



Rialtas na hÉireann
Government of Ireland



Finnish Schools on the Move – programme

More active and pleasant school days

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i-parc.ie

#IPARC



[@IPARC_1](https://twitter.com/IPARC_1)

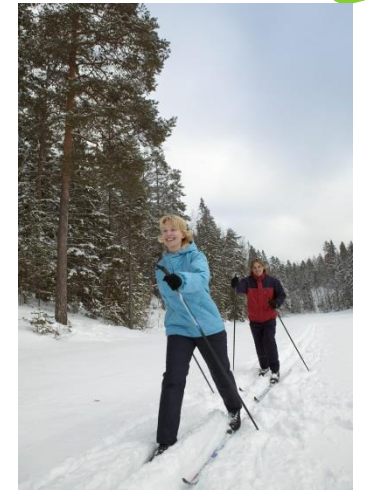
A background image showing two women walking away from the camera on a snow-covered path. The scene is dimly lit, suggesting dusk or dawn, with snow-covered trees and buildings in the background. The overall tone is cool and serene.

Structure of the presentation

- Introduction for Schools on the Move -programme
- Elements of physically active school
- Research and results
- Physical activity and learning

Finland in brief

- population 5.5 million (18 inhabitants / sq. km)
- two official languages: Finnish and Swedish
- persons with foreign background: 6.2 % of the population
- education level of the working age population
 - 11 % basic education
 - 44 % upper secondary education
 - 45 % tertiary education



Education administration: Two-tier national administration

Ministry of Education and Culture

- Education policy
- Preparation of legislation
- State funding

Ministry of Education and Culture

Finnish National Agency for Education

- National development agency
- National core curricula & qualification requirements
- Support for evidence-based policy-making
- Support for reform and development
- Services for learners
- Supporting internationalisation



FINNISH NATIONAL
AGENCY FOR EDUCATION



SCHOOLS ON THE MOVE

Finnish Early Childhood and Basic Education System



0-6-year-olds
Early childhood
education and
care (voluntary)



6-7-year-olds
Pre-primary
education
(compulsory)



7-16-year-olds
Basic education
(compulsory)



