



# Finnish Schools on the Move

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# Finnish Schools on the Move programme

- The aims of the programme
  - more active and pleasant school day – students' wellbeing
  - more movement – less sitting
  - improved learning
  - student participation.
- Joy in Motion programme for early childhood education and Students on the Move programme for upper secondary and higher education.
- Carried out by the Finnish National Agency of Education and the Ministry of Education and Culture.
- Financed with lottery funding.
- One of the key projects in the field of knowledge and education in the Government Programme of Finland.



Ilo kasvaa liikkuen –

Kindergardens on the Move program

109 cities

1948 Kindergardens

132 000 Kids

Finnish schools on the Move – program

2115 Elementary schools, 90% of every finnish schools

Elementary schools from 289 cities, wich is 93% of all finnish schools

Over 506 000 pupils, wich is 92% of all finnish pupils

Students on the Move – program

203 secondary schools / high schools/  
university of applied sciences

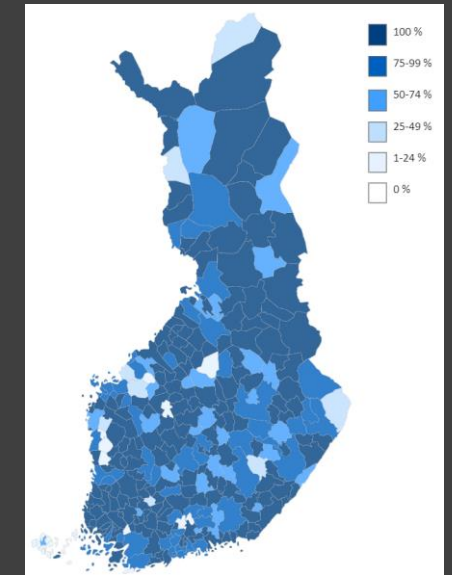
143 high schools, 38 %

47 professional education, 36 %

13 university of applied sciences, 33 %

9 others like adults education

240 000 students



# Schools on the Move has own Self-Evaluation Survey and those results can be used at three levels



## SCHOOL

- awareness of the present state
- plan for next year



## MUNICIPALITY

- cooperation between different administrative fields

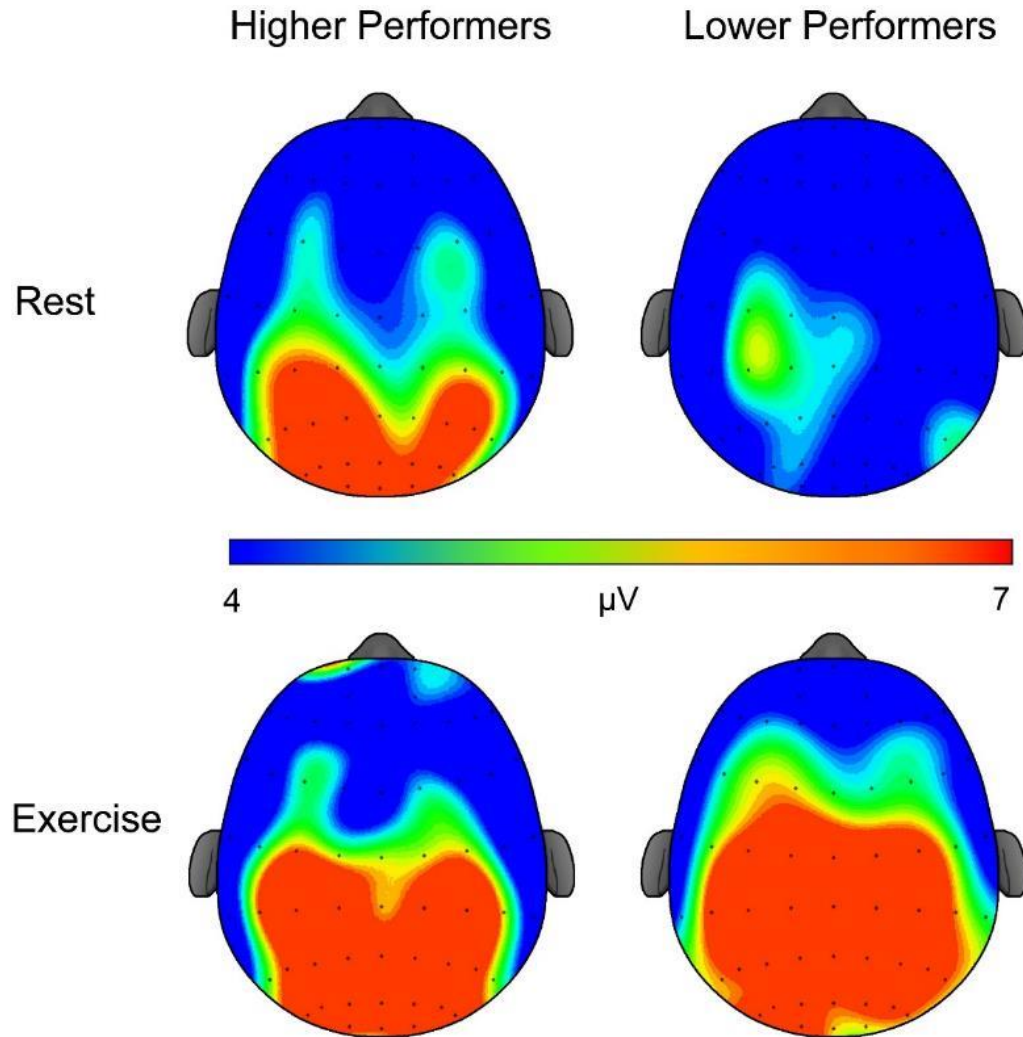


## NATIONAL LEVEL

- follow-up of the FSM programme
- regional and national information to decision-makers

Visual database: [VIRVELI](#) (på svenska)

# Active body, active mind



- 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 school staff think that Schools on the Move activities have beneficial impacts on learning



