

Good everyday life - experiment

Real concern among teachers

→ specially 8 th graders wellbeing.

Pupils too often tired during the schooldays

→ Growing?

→ Comuter games?

→ Too less sleep?

- Is it possible by experiment to influence pupils well being?



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Good everyday life - experiment

- For pupils (8th grade) and their parents
- Two weeks – one class at the time
- Study, think, ask and discuss
→ You are the best coach for yourself!
- Questinary – www.meijanmikkeli.fi/urski



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**Pupils
– two weeks**



**Parents
– one week/
each**



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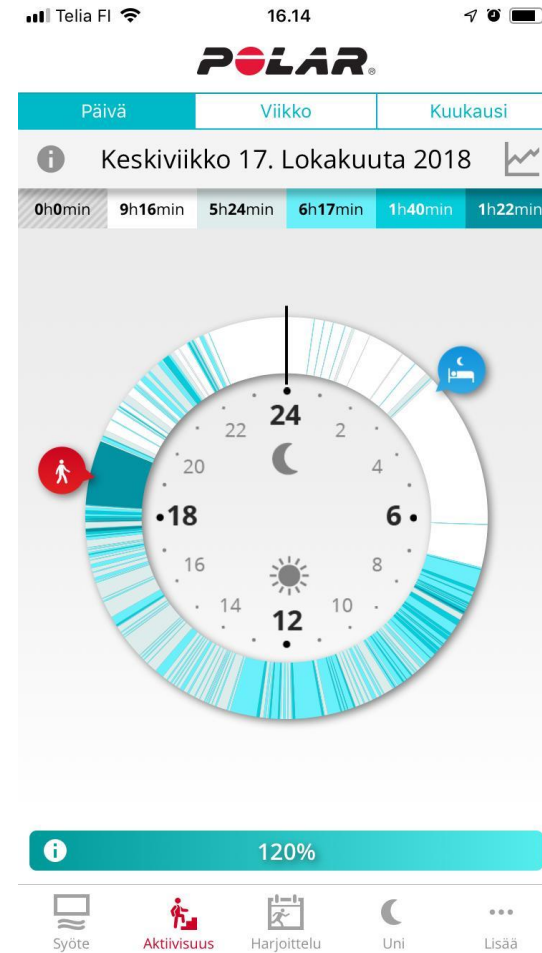
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Clever family material



[www.neuvokasperhe.fi](https://neuvokasperhe.fi)

Physical activity



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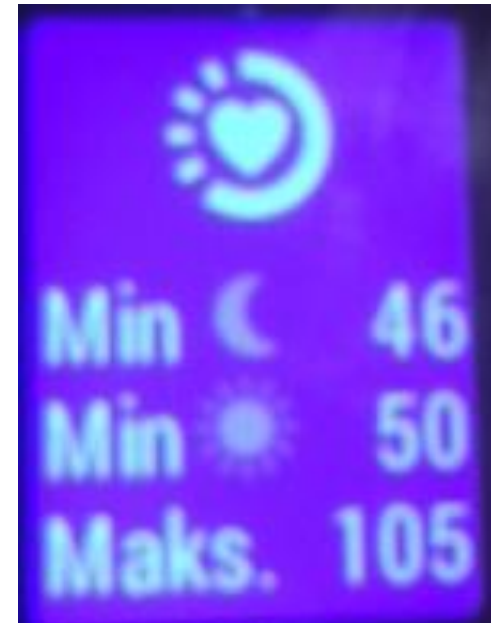
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Heart rate

