



LIIKKUVA KOULU
skolan i rörelse

SCHOOL MAKES YOU MOVE AND SIT STILL

Finnish Schools on the Move research results 2010 to 2015

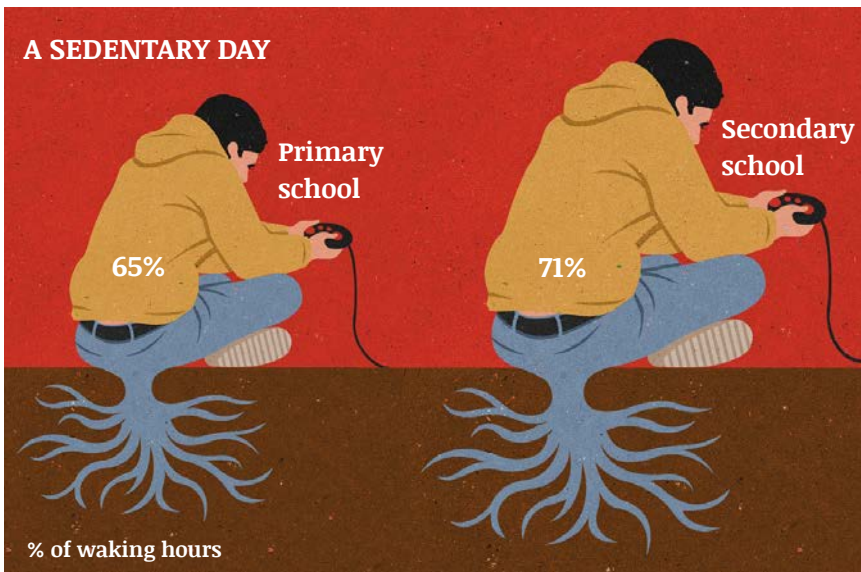
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LIKES - Research Center for Sport and Health Sciences



Materials and methods

The research conducted as a part of the Finnish Schools on the Move programme from 2010 to 2015 by the LIKES Research Center. 1,186 students, 538 boys and 648 girls, from grades 1 to 9 participated in the study. Activity measurement: acceleration sensor worn on the hips for 7 days (ActiGraph)

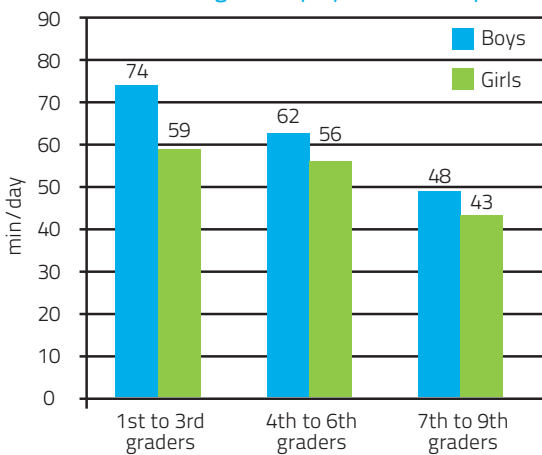
A student's day



Students remain sedentary a lot during the day, with the proportion growing with age. Primary school students accumulated 6 hours 24 minutes and secondary school students 8 hours 12 minutes of sedentary time a day.

Physical activity decreases with age, and boys are more active than girls.

Moderate-to-vigorous physical activity - all day

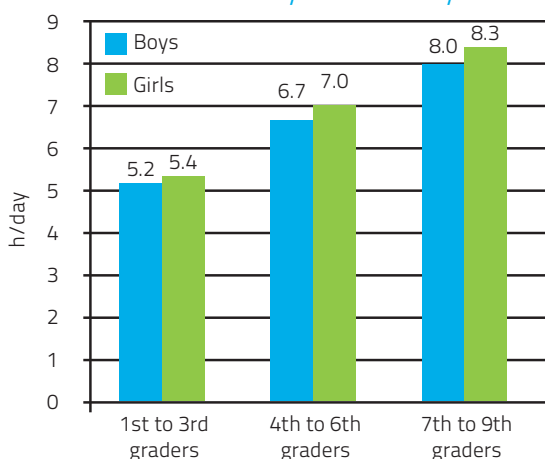


In a class of 20 students, eight fulfil the daily activity recommendations and two are inactive.