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



A day of sitting

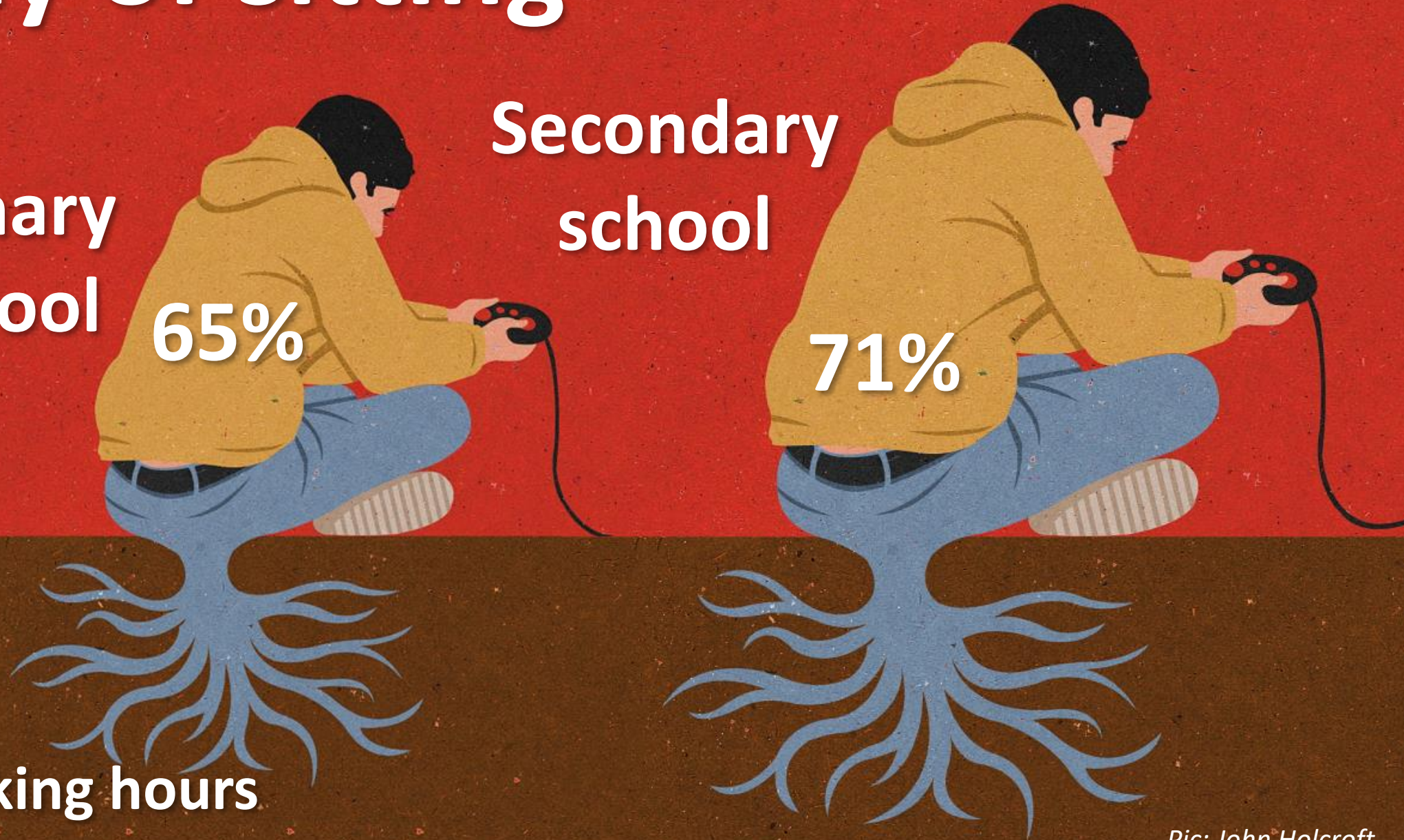
Primary
school

65%

Secondary
school

71%

% of waking hours





The Aim of the Programme

