



**LIIKKUVA KOULU**  
skolan i rörelse

# CHANGES AT THE SCHOOLS ON THE MOVE 2013–2015

Students as physically active designers of school activities

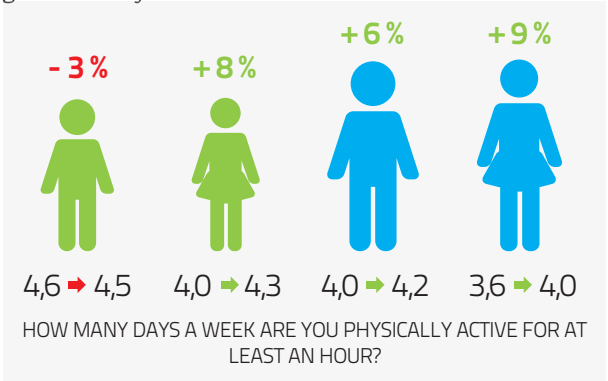


## Main results:

- › The students' physical activity increased:
  - › The number of days involving physical activity in accordance with the recommendations increased, especially among physically inactive secondary school students.
  - › Girls became more physically active during free time, especially those with a low level of physical activity.
- › Secondary school students spent more breaks outside.
- › Break activity increased, especially among physically inactive secondary school students.
- › Active school commutes during winter increased slightly.
- › The students' level of participation in planning school activities continues to be low, even though participation clearly increased during the programme phase.

## An hour of physical activity a day?

The number of days involving physical activity in accordance with the recommendations increased among **primary school** girls and **secondary school** girls and boys.

