

ERASMUS

Physical Literacy in School

Gagnef 22 May 2024



Dalarna

Presentation

1. Name
2. School
3. Favorite activity in your sparetime



Background

- 2017 Sciences report
- 2018 Started in 5 schools
- 2021 National Scienceteam
- 2023 130 schools in all of Dalarnas countys
- 2024 Implementation in 7-9 grade schools

- **IN SWEDEN:**

A total of 1154 different schools are in this project

Rörelse- satsning i skolan



Riksidrottsförbundet



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What we want to achieve

- PA to become a natural element during and after school
- Longterm effects: Feel better and enhance academic results.
- Positive experiences, social development.
- Find sports clubs to have a more active lifestyle.

Target Group

- Preschool class – ninth grade (6-15 years old)
- Focus on inactive children/adolescents (children who are not usually active during spare time)
- Collaboration with all schools in Dalarna





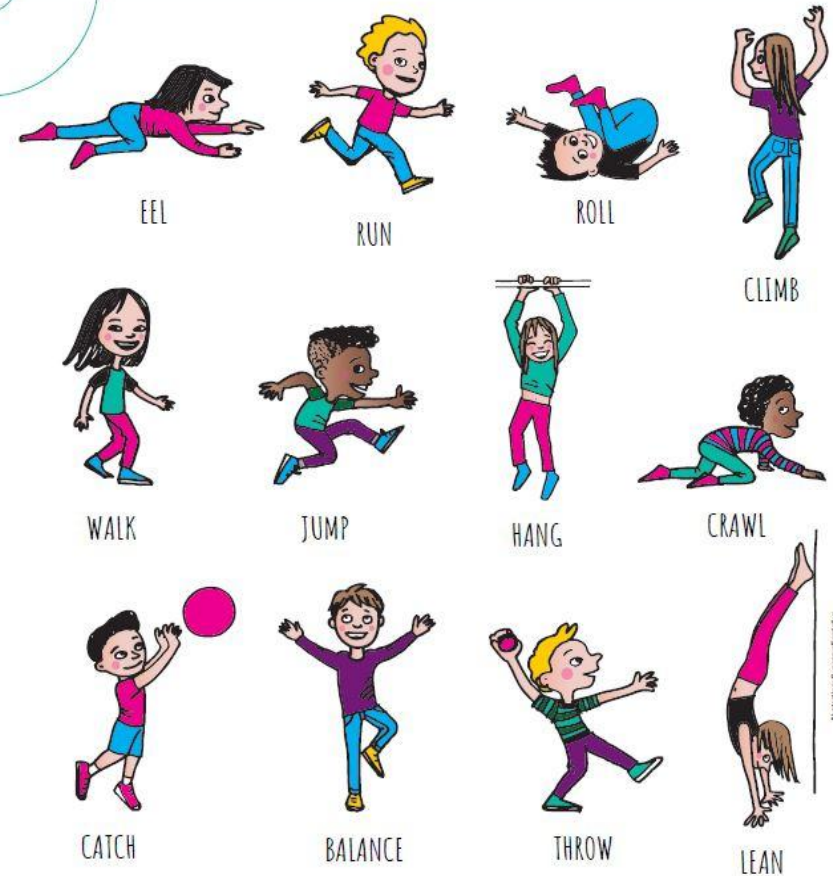
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Time to be active!