more movement – less sitting
student participation
learning

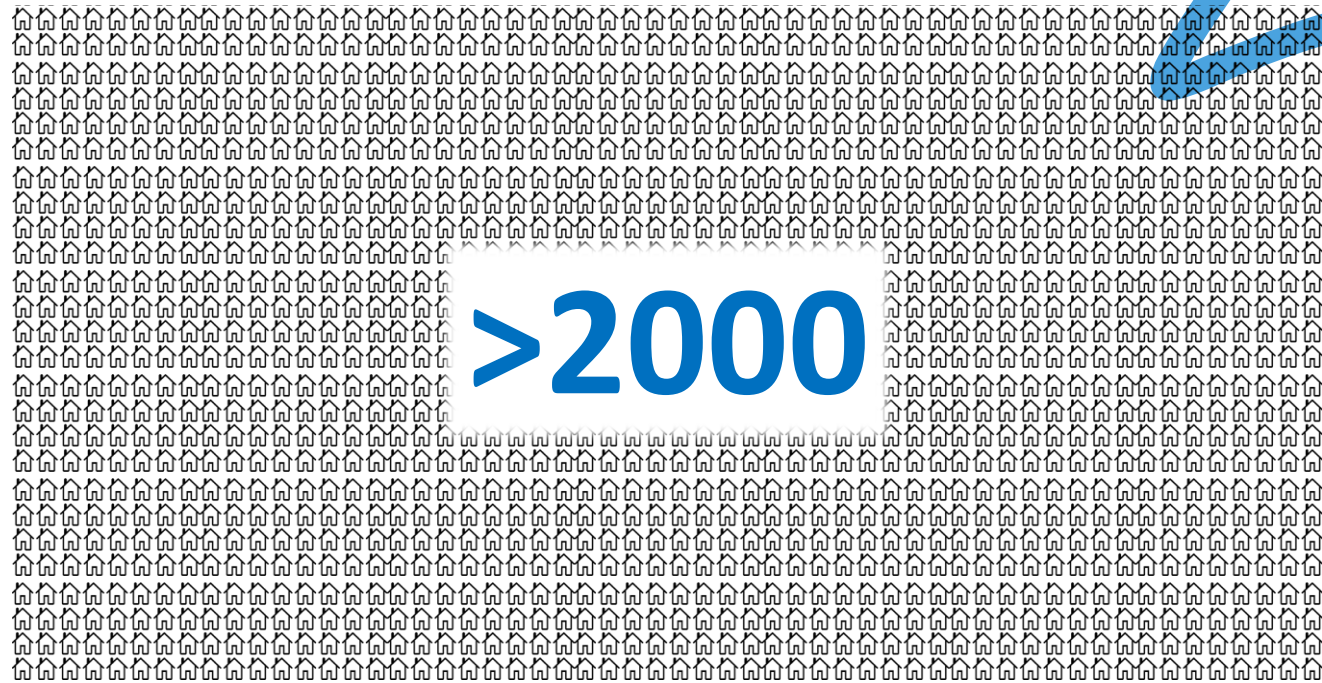
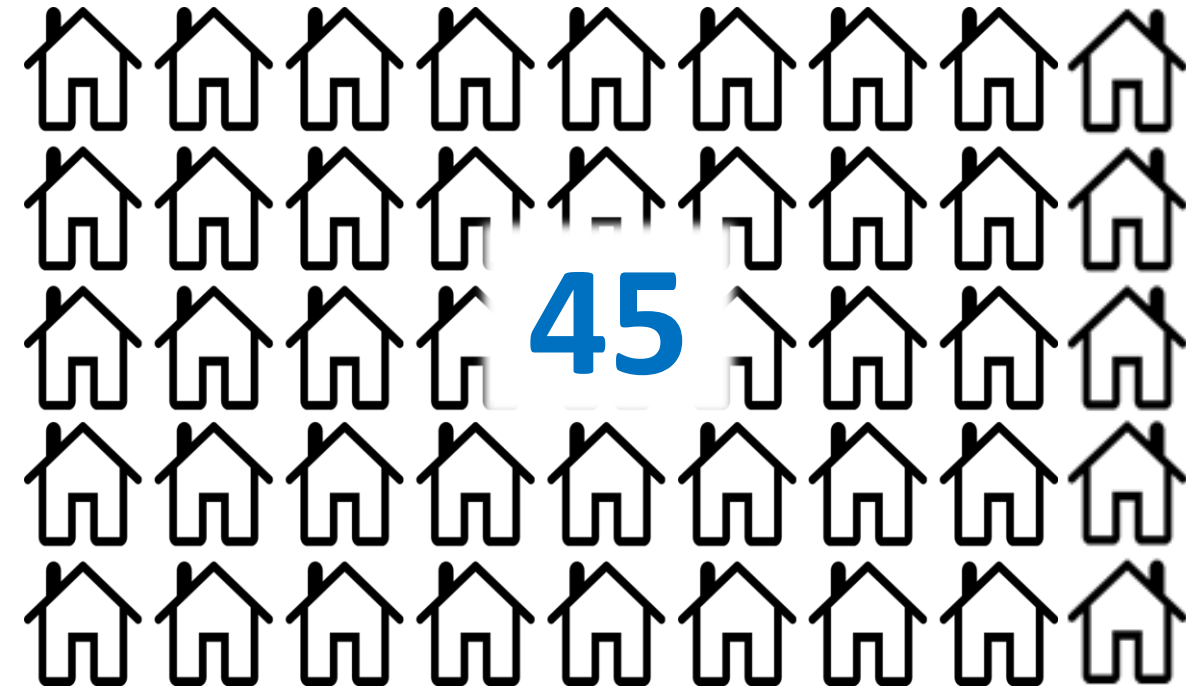
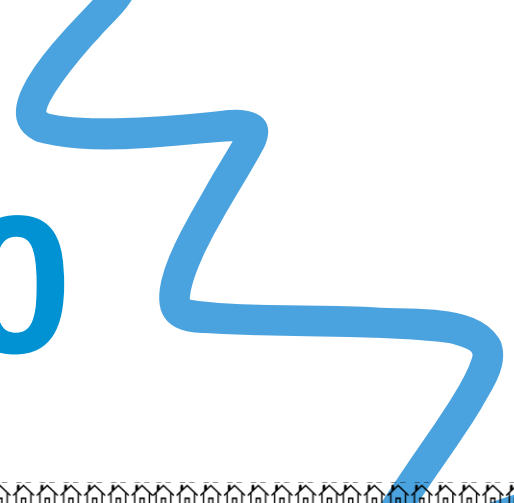