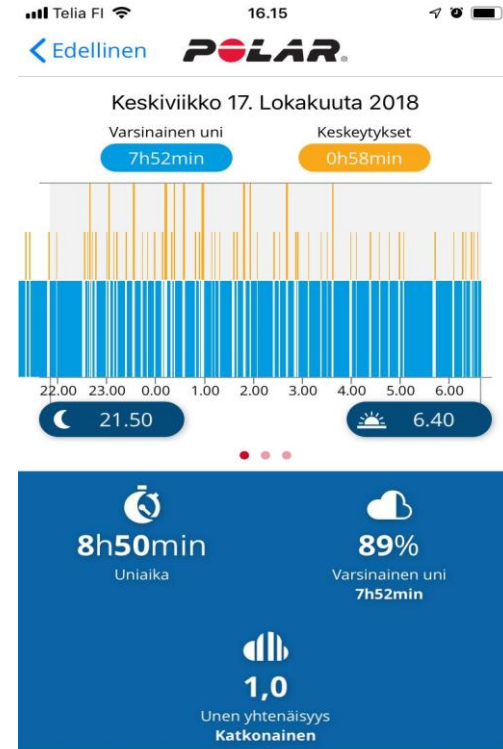
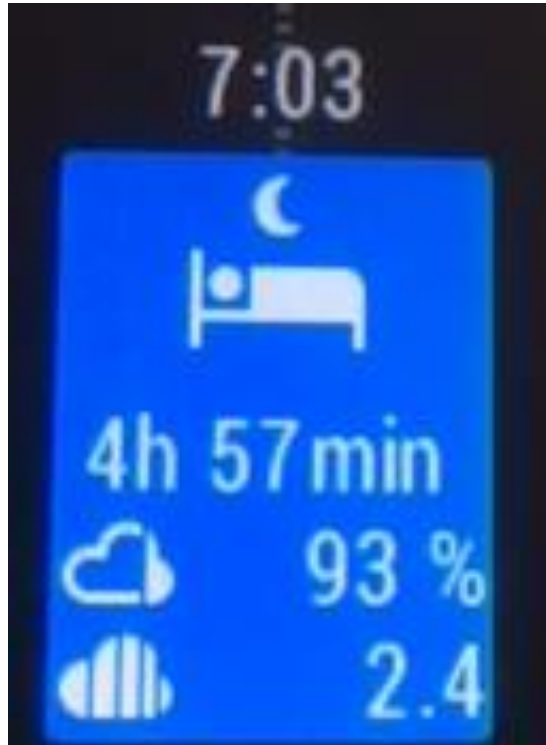
During exercise



During the day



Sleep



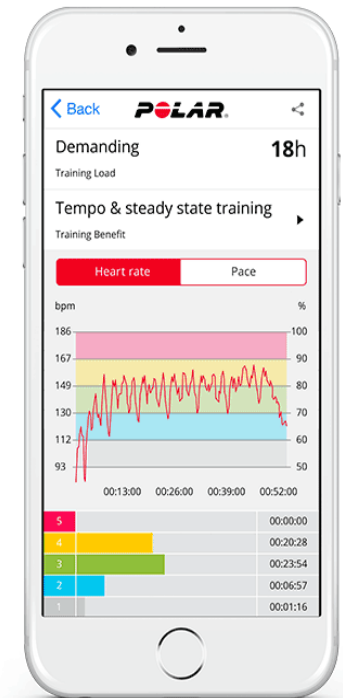
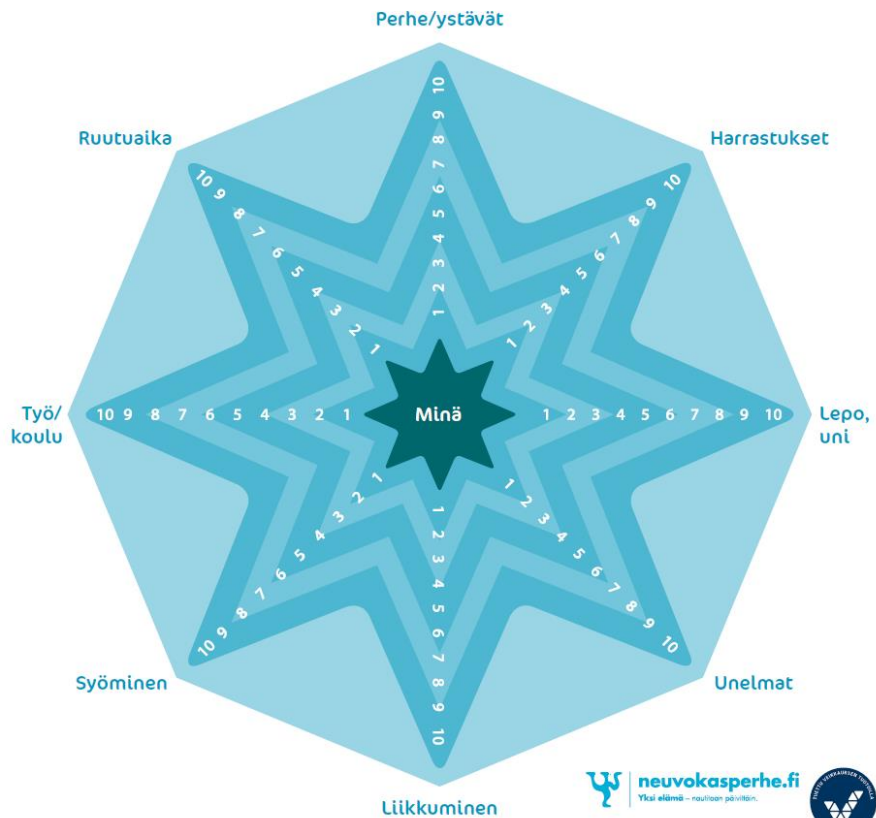
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Connection between physical activity and sleep