Physical Literacy

Physical Literacy is just as important
as learning to read and write



That is why we participate in **Rörelsesatsing i skolan**



Riksidrottsförbundet

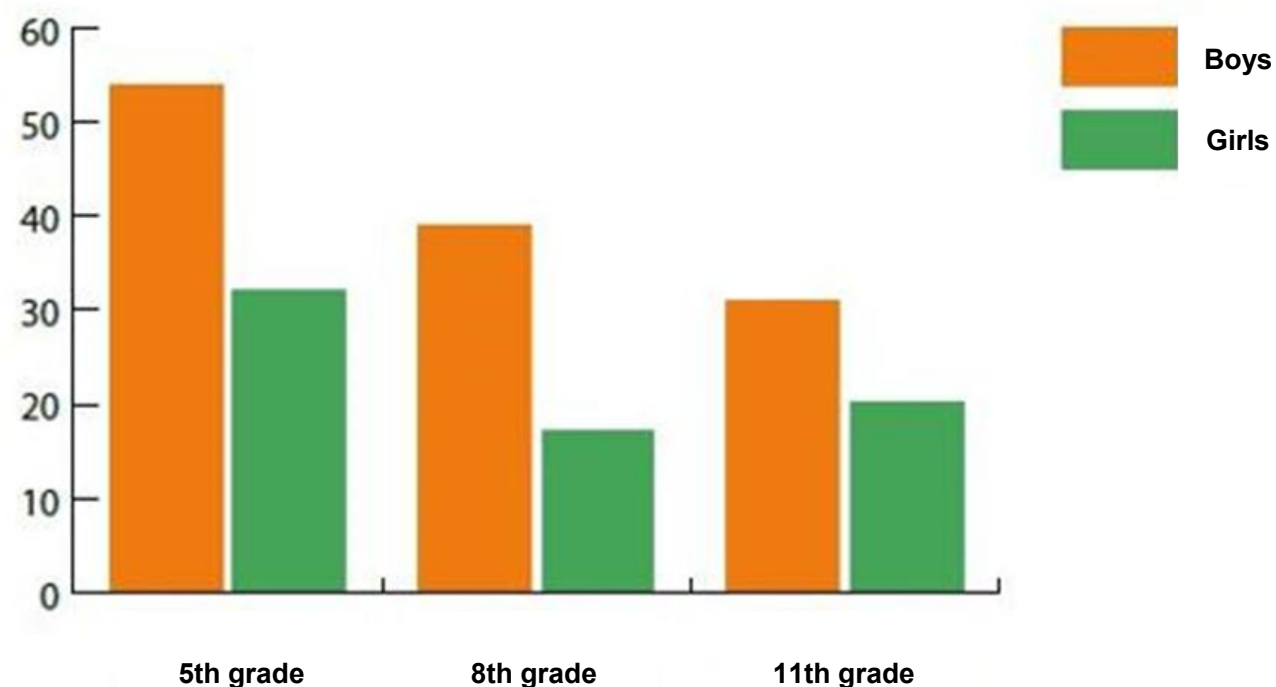


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WHO recommendations for 5-17 years old

- 60 min/day moderate-to-vigorous intensity
 - However, small steps makes a huge difference.
- **How active are the Swedish children and adolescents?**
- Only 43 procent of boys and 23 procent of girls are active 60 min or more per day.

(Centrum för idrottsforskning, 2017).



Figur 1. Andel (%) som når rekommendationen om fysisk aktivitet bland killar och tjejer i olika åldersgrupper.

Science says...