# My School in Savonlinna, Anttola School

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- Savonlinna is a small city surrounded by the lake Saimaa. There lives about 30 000 people.
- In Anttola's Shcool there is around 100 pupils.
- Grades 1 to 6.
- My class: 4. grade and there is 18 children.
- In our shcool year plan we have wrote it down that our main goal is moving and healty shcool



# Timetable

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- School starts at 8.40 am
- 1st and 2nd lesson we teach straight trough. Active brake 3 minutes time 9:30. After those two lessons everybody has sportbrake, that is 30 minutes.
- Kids from 5th and 6th grade are sport instructors. They will plan every session and they instruc them. Teacher help them if they have any problems.
- Our Shcool yard is very actively inspiring, because there are so many different sport areas.
- They play different ballgames: volleyball, football, basketball, floorball, badminton, finnish baseball, and other sports like track and field, crosscountry skiing, skateing, down hill and they are playing other different games outside in the park.
- After every shcool day pupils can take apart in shcools sport clubs Monday: Lämäri-leipurit (healty snack and floorball) Tuesday: Volleyball / East Volley Wednesday: Shcools own Sport Club (Teachers instruct) Thursday: Football / FC Anttola Friday: Shcools own Sport club (Teachers instruct)







# Cooperation with Sport Clubs

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Teachers training;  
orienteering and Street  
Workout

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Spring celebration day



# Mothers Day, wellness



**Kukka kiitokseksi-  
jumpasit itsellesi  
hyvän mielen!**

*Kiitos kun osallistuit Äitien Hyvän  
Olon iltaan.  
Ilmanaa äitienpäivää!  
1-3 lk oppilaat, Anttolan koulu*



