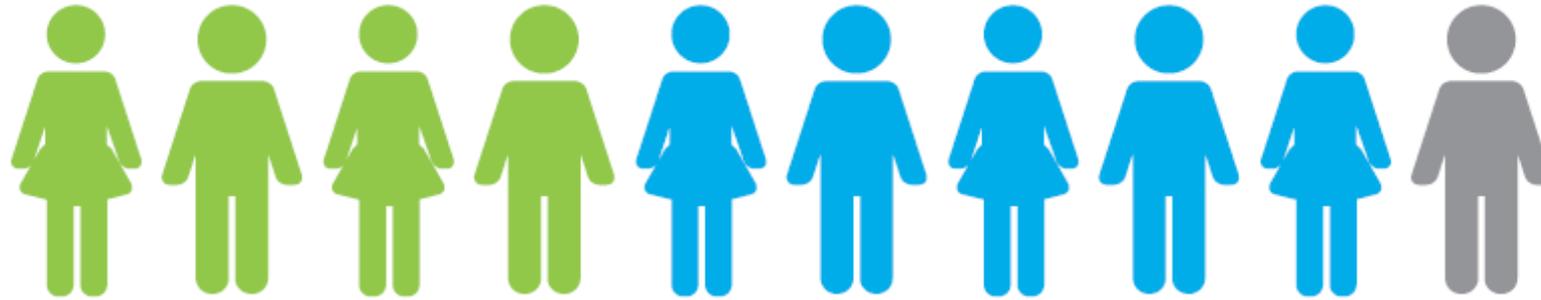
Facts Express 1C/2018: Physical activity during the school day and learning. Summary of the status review. (Finnish National Agency for Education)

Research on Schools on the Move

1. Follow-up of the activities and progress of the programme
2. Research on the topics that are relevant to the aims and implementation of the programme



Meeting the recommendations



■ More than 60 minutes
(according to recommendation)

■ 30 to 59 minutes

■ Less than 30 minutes

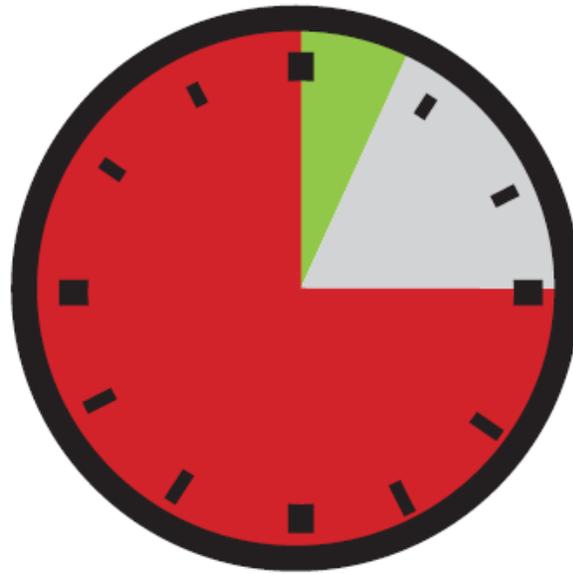
(averages of 1st to 9th graders)

Physical activity during school day

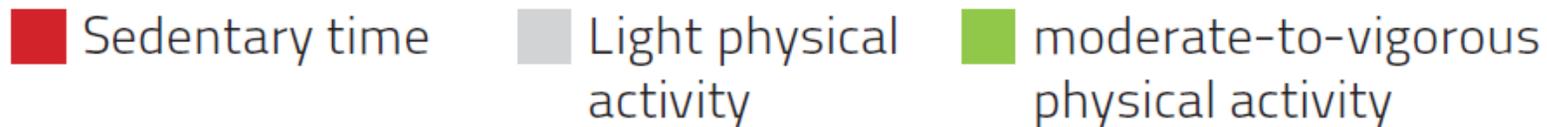
A typical hour for a Finnish student



Primary school
Grades 1 to 6



Secondary school
Grades 7 to 9



Positive changes in pupils' physical activity in the schools involved in the programme

- **Increased physical activity and decreased sedentary time** during the school day among grade 1–6 pupils (accelerometers)
- Small positive changes in overall physical activity and recess activity, **also among the least active students** (surveys)
- More **recess time spent outdoors**, among grade 7–9 students
- More physically **active commuting** to school during winter
- Greater **student involvement** in the planning of school activities

