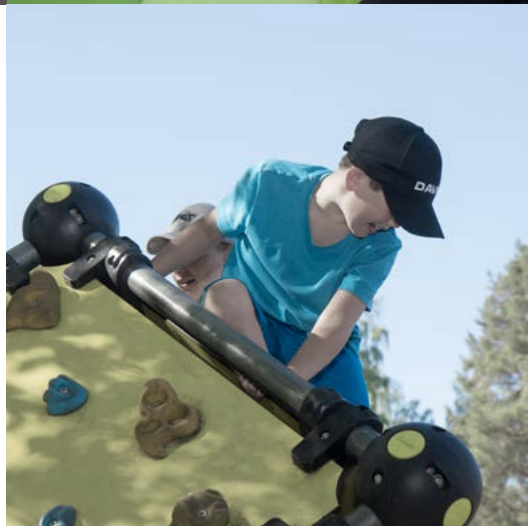


Creating an active school culture



More active and pleasant school days



Schools on the Move is a research-based programme for promoting physical activity in schools. The programme has been developed in Finland since 2010 and has grown from a pilot of 45 schools into a project that covers more than 90 per cent of Finnish schools in basic education.

The Schools on the Move programme has been part of the implementation of the government programme in Finland three times and one of the Government's key projects in knowledge and education between 2015 and 2019.

By adding physical activity to the school day, it is possible to improve not only the health and wellbeing of pupils but also the learning outcomes and school enjoyment and create a peaceful working atmosphere. We are ready to share the best practices, experiences and solutions gained through the development work we have conducted in Finland.

Results

School day PA increased and sedentary time decreased in primary school students in the pilot schools.

Increased PA during recess and throughout the school day – 4% in primary schools and 12% at secondary schools.

More recess time spent outdoors among lower secondary school students.

More physically active commuting to school during winter time.

Proportion of children meeting PA recommendation increased in years 2010-2018 based on surveys.



Concept



The Schools on the Move concept consists of different services related to making the school day more active. These services have been divided into three areas:

Creating an active culture

Adding movement to the school day requires changes in the school premises, official and unofficial rules, values and attitudes. What kind of school encourages children to be physically active? How can the change in the school culture be monitored, supported and managed?

Developing the pedagogy

The pedagogical competence of teachers is the strength of the Finnish education system. How can physical activity be integrated into lessons? How can the school yard and the neighbourhood be used in teaching? How can technology be made use of to add movement to lessons? What kind of support or knowledge do teachers need?

Increasing movement

We have a wide array of measures that immediately add movement to the school day. For example, movement can be created by modifying the structure of the school day and by organising club activities, campaigns or physically active events. What is an activating school yard like? How should break-time physical activity be organised in the school?



Services

- **Research and monitoring** - the preconditions for identifying areas that require development and enable their development.
- **Workshops** - help to establish a physically active culture from the management's point of view.
- **Visiting packages** - hear more about the concept and visit schools at the Helsinki Metropolitan area.
- **Teacher training**, furniture solutions, game platforms, pop up school etc.



Want to hear more about the concept or the services?

We are happy to help!



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