Kokeilun ajankohdat luokittain

8A	Marjo Kukko	A3	Anni	3.-17.12.
8B	Olli Schneck	D38	Anni	12.-26.11.
HK	Susanna Savander	Opehuone		30.11.-2.1.
8C	Vesa Naskali	A10	Anni	7.-21.1.
8D	Keijo Porokka	C30	Matti	28.1.-11.2.
8E	S. Lötjönen, L. Ojamies	B21	Matti	18.2.-4.3.
8F	Maarit Nikki	D41	Matti	11.3.-25.3.
8M	Mikko Siitonen	A9	Anni	1.-15.4.



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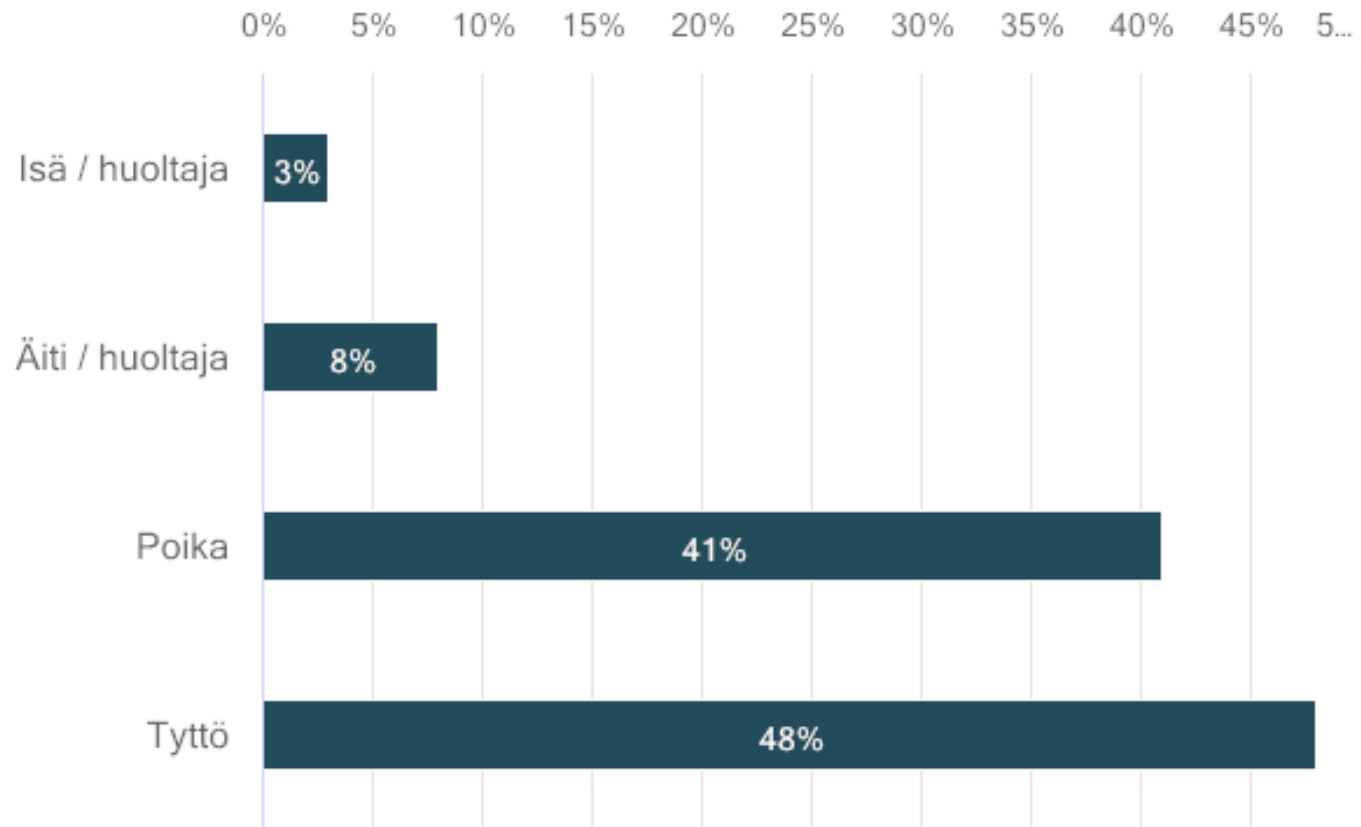