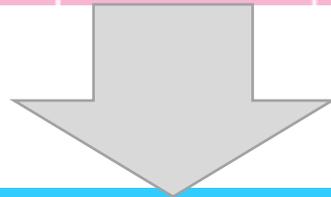
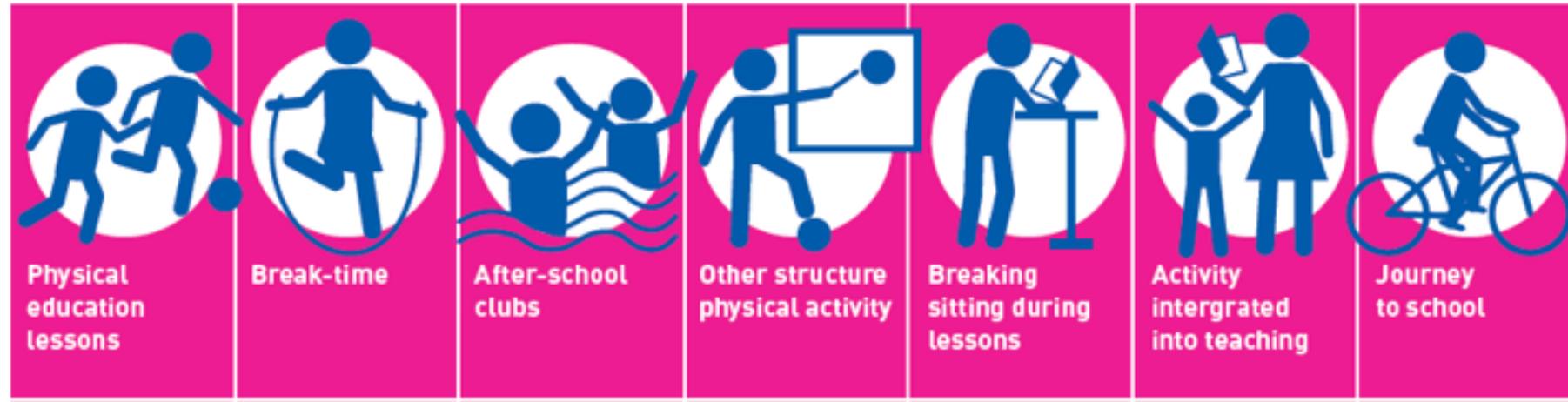


SCHOOLS ON THE MOVE

Student surveys and measurements in Schools on the Move programme in 2010-2015. Likes.

Physical Activity & Learning

Physical activity during the school day and learning



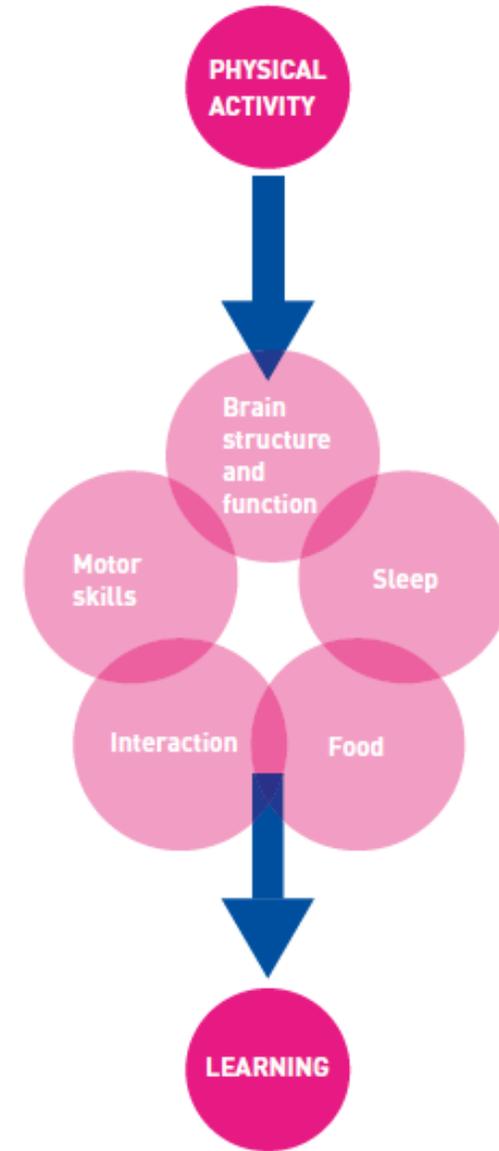
- **Academic performance**
- **Cognition**
- **Class-room behavior**



