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Getting Young People More Active More Often: A School-wide Approach to Promoting Physical Activity

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Ireland

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Global Recommendations on Physical Activity for Health

5–17 years old

Healthy Bones,
Muscles



Coordination and
Movement Control

*Accumulate at least
60 minutes of MVPA daily*

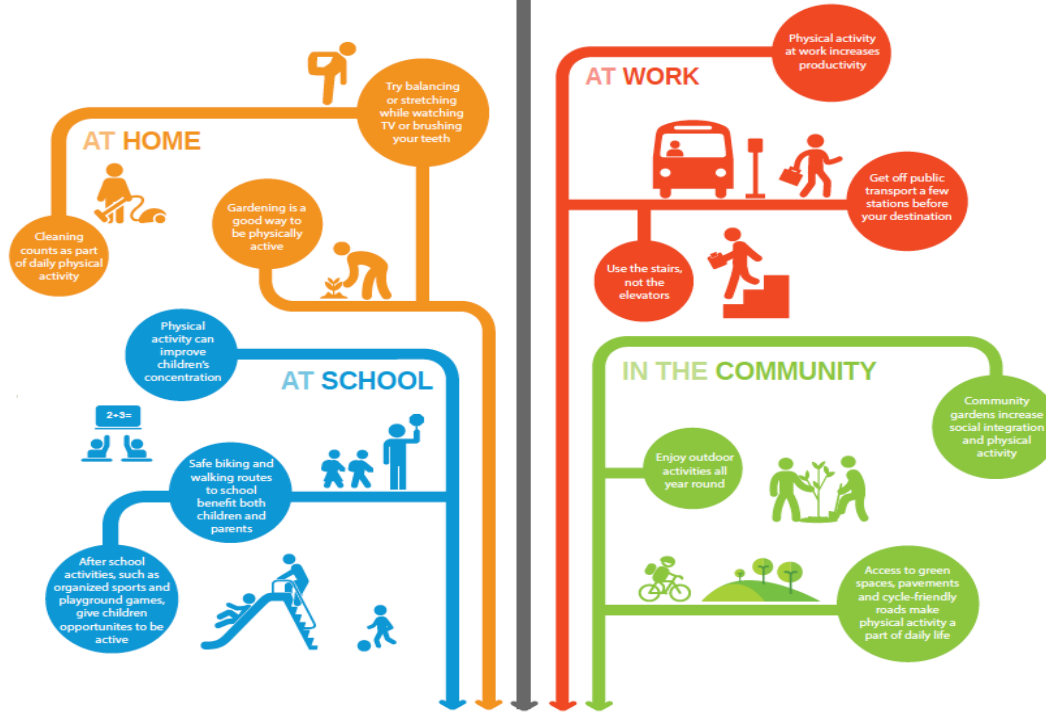
- ANXIETY
- DEPRESSION
- SELF EXPRESSION
- ACADEMIC PERFORMANCE
- SELF CONFIDENCE
- INTEGRATION



Make physical activity a part of daily life during all stages of life



<p>6 OUT OF 10</p>  <p>people in the European Union over the age of 15 never or seldom exercise or play sports</p>	<p>Every year in the WHO European Region, physical inactivity causes an estimated</p> <p>1 MILLION DEATHS</p>	<p>WHO recommendations for moderate- to vigorous-intensity physical activity:</p> <p>150 minutes per week (adults)</p> <p>60 minutes per day (children)</p>
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REGULAR PHYSICAL ACTIVITY THROUGHOUT THE LIFE-COURSE ENABLES PEOPLE TO LIVE BETTER AND LONGER LIVES





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YOUNG AND PHYSICALLY ACTIVE: a blueprint for making physical activity appealing to youth



By Paul Kelly, Jane Matthews and Chris Jones, Department of Public Health, University of Central London, England

WHO (2012) Regional Office for Europe blueprint for making physical activity appealing to young people.

Physical activity in children and adolescents

WHO---WHY PA Focus Now?

Limited data on physical activity levels among Cypriot children and adolescents.

- Health Behaviour in School-aged Children (HBSC)
- WHO GHO 2010

HOW **ACTIVE** ARE EUROPEANS?