>49% of primary school and 18% of secondary school students achieve the recommended minimum of at least one hour of moderate-to-vigorous physical activity per day.

>5% of primary school and 20% of secondary school students are highly inactive, i.e. achieve less than 30 minutes of physical activity a day.

Sedentary time - all day



More than 60 minutes (according to recommendation)

30 to 59 minutes

Less than 30 minutes

(averages of 1st to 9th graders)

A student's school day

A typical hour for a Finnish student



Primary school
Grades 1 to 6



Secondary school
Grades 7 to 9

■ Sedentary time
 ■ Light physical activity
 ■ moderate-to-vigorous physical activity

During the school day, a student accumulates:

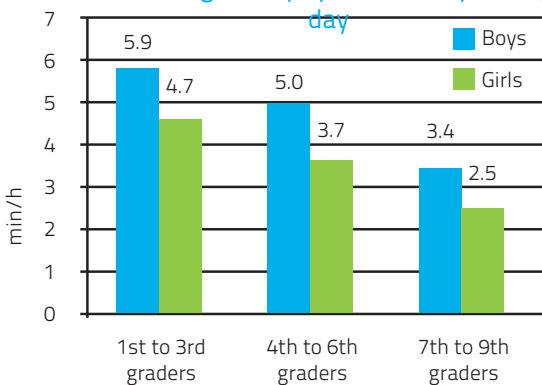
> moderate-to-vigorous physical activity: in primary school, 22 min and in secondary school, 17 min

> sedentary time: in primary school, 39 min/h and in secondary school, 46 min/h

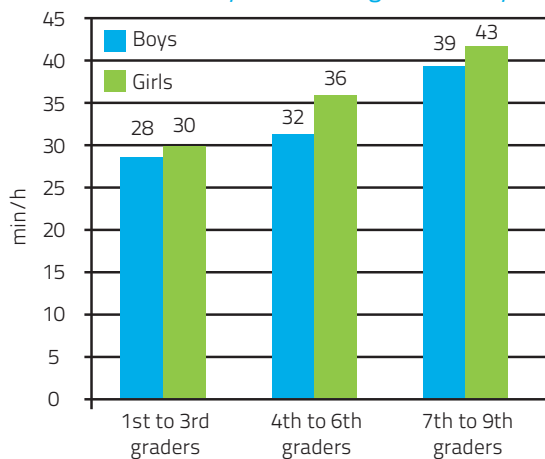
47% of daily sedentary time occurs at school

Even at school, physical activity decreases with age, and this happens earlier with girls than with boys

Moderate-to-vigorous physical activity, during school day

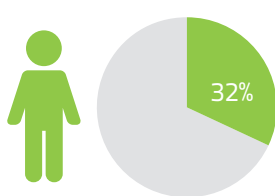


Sedentary time, during school day



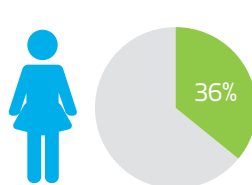
The importance of physical activity during school days is greatest for the most inactive students.

26 minutes at school



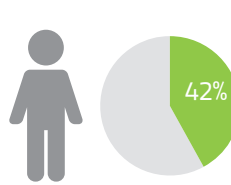
■ More than 60 minutes a day (according to recommendation)

18 minutes at school



■ 30 to 59 minutes a day

11 minutes at school



■ Less than 30 minutes a day

On average, about a third (34%) of the daily moderate-to-vigorous physical activity is accumulated at school; in the case of the most inactive students, the proportion rises to 42%.

