



Students on the Move – increasing sense of community and study ability



LIIKKUVAOPISKELU.FI



Schools on the Move expands to upper secondary and higher education



The aim of the Students on the Move activities is to

- increase physical activity among students and improve their capacity to study
- develop an operating culture that supports activity in educational institutions
- increase cooperation between different actors.

In our school, the teachers and students really are enthusiastic about increasing physical activity. We launched tutoring for physical activity and it is already well under way.

A principal

HOW TO GET STARTED?

- All educational institutions can register free of charge: liikkuvaopiskelu.fi
- Every educational institution and student community implements more active days in its own way
- The Students on the Move Self-Evaluation Survey helps educational institutions to assess the initial situation and to choose the measures
- Students and members of the personnel should be involved in the planning of the activities
- It is possible to start even from something very small and a lot can be done without any extra resources

WHAT ARE THE BENEFITS OF INCREASING PHYSICAL ACTIVITY?

Increasing the level of activity supports learning, participation and the sense of community. By increasing physical activity, it is possible to improve the capacity to study and work and to reduce musculoskeletal problems.

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It would be a good idea to tell everyone to stand up and stretch their legs for a moment half-way through the lesson.

It only takes a couple of minutes and improves concentration.

A Student

Ideas for more active studying



Conditions that support physical activity
(e.g. freer use of sports facilities)



Students activating their peers
(e.g. peer tutoring in physical activity)



Activity-based teaching



Breaking up sedentary time during lessons



Physically active commutes to places of study



Break times that encourage physical activity

STUDENTS ON THE MOVE SELF-EVALUATION SURVEY FOR EDUCATIONAL INSTITUTIONS

The Students on the Move Self-Evaluation Survey helps educational institutions to choose the right targets of development. The tool will enable you to assess the current state of the activities in your educational institution. You will receive a visual summary of your answers and can monitor your progress by using the tool, for example, every academic year.

THIS IS HOW IT WORKS

1. The tool is free of charge for the educational institutions that have registered. Registration can be done online at liikkuvaopiskelu.fi
2. It is recommended that you carry out the self-evaluation as group work.
3. Save the answers of your educational institution in the electronic form.
4. In two months' time, you will receive a visual summary of your results.
5. The self-evaluation survey should not remain an assessment of the initial state. For example, if you complete the survey once a year, you can monitor the progress of your activities.

SCHOOLS ON THE MOVE IS THE GOVERNMENT'S KEY PROJECT

The Students on the Move activities are part of the Schools on the Move programme which is one of the Finnish Government's key projects on knowledge and education. The aim of the activities is to increase students' physical activity and improve their capacity to study.



Ministry of
Education
and Culture



FINNISH NATIONAL
AGENCY FOR EDUCATION



SCHOOLS ON THE MOVE