Rörelsesatsning – In reality

Team for physical activity



Organized activities



Collab with sport clubs



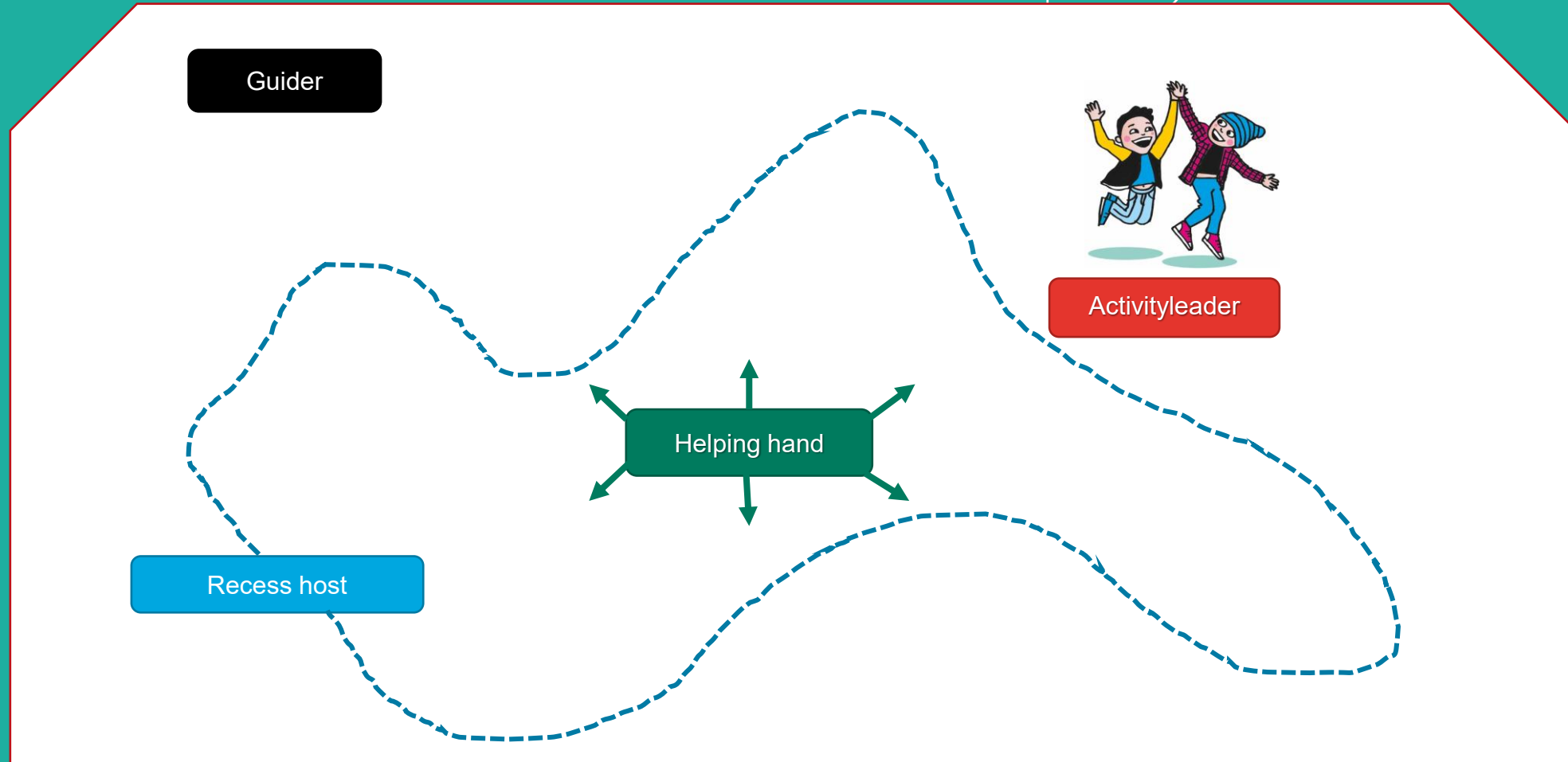
Activity during lessons

Sustainable and lifelong health

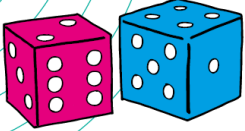


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Our schoolyard




Example of recess structure



Rastschema



VECKA: <input type="text"/>	MÅNDAG	TISDAG	ONSDAG	TORSDAG	FREDAG
FÖRMIDDAGS- RASTEN					
LUNCHRASTEN					
EFTERMIDDAG/ FRITIDS					



Rörelsesatsning i skolan

Rörelsesatsning i skolan är ett regeringsuppdrag som Riksidrottsförbundet leder för få barn att röra sig mer, må bättre och lyckas bättre i skolan. Läs mer om projektet på www.rf.se/rorelsesatsningiskolan

Illustration: Susanne Fredelius. Fri kopiering.

Material



Time to be active!

1-2-3



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Time to be active!

Motion-Hello.



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What did you experience?

- Energy
- Happiness – Laughing together
- Cooperation
- Eyecontact
- Everyone is active at the same time
- Practicing different movementskills

Barriers to physical activity



- Time pressure
- Peer pressure

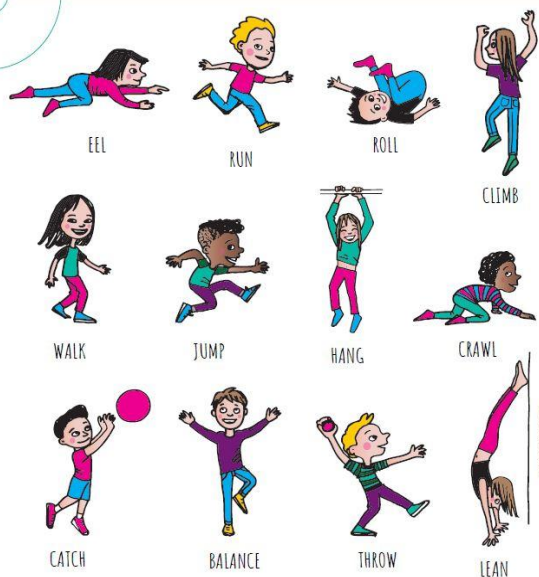


- Create environments where everyone feel secure and motivated

You want to:

Vary motor skills

Physical Literacy is just as important
as learning to read and write



That is why we participate in Rörelsesatsing i skolan

Minimize Spectators



Different levels of difficulty



Group discussion

How can you get more physical activity in to your daily schedule in school?



Plan an activity

Together: plan two activities, that your group will later present.



Time to be active!