SCHOOLS ON THE MOVE

2010



2020



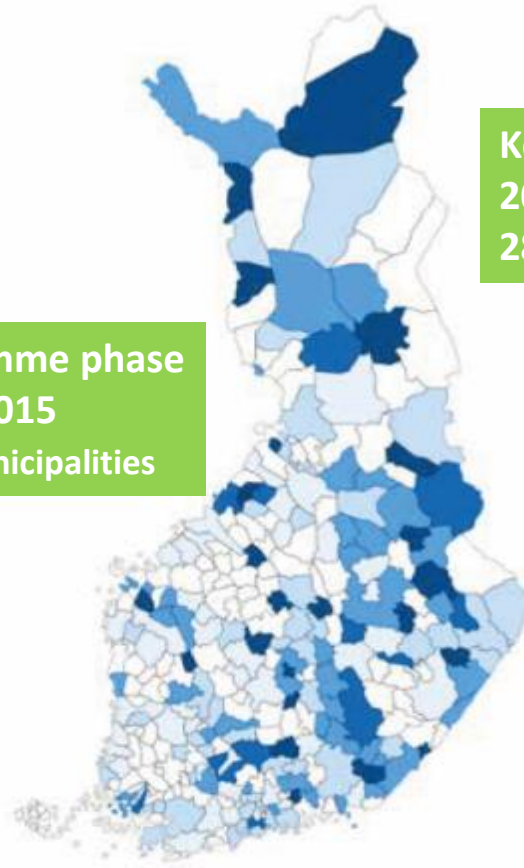
SCHOOLS ON THE MOVE

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

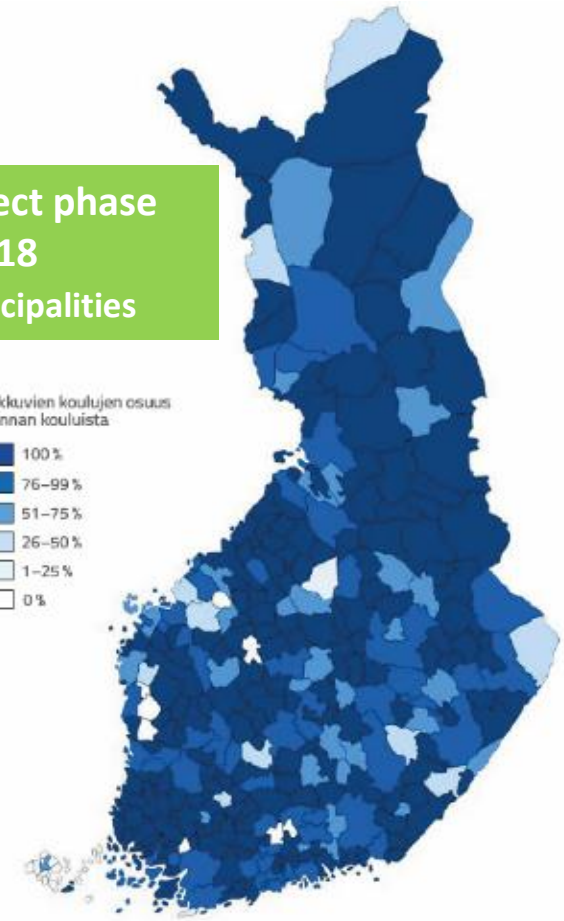
Pilot phase
2010–2012
21 Municipalities



Programme phase
2012–2015
171 Municipalities



Key Project phase
2016–2018
289 Municipalities



Schools on the Move in Finland

- Finnish Schools on the Move programme has been in the Finnish Governmental Programme four times. In 2016-2018 programme it was one of the Key Projects in the field of knowledge and education.
- Government goal 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 %) were involved in the programme (in December 2018) -> **2 041 (92%) today**
- Each school carries out their own plans to activate schooldays
- Funding: the Ministry of Education and Culture



SCHOOLS ON THE MOVE



Schools on the Move family

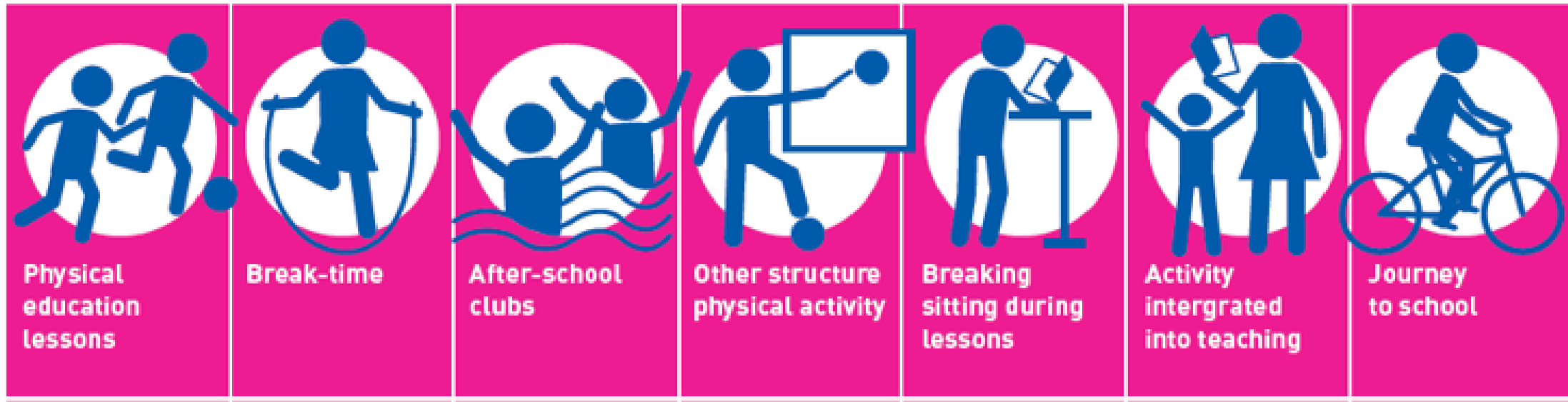
Joy in Motion in early childhood care

Students on the Move in secondary and higher



An active school day consists of a variety of components – a whole school approach

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)



Role of the PE in School on the Move?

- Physical education lessons are basics of pupils physical activity at school
- Role of the PE teacher is important
- Although 2-3 lessons at week isn't enough for pupils physical activity
- Fundamental movement skills as a basics of Finnish PE



SCHOOLS ON THE MOVE



Each school carries out their own plans to activate schooldays: Ylivieska, School of Ranta



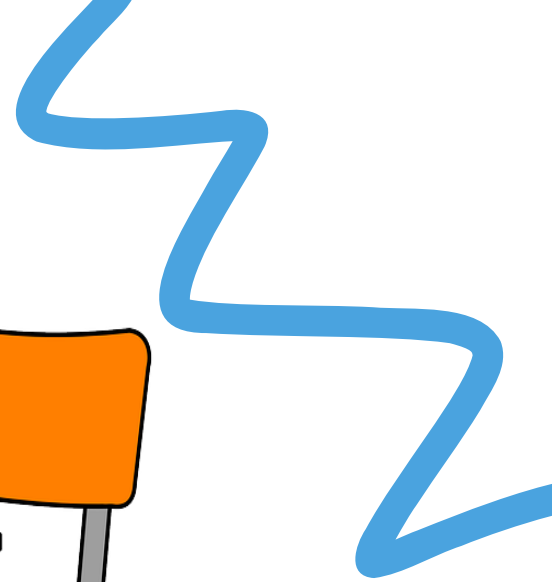
Elements: Outdoor learning





SCHOOLS ON THE MOVE

1. Decrease
2. Break
3. Vary



Elements: Breaking sitting during lessons





”Bikefriday”

”Keväällä perjantaisin on saanut pyöräillä välkällä, pojat ovat innostuneet keulimisesta. Oppilaskunnan hallitus pyysi oppilailta ideoita viihtyvyyden lisäämiseksi, yksi idea oli pyöräily välkällä (kielletty yleensä). Niinpä päätettiin järjestää pyöräperjantai. Ensimmäinen perjantai meni niin hyvin, että opet päätti jatkaa seuraavalla viikolla.”