European Week of Sport

59%



41%



NEVER OR SELDOM
EXERCISE OR PLAY SPORT

EXERCISE OR PLAY SPORT
AT LEAST ONCE A WEEK



9%



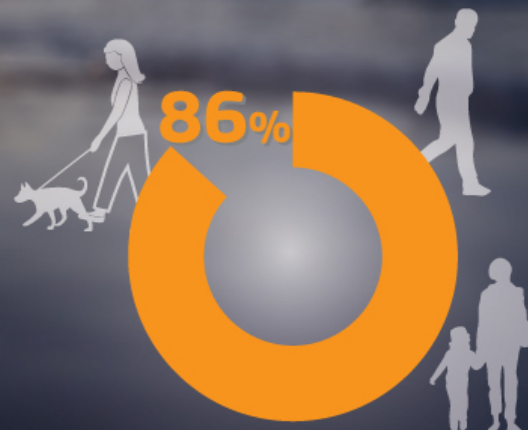
7%



37%

EXERCISE OR PLAY SPORT
MORE THAN 5 TIMES A WEEK

SIT MORE THAN 5.5 HOURS
PER DAY




86%

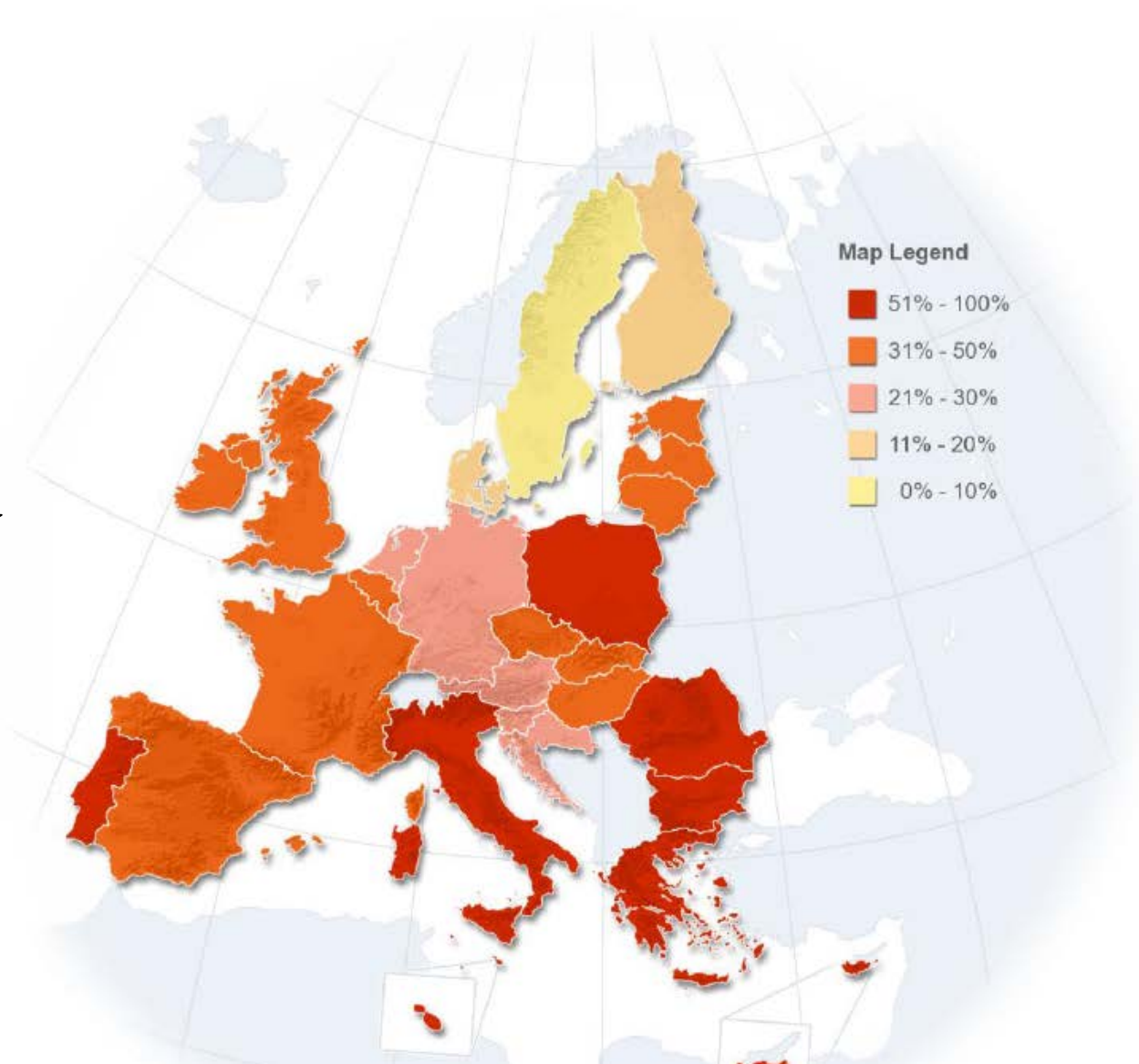
WALK >10 MINS AT A TIME
AT LEAST ONCE A WEEK



Question: QD1. How often do you exercise or play sport?






