SCHOOLS ON THE MOVE

School-day physical activity benefits learning in many ways

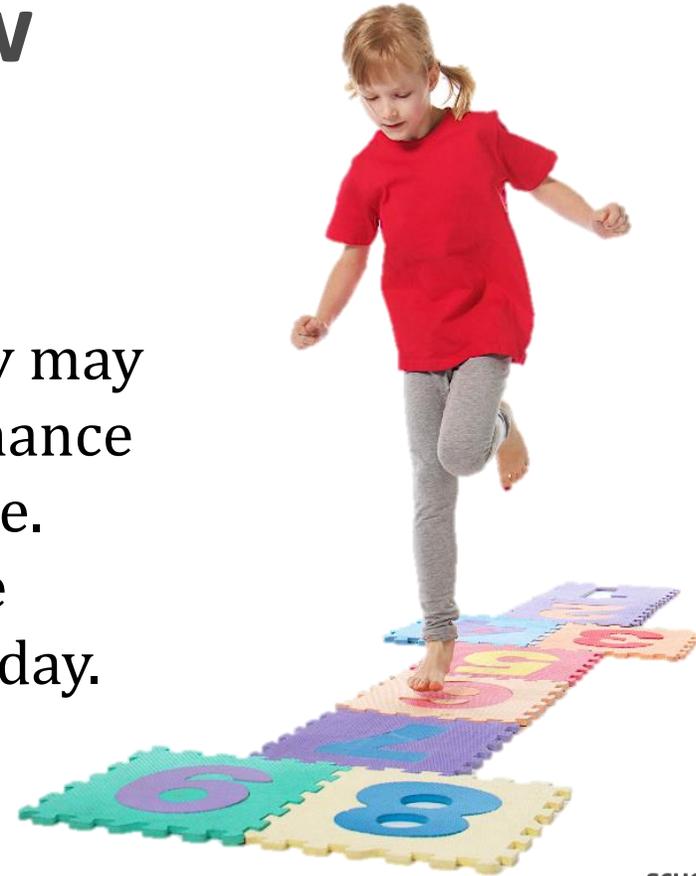
- Enhance cognitive functioning
- Positive effects on social functioning, classroom behavior, time on task, motivation and effort during academic lessons
- Especially **physically active breaks during academic lessons and physical activity intergrated to academic subjects** are associated with good learning outcomes.



Effects of school-based physical activity on mathematics performance in children: a systematic review

Conclusions:

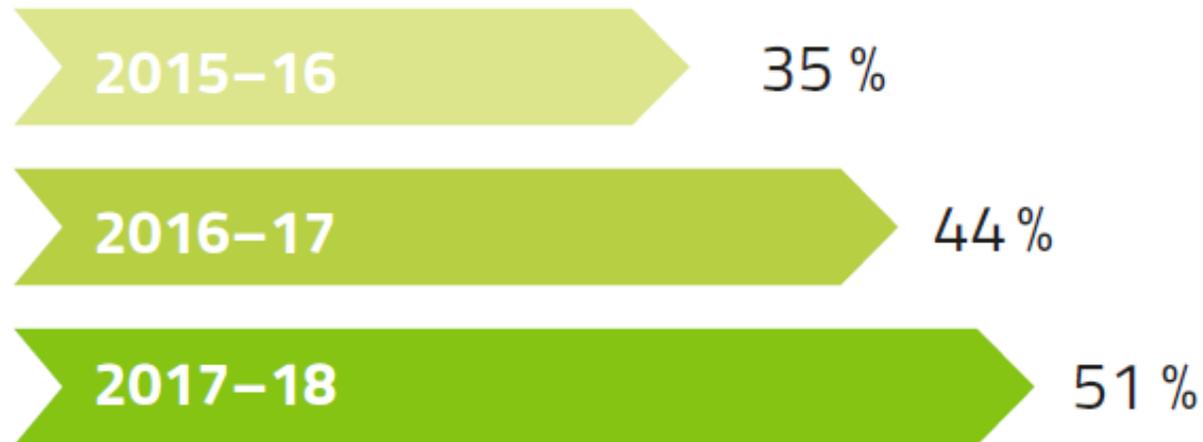
- Adding physical activity to the school day may enhance children's mathematics performance or has no negative effects on performance.
- Several types of physical activities can be recommended to be added to the school day.