Picture and text:

Eerika Laakso, School of Viitoja

The slide features several decorative elements: a large blue shape in the top-left corner, a green wavy line in the top-right corner, a blue wavy line in the bottom-left corner, and three blue diagonal lines to the left of the main text.

Programme research and results



SCHOOLS ON THE MOVE

Aims of the follow-up and research

Increase knowledge on children's physical activity

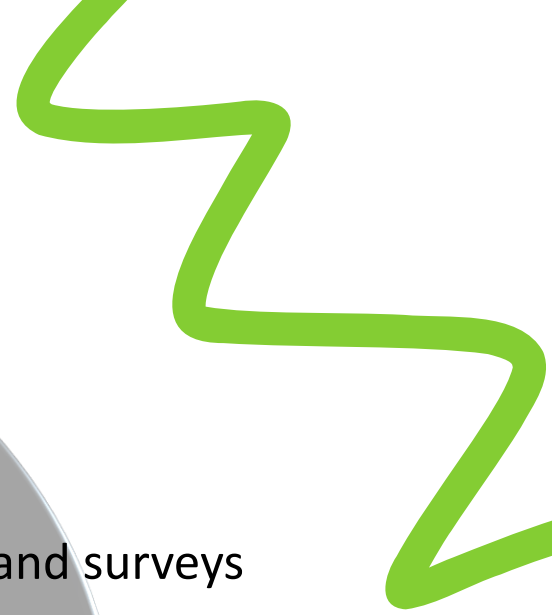
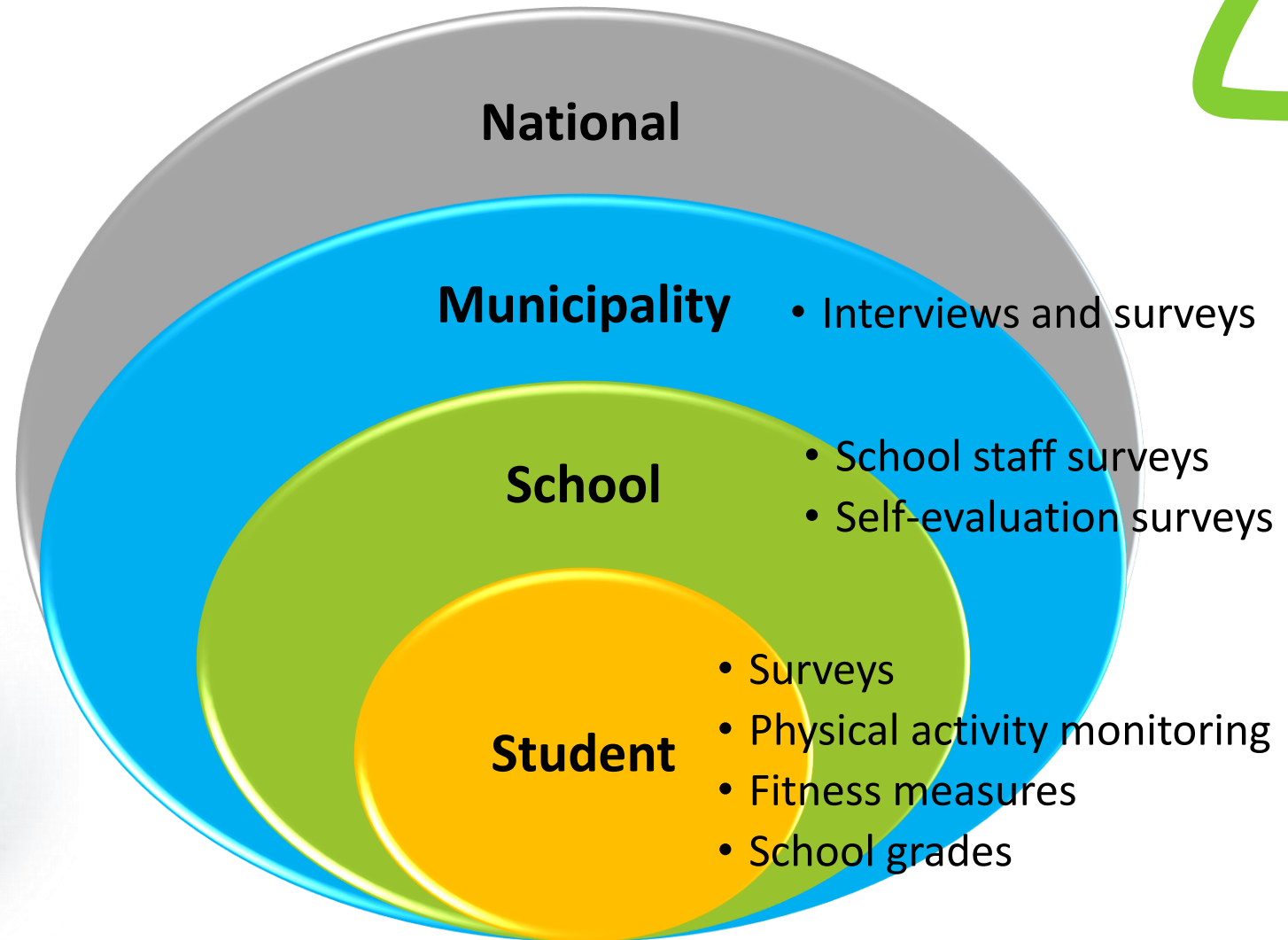
Collect and evaluate the experiences and views of the actors