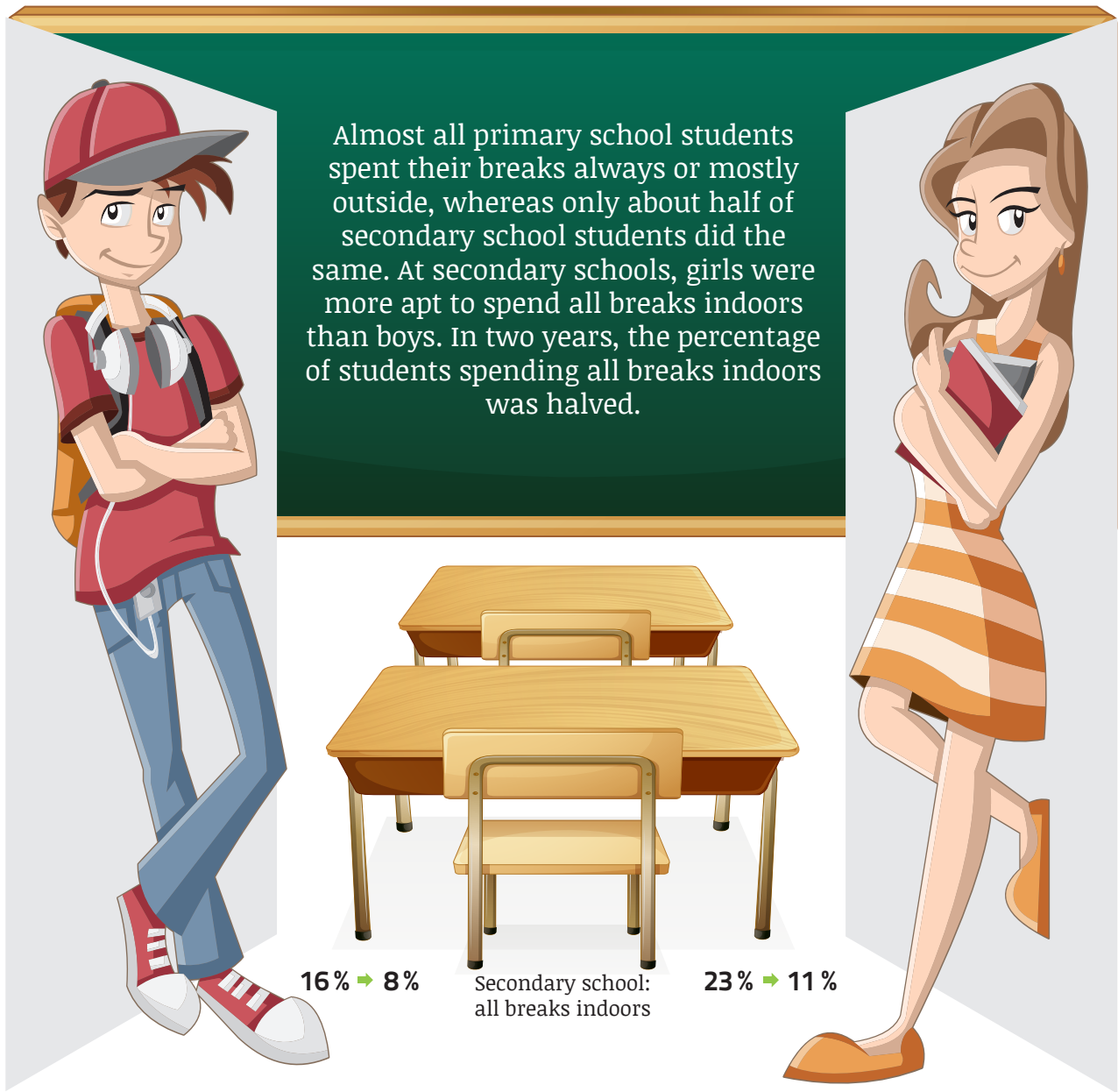


The change was particularly evident in those secondary school students who engaged in physical activity less frequently than on two days a week: their percentage decreased clearly among girls (15% → 7%) and boys (14% → 10%).

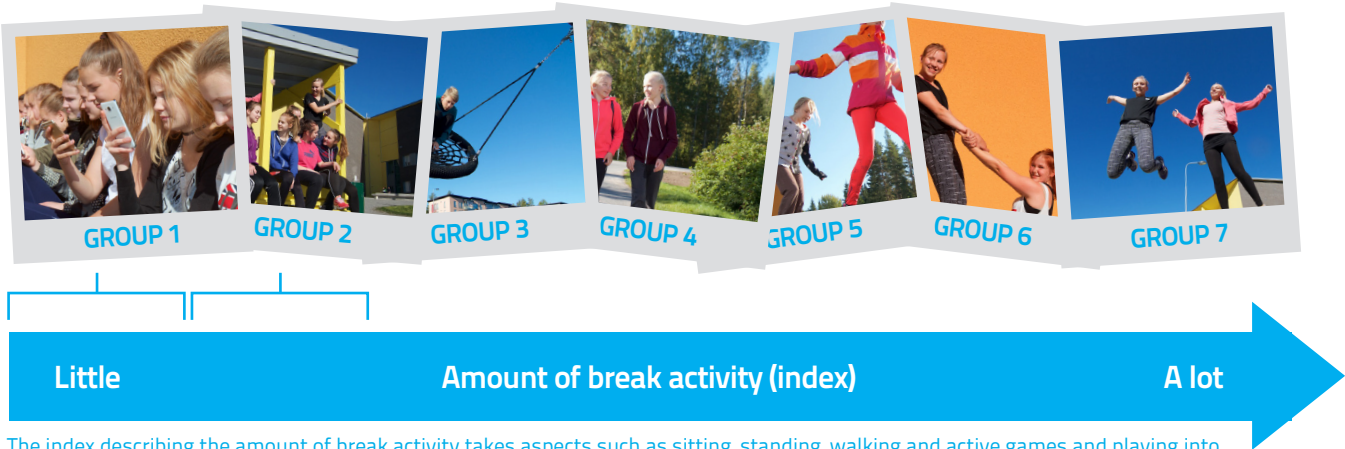
When the students were asked specifically about their amount of free time physical activity, the percentage of girls with less than two hours of activity decreased at primary schools (24% → 16%) and secondary schools (29% → 24%).