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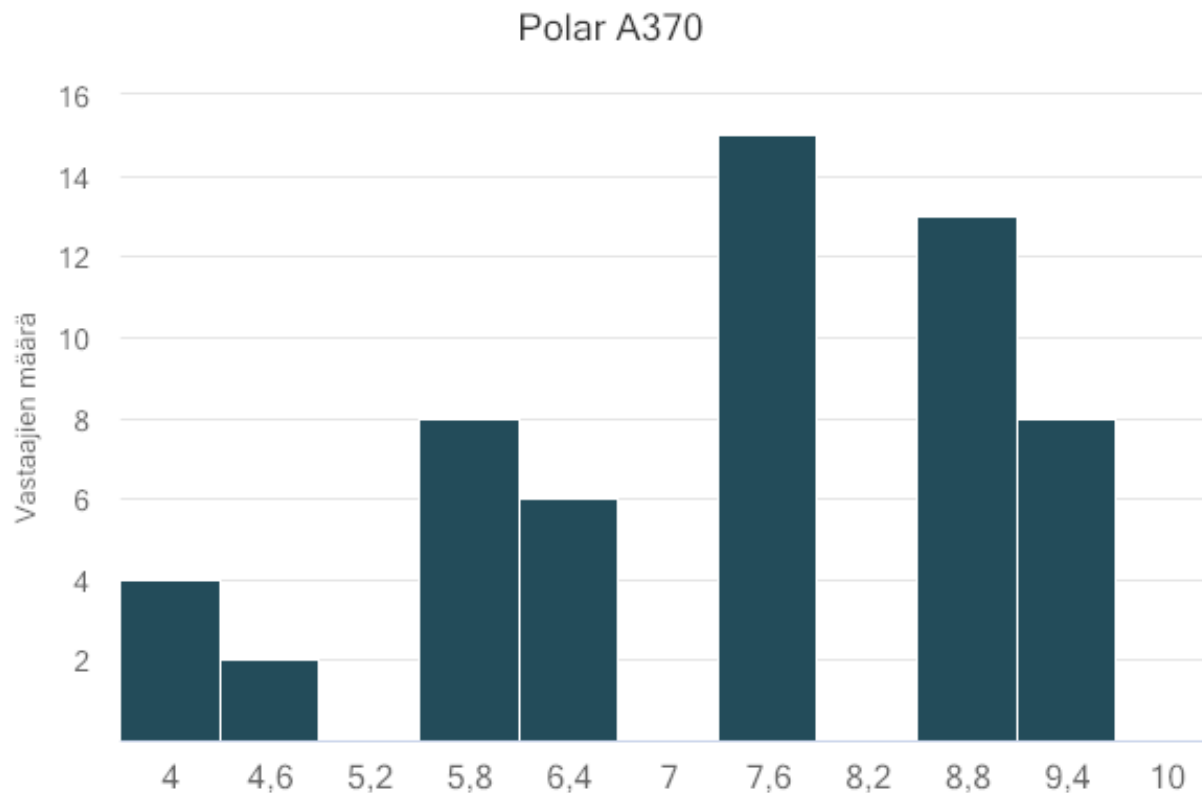
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Did you like the experiment?