Evaluate the progress and the effects of the programme

- Feedback to funders and actors at different level
- Development of the programme



Follow-up of the programme



Research topics

- **Physical Activity**
- **Learning**
- **Participation & involvement**
- **School enjoyment**
- **Processes**

Presentations - slideshare


Brochures - summaries

Reports

Thesis

Scientific papers

Physical activity (PA) – student surveys and PA monitoring

YEAR	SCHOOLS INVOLVED	MEASUREMENTS	RESULTS ON PHYSICAL ACTIVITY
2010–2012	45 	accelerometer measurements, 6 schools	<ul style="list-style-type: none"> • School day PA increased and sedentary time decreased in primary school students.
2013–2015	> 800	Repeated surveys in 36 schools involved in the programme	<ul style="list-style-type: none"> • 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. • Greater student involvement in the planning of school activities.
2016–2018	> 2000	National level surveys from 2010 and accelerometer measurements from 2016 onwards.	<ul style="list-style-type: none"> • Proportion of children meeting PA recommendation increased 5% in boys (30% => 35%) and 11 % in girls (18=>29%) from 2010 to 2018 based on surveys. (11 to 15 y)

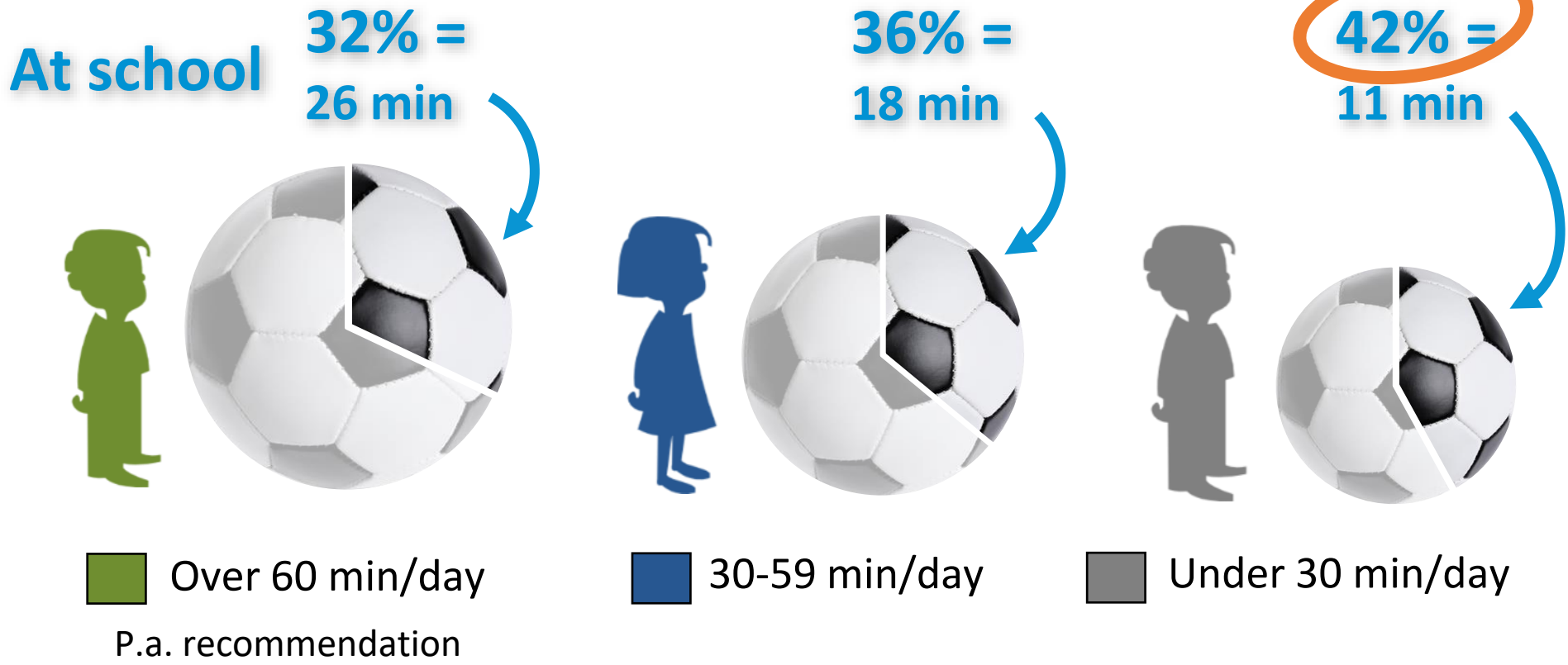
FAVORABLE CHANGES

Positive changes have been observed in physical activity.