Physical activity recommendation for schoolchildren: 1-2 h per day

## Secondary school students spent fewer breaks indoors



# Break activity increased the most among physically inactive secondary school students



The index describing the amount of break activity takes aspects such as sitting, standing, walking and active games and playing into account. The students were divided into 7 groups based on their amount of break activity.

During the monitoring period, the average amount of activity among both girls and boys increased slightly, by 4% at primary schools and 12% at secondary schools. Break activity increased the most among physically inactive secondary school students (groups 1 and 2 of the illustration).

## School commutes

**In winter**, the amount of active school commutes increased slightly at secondary schools (78% → 81%) and primary schools (68% → 76%) among students living less than 5 km away from school.

Twice as many boys as girls commuted to school by bike in winter. Even though girls were more apt to walk than boys, boys were more active in school commutes in winter.

33% of secondary school students and only 11% of primary school students lived more than 5 km away from school. Almost all of them rode a motorised vehicle to school.



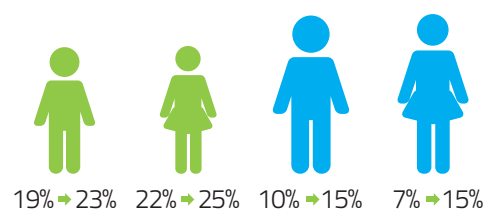
**In spring and autumn**, 90% of primary school students and 80% of secondary school students living less than 5 km away from school commuted to school on foot or by bike. More than half of the students rode a bike to school.



## Student participation

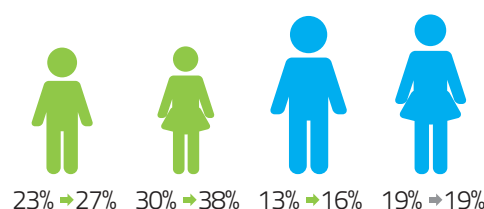
### Planning school facilities and yard areas

Secondary school students participated in facility planning less than primary school students. The percentage of secondary school students participating in planning increased by half: from slightly less than 10% to 15%. The most significant change took place among secondary school girls.



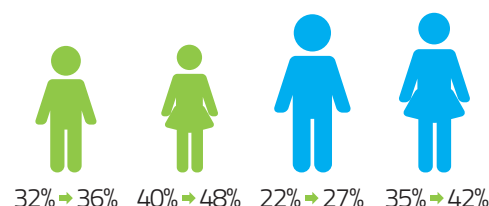
### Planning break activities

About one third of primary school students and slightly less than one fifth of secondary school students participated in planning break activities at their school. Participation increased especially at primary schools. Primary school girls were the most apt to participate in planning break activities.



### Arranging theme days, parties and trips

The students' participation in arranging various events at school increased at both primary schools and secondary schools. Girls were more apt to participate in arranging events than boys.



## The goal, design and materials of the study

- › Student surveys were used to monitor changes in students' physical activity and participation in activity planning during a period of 2 years at schools involved in the Schools on the Move programme.
- › The student surveys were carried out at the schools in the spring of 2013, 2014 and 2015. Students in grades 4-9 answered the questionnaires anonymously. The survey was conducted at the same schools three times in one-year intervals. The students at the schools changed, so the surveys monitored the situation at each school and changes in it for 2 years.
- › The schools selected for the study were involved in the Schools on the Move programme since the autumn of 2012. The materials of this study include those 24 schools in 13 municipalities across Finland at which at least 50% of the students participated in the survey at all the time points. Additionally, the monitoring included 14 schools in 2 municipalities that did not meet these monitoring criteria. The questionnaire was answered by a total of 2,630 students, 1,692 of whom were in grades 4-6 and 938 in grades 7-9.

Tuija Tammelin, Jouni Kallio, Katja Rajala, Harto Hakonen & Kaarlo Laine. Changes at the Schools on the Move. Students as physically active designers of school activities. LIKES – Research Center for Sport and Health Sciences, 2016.



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