Answers: Never

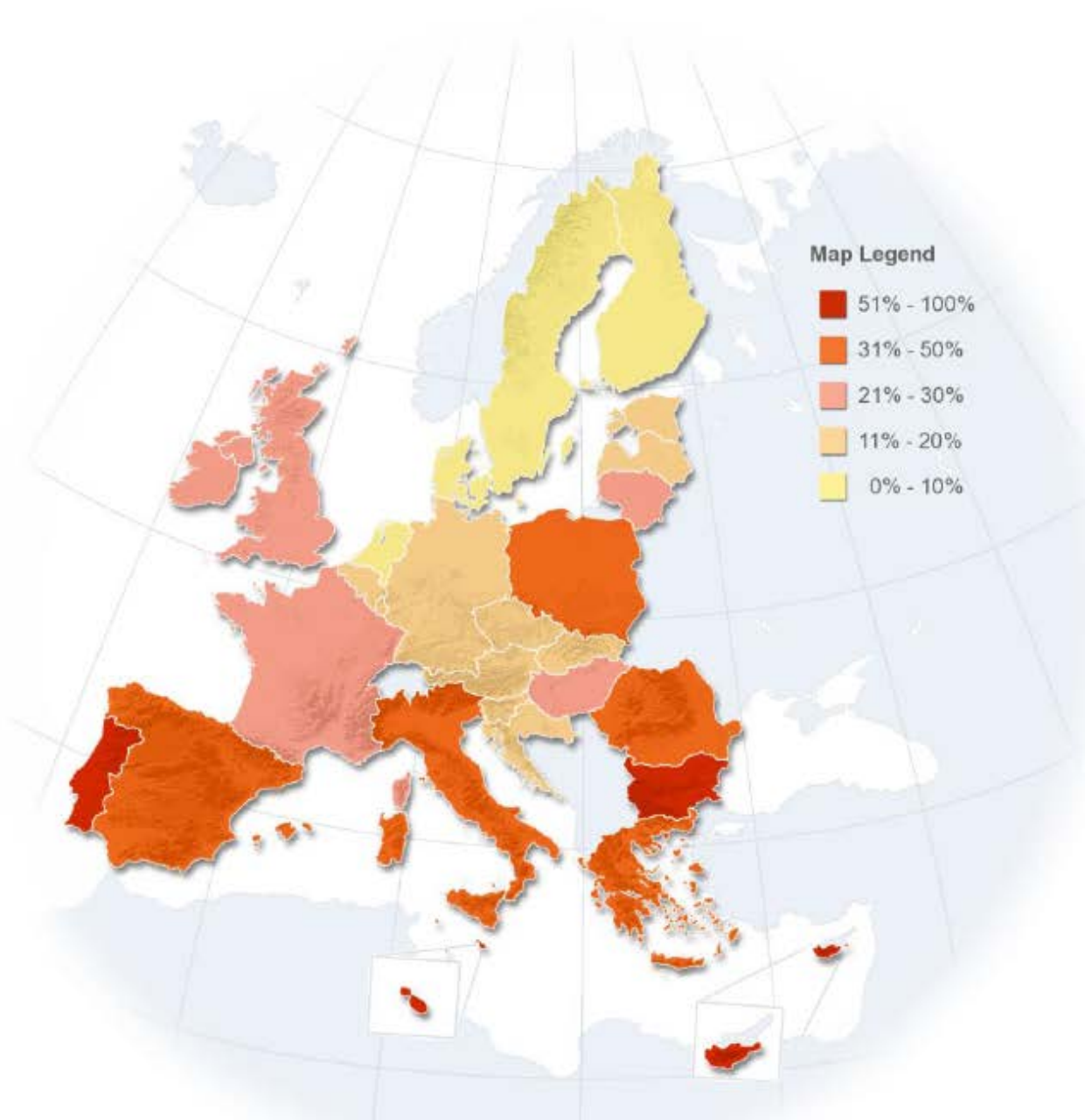
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Question: QD2. And how often do you engage in other physical activity such as cycling from one place to another, dancing, gardening, etc.?