Scale 4-10 (school grades in Finland)



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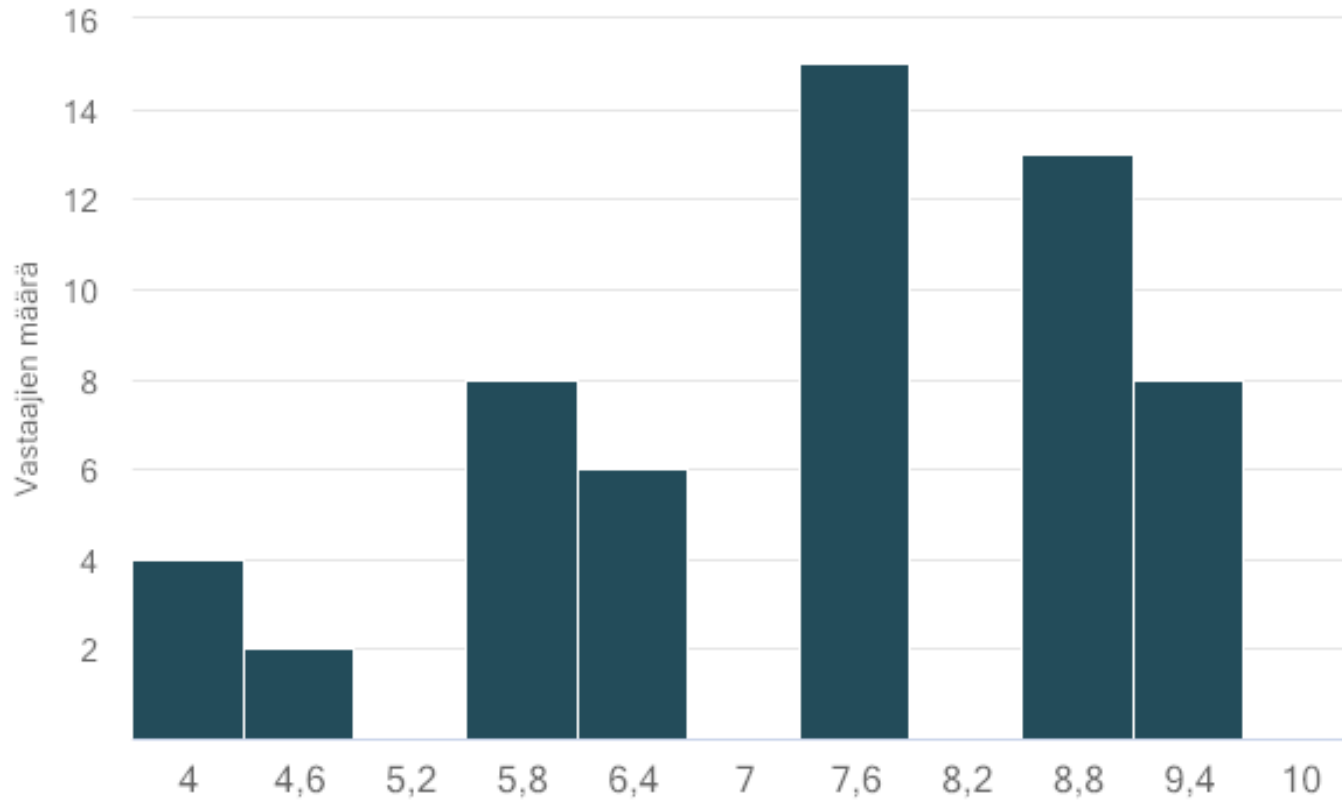
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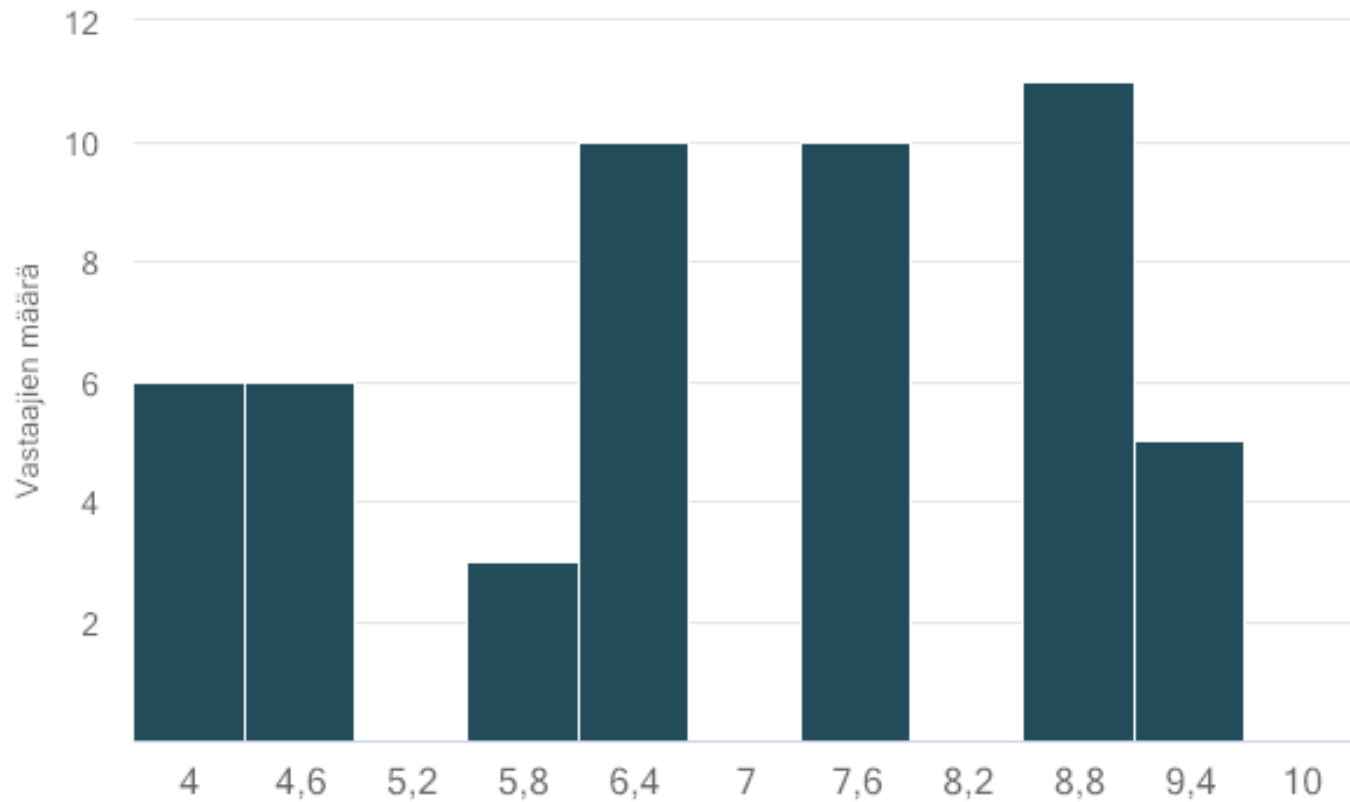


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Vaikutus omaan arkeen



Conclusions about experiment

Experiment **courage**

- + to be more active
- + think more own physical activity and recovering
- + think more about sleeping and what things influence how to sleep
- + pupils (28 %) to discuss with parents about own experiences and findings

didn't courage

- eat more healthy
- Test new recovering methods
- Clever family material was used only by few pupils



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Summary

1) Too few answered to questionnaire, only 50 % of pupils and 7 adults

→ Why it's too difficult in Finnish schools to organize this kind of experiments?

→ Are we interested enough to hear pupils and time to discuss with them in schools?

2) Experiment would be better for 9th graders (at age of 16)

→ They are **more mature** to think about their own behavior

→ **Important age**, activity levels are at bottom with girls and decreasing with boys (bottom at age 19)

3) Experiment should be connected stronger to school subjects (like PE, health education)

→ More information, possible to use pupils' personal data and

→ teachers' possibility to develop lessons more active



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