An active day consists of a variety of components

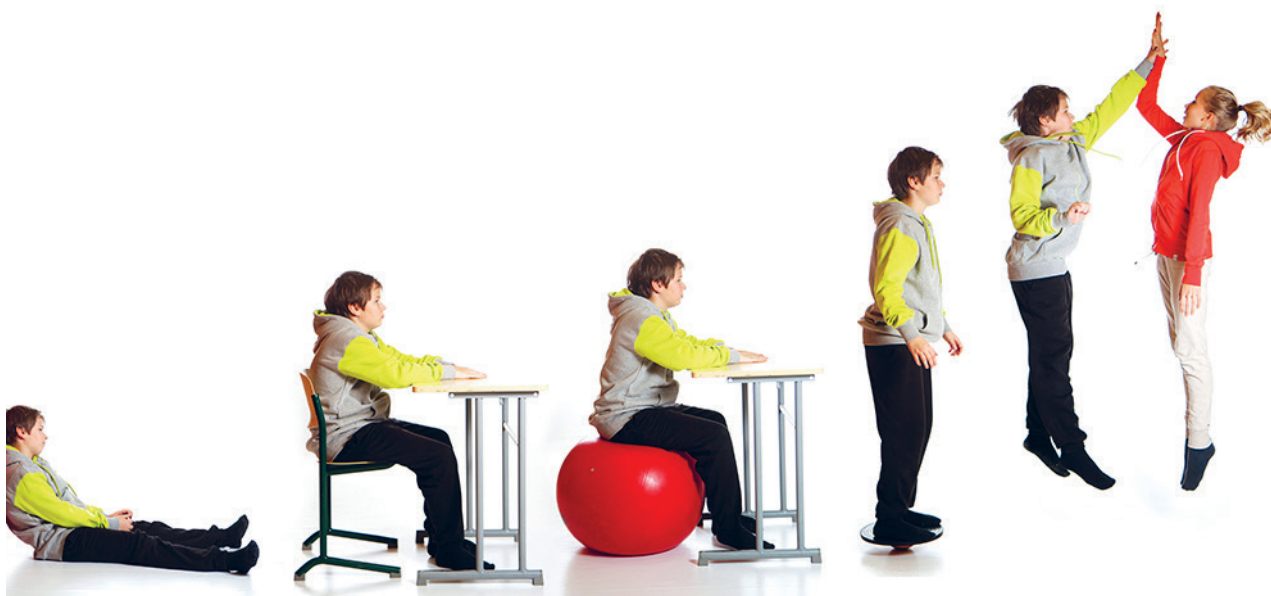
All 7 to 18-year-olds should be physically active for at least 1 to 2 hours daily, in a variety of ways suitable for each age group.

Sitting still for more than two hours in a row should be avoided. Screen time with entertainment media should not exceed two hours a day.

Expert group on children and adolescents' physical activity. The Finnish Ministry of Education and the Nuori Suomi sports organisation, 2008.



	More physical activity	Less sedentary time
At school	<ul style="list-style-type: none"> >Active school commutes >Physically active breaks >P.E. lessons >Physical activity during other lessons >Clubs >Possibility for independent physical activity in the school area and premises 	<ul style="list-style-type: none"> >Active breaks outdoors >Breaking up continuous sedentary periods during lessons >Working in standing position during lessons >Operational teaching >More active sitting techniques
In leisure time	<ul style="list-style-type: none"> >Active school commutes >Active commutes to hobbies and friends' houses >Everyday physical activity >Physically active hobbies and sports 	<ul style="list-style-type: none"> >Less time playing on the computer >Less time watching TV >Fewer transports to school and hobbies or a part of the journey in a more active manner



Tuija Tammelin, Janne Kulmala, Harto Hakonen and Jouni Kallio. School makes you move and sit still. Finnish Schools on the Move research results from 2010 to 2015. LIKES – Research Center for Sport and Health Sciences / Finnish Schools on the Move programme.



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