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Capacity building workshop (CBW): Joint part of RG meeting and Assembly with a theme of Physical activity (PA) in the schools

Minutes 29th October 2020

Keeper of minutes: Julie Dalgaard Guldager

Päivi Nykyri from Finland presented the program of today's capacity building workshop – a joint part of the Research group meeting and the Assembly. The theme was physical activity at school and consisted of three presentations around the Finnish “Schools on the Move” program (<https://schoolsonthemove.fi/>) - a national action program aiming to establish a physically active culture in Finnish comprehensive schools. The program is carried out by the Finnish National Agency of Education and the Ministry of Education and Culture.

Three interactive presentations including the following topics were presented:

1. Schools on the Move program / Program coordinator, Finnish Schools on the Move, Joonas Niemi
2. Components to increase PA in school / Pedagogical expert and Head Teacher of PE in the City of Jyväskylä, Samuli Penttinniemi
3. Program research and results / Researcher, LIKES Research Center for Physical Activity and Health, Jouni Kallio

Ad. 1)

Joonas Niemi, the program coordinator of Finland, presented the “Schools on the Move program” (www.schoolsonthemove.fi). He showed a small video showing how the program works at the schools. The aim of the program is to have more movement and less sitting, student participation and learning. Both in physical education, but also in recess and in other classes. The program has been in the government program three times. 91% of the schools are involved in the program which started in 2010 and is still ongoing. There is a high interest in exporting the concept abroad and things like pedagogical training for teachers and staff, webinars and on-site training are ongoing in other countries. The program consists of not only physical activity lessons, but also after-school clubs, journey to school, breaking sitting during lessons, etc. During the presentation, participants could ask questions in the chat and participants were very active with asking additional questions here.

Ad. 2)

Samuli Penttinniemi, the Pedagogical expert and Head Teacher of physical education (PE) in the City of Jyväskylä in Finland presented “Active school days – ways to increase physical activity in schools”. In the presentation he explained how his organization offers teacher training of PE. For example, an online course, presenting how sedentary time can be decreased by small changes (students standing up which raising the hand, picking up notes, standing workplaces with existing furniture). Secondly, for teachers to use active breaks (brain gym, motor skill development, stretching etc.). Further, by using active learning methods and finally by improving the classrooms (e.g. sitting more actively on physiotherapy balls, jumping mathematics by tape on the floor). In the presentation, an example was

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showed of how to incorporate physical activity in distance learning (e.g. sports bingo, active breaks illustrated by a video etc.). After the presentation, questions were asked from the participants.

Ad. 3)

Jouni Kallio, Researcher at LIKES Research Center for Physical Activity and Health in Finland, presented Program research and results. Research and follow-up have been very important for the “Schools on the Move program” from the beginning, and research has followed the program. The aims of the research are to increase knowledge, get experiences and views, and to evaluate progress and effects. The results are given back to the funders and participating teachers. On the national level, there is performed national surveys. Further, municipality surveys and interviews are performed, and school surveys among the staff and students of the schools are conducted, as well as accelerometer data from students to evaluate the process. The research has shown that the program has had a positive effect on many aspects, like the levels of physical activity among the students and greater students’ involvement of the planning of activities.

Päivi Nykyri closed the meeting by thanking the presenters and audience.

The meeting closed at 10:45 CET