However, still more effective promotion actions are needed in the future to increase physical activity and decrease sedentary behaviour.



Physical activity during a school day is most meaningful for those who move least



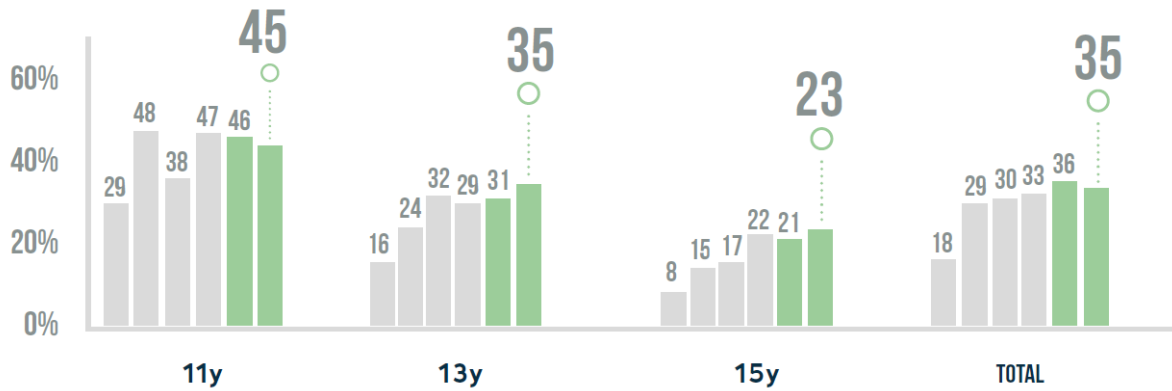
Tuija Tammelin et al. School makes you move and sit still. Finnish Schools on the Move research results 2010 to 2015.