SCHOOLS ON THE MOVE

Using movement to support learning has increased in Finnish schools

”Functional teaching methods are used in different subjects”



SCHOOLS ON THE MOVE

Positive changes in Finnish schools

	2019	2017	2015	2013
Measures to promote physical activity during school day	76	74	66	49
Developing of school grounds into inspiring neighbourhood sports facilities	78	77	71	59
Use of indoor sports facilities during school day outside physical education	79	78	70	56
Encouraging pupils to active commuting to school	77	70	65	40
Longer breaks for physical activity	75	70	58	43
Training pupils into physical activity peer activators	74	75	65	45



SCHOOLS ON THE MOVE

Source: TeaViisari Survey, National Institute for Health and Welfare, THL, 2020

Course on Physical activity as part of the school day

The education package is a result of years of teaching. All operations and teaching methods have been tested in a school environment with students.

The participants will get a comprehensive picture of the Schools on the Move activities that were developed in Finland, the integrated research, and new methods of physically active learning.

Changing the operating culture of schools is often easier said than done but according to research, School on the Move activities have been able to change the operating culture of schools in Finland.

Good and well-functioning practices have now been packaged into easy-to-study modules that can be used to create a physically active culture in schools anywhere in the world. The education does not require special equipment - you only need a teacher and students.



Course overview

- **1+4 modules**
 - **10 hours of participant's work (minimum)**
 - **Videos, written material, tasks and questionnaires**
- **1. Course introduction and initial assessment (1h)**
 - **2. Physically active learning in the classroom (3h)**
 - **3. Planning and implementation of functional teaching methods (2h)**
 - **4. Making an active school day possible (2h)**
 - **5. Versatile physical education (2 hours)**

Course module 1

In this module, participants learn to understand the objective of the course package and how to study, and they meet the course instructors.

- 1.1 Course overview
- 1.2 Overview of the Schools on the Move model and active school day research
- 1.3 Assessment of the participants' initial situation (teacher survey)



Course module 2: Physically active learning in the classroom

The concept of physically active learning is presented and divided into different levels. The aim is for the participants to understand the concept of physically active learning and start thinking about changes in the teacher's role. In this section, the students also practice the first steps of physically active learning as part of traditional teaching.

- 2.1 Introduction
- 2.2 Interrupting sitting during lessons
- 2.3 Physically active breaks
- 2.4 Versatile utilization of the classroom
- 2.5 Physically active learning
- 2.6 Spicing up traditional teaching with functional activities



Course module 3: Planning and implementation of functional teaching methods

Reviewing the concepts of the education section 1 and reflecting on the differences and similarities between them and the concept of functional teaching. Explaining what these concepts mean in Finnish schools and discussing the differences in the teaching methods of arts and skills subjects compared to humanities and natural sciences subjects in basic education.

- 3.1 Introduction
- 3.2 The teacher's role
- 3.3 Change in teacher's role
- 3.4 Student engagement



Course module 4: Making an active school day possible

Examining how a physically active school day has been made possible at a Finnish school. Different ways are proposed to promote a physically active school culture in the participants' own schools and the participants are challenged to prepare their own plan for developing the school culture.

- 4.1 The school's operating culture
- 4.2 Structure of a school day
- 4.3 Theme days
- 4.4 School environment that supports physical activity



Course module 5: Versatile physical education

Basic motor skills, i.e. balancing, mobility and tool handling skills, are the cornerstone of the curriculum for Finnish physical education. Various motivating exercises, games and reference games are offered for practicing these skills. The participants get to reflect on the possibilities of the Finnish curriculum in their own environment.

- 5.1 Strengthening basic motor skills
- 5.2 Assessment
- 5.3 Competitions and matches
- 5.4 Sports class model
- 5.5 Being physically active



Meet the trainers

- Mr. Jesse Takala
- Master's in Education, Vice Principal, Primary school teacher
- Expertise on
 - Administration's role on creating a physically active school culture
 - Active School Day –Method
 - Primary Education



- Mr. Samuli Penttinen
- Master's in Sports Sciences, Physical education and classroom teacher, Head teacher in Physical Education in Jyväskylä
- Expertise on
 - Motivating Physical Education
 - Active School Day - Method
 - Active Learning Environments



- Mr. Jon Salminen
- Master's in Sports Sciences, Physical education and primary school teacher
- Expertise on
 - Motivating Physical Education
 - Active School Day – Method
 - Physical Activity's Effects on Cognitions



- Mr. Joonas Niemi
- Bachelor of Engineering in Information Technology, further vocational qualification in Physical Education, licensed Personal Trainer, Manager for the Schools on the Move international concept
- Expertise on
 - Cycling and walking to School
 - School day physical activity model for other countries
 - Health enhancing physical activity for school-aged children



For more information

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