# Plogging Day



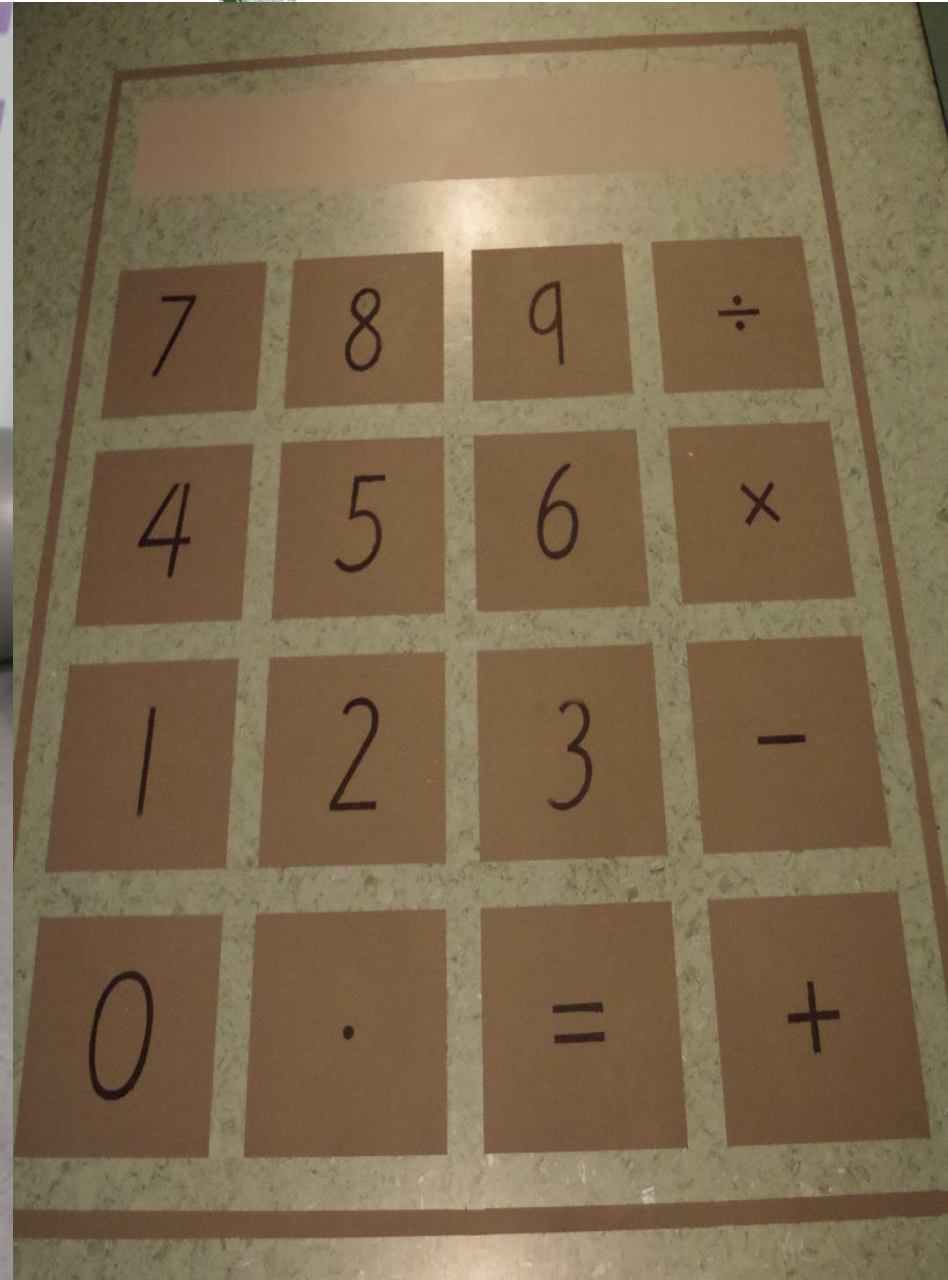




Cooperation with Tanhuvaara Sport Institute



# Learning by doing











Different Shcool tournaments



<https://www.liikkuvakoulu.fi/english>

<https://www.savonlinna.fi/en/home-page>

[www.esliikunta.fi](http://www.esliikunta.fi)

When pupils have more actively schoolday, they will learn BETTER!

**Thanks for your  
attention!**