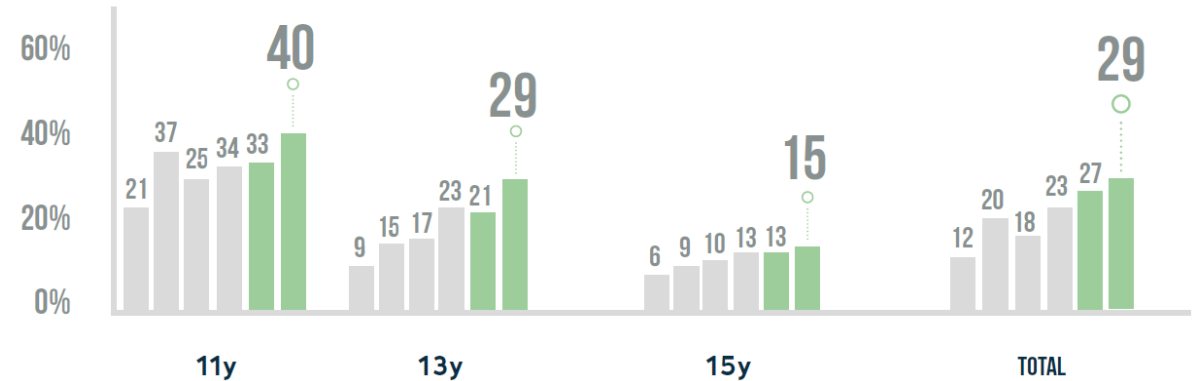
POSITIVE DEVELOPMENT IN THE 2000s

AN INCREASING NUMBER ARE
PHYSICALLY ACTIVE FOR AT LEAST ONE
HOUR PER DAY

BOYS



GIRLS



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

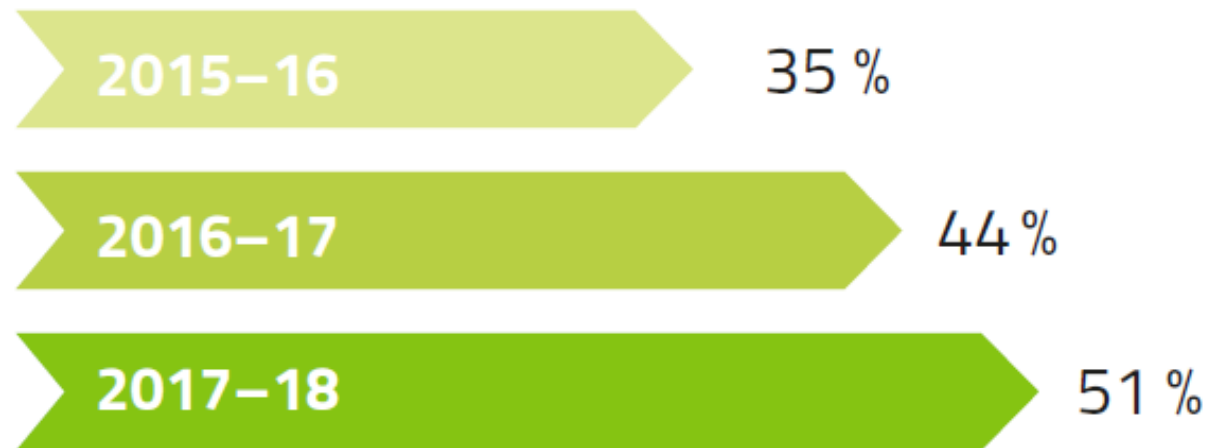


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Student surveys and measurements in Schools on the Move programme in 2010-2015. Likes.

Using movement to support learning has increased in Finnish schools

”Physically active teaching methods are used in different subjects”



Positive changes in Finnish schools

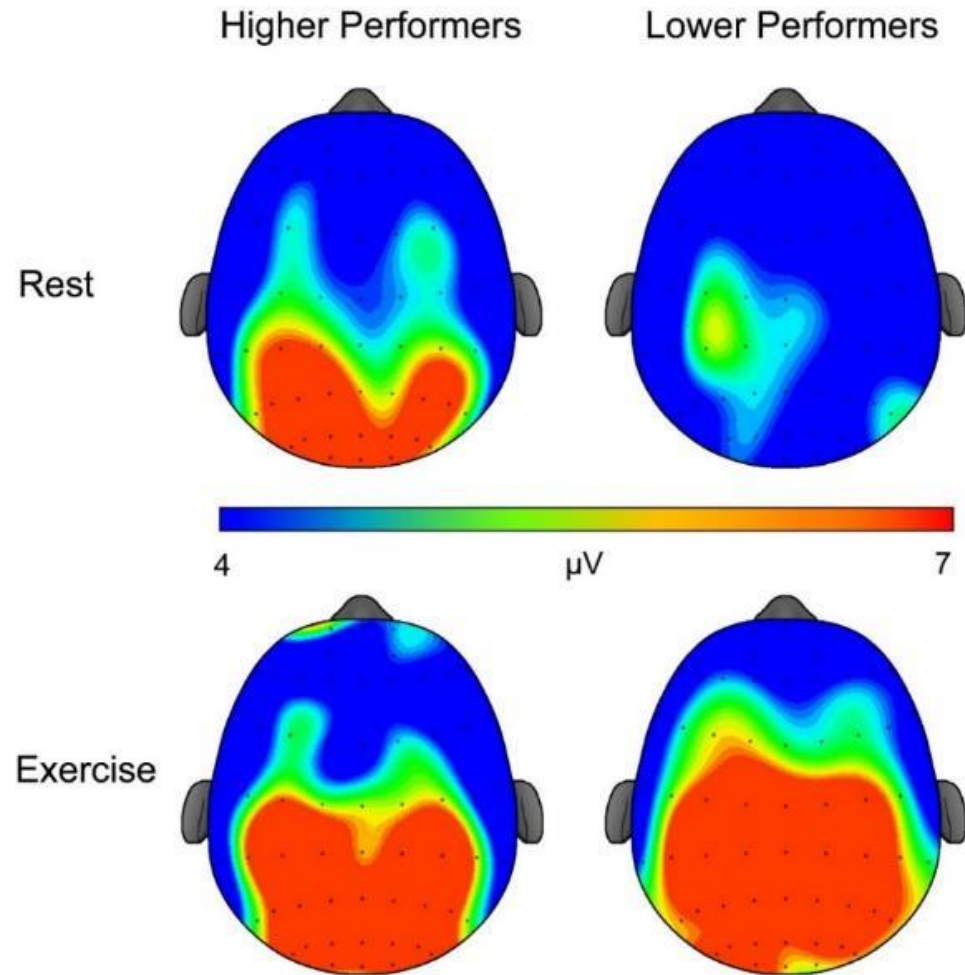
	2019	2017	2015	2013
Measures to promote physical activity during school day	76	74	66	49
Developing of school grounds into inspiring neighbourhood sports facilities	78	77	71	59
Use of indoor sports facilities during school day outside physical education	79	78	70	56
Encouraging pupils to active commuting 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



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

Physical activity increase activity in brain



Physical activity as a positive effect on learning and cognition

- Physical activity during school days affects i.e.
 - Cognitive abilities
 - Ability to focus
 - Behaviour during lessons
 - Enjoyment at school
 - 89 % of schools staff think that Schools on the Move activities have beneficial impacts on learning

Drollette ym. 2014.
Developmental Cognitive Neuroscience.



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Physical activity during the school day and learning – review and summary

- Research review, longer report in Finnish
- Summary. Facts Express 1C/2018: Physical activity during the school day and learning.
- Available in English and Swedish



SCHOOLS ON THE MOVE

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.



2010



SCHOOLS ON THE MOVE

2018





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Thank you! Kiitos!



SCHOOLS ON THE MOVE
