



LIIKKUVA KOULU

skolan i rörelse

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More active and
pleasant school days



I never would have believed that secondary school students could be encouraged to exercise en masse by giving them an opportunity to participate in the planning.

Finnish Schools on the Move

- ▶ more active and pleasant school day – students' wellbeing
- ▶ more movement – less sitting
- ▶ improved learning
- ▶ student participation

Schools on the Move think differently: for example, students sit less, learning is supported with activity-based methods, physical activity during school breaks is increased and students commute to school actively. Each school taking part in the programme makes their school days more active in their own way.

More pleasant school days can be realised through co-operation and by involving students in planning, decision-making, and activities. Interaction and cooperation often improve a school's atmosphere, which has an effect on peacefulness, students' social skills, and learning.



The best part of the Schools on the Move programme has been the fact that it has made working at the school more peaceful, school breaks more active for students, and reduced disputes during classes.

Research results about Schools on the Move

Research and monitoring have been an essential part of implementing the Schools on the Move programme since 2010.

The research has provided information about:

- ▶ the amount of physical activity and sitting during a school day
- ▶ the connections between physical activity and learning
- ▶ peaceful working and concentration during lessons
- ▶ enjoyment and social interaction at school
- ▶ Schools on the Move – on operation boosters and pitfalls

The findings have been compiled into easy-to-read study summaries and ready-made slide shows, also in English.

Examples for Schools on the Move activities

- ▶ Challenge students to come up with fun activities for school breaks
- ▶ Recess activators: students organize activities for their peers
- ▶ Add a long activity-based school break to your school schedule
- ▶ Utilise activity-based methods during classes
- ▶ Facilities and school yards that encourage physical activity
- ▶ Standing workstations, gym balls instead of chairs
- ▶ Active school commutes



The Schools on the Move programme

Finnish Schools on the Move is a national action programme.

The programme started in 2010 with 45 pilot schools all over the country. Today, the majority of comprehensive schools in Finland are Schools on the Move. Expanding the programme to secondary and post-secondary education began in 2016.

The Schools on the Move programme is carried out by the Finnish National Board of Education and the Ministry of Education and Culture. The programme is financed with lottery funding and coordinated by the LIKES Research Centre for Sport and Health Sciences.

Priority project for the government

The Schools on the Move programme is a priority project in the Finnish government programme regarding know-how and education. The government's goal is that the Schools on the Move programme will be expanded across the country to ensure one hour of physical activity each day.

(Government Programme, May 2015)



Opetus- ja
kulttuuri-
ministeriö



OPETUSHALLITUS
UTBILDNINGSTYRELSEN