Answers: Never

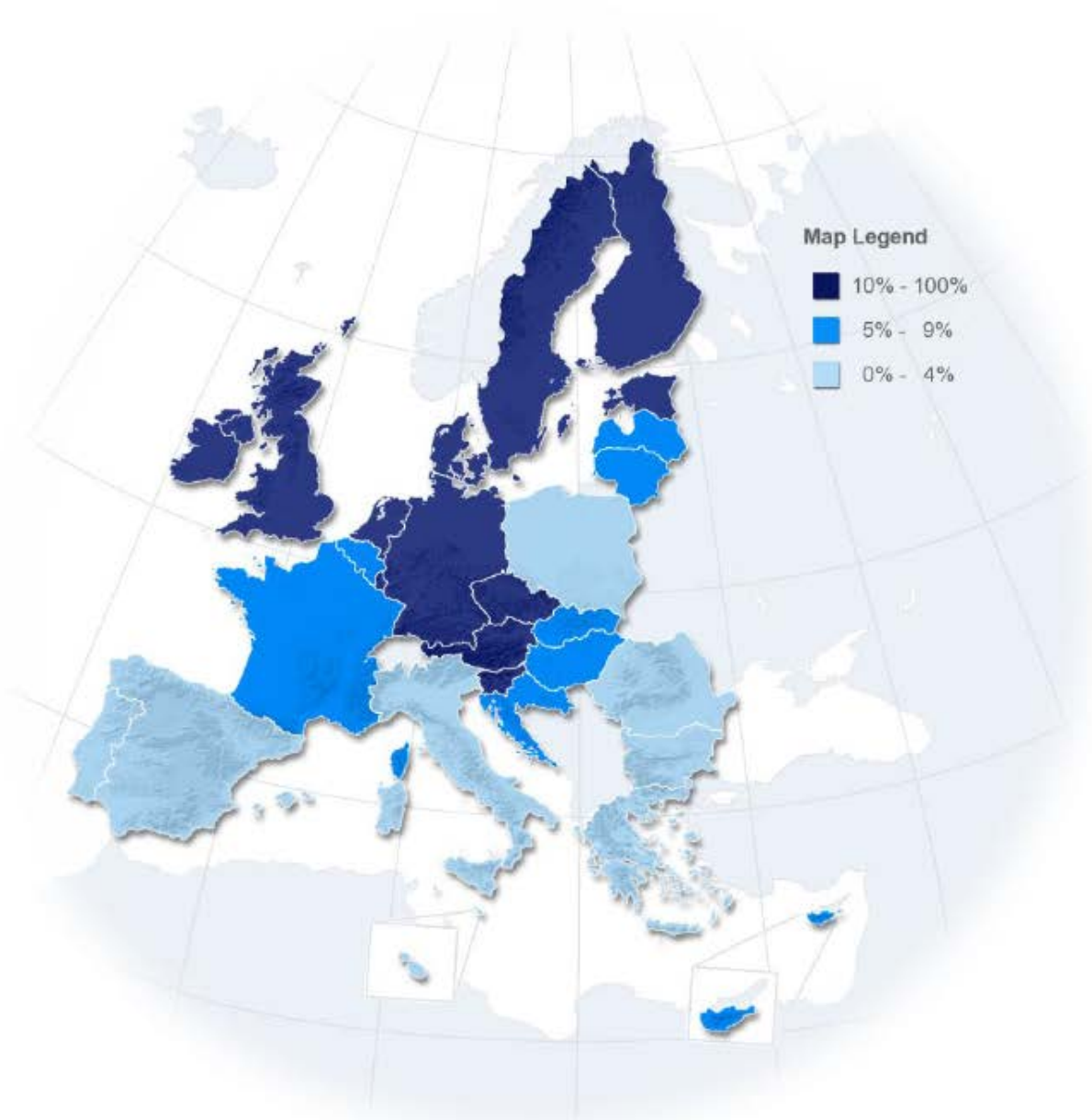
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 AT	15%
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 LV	13%
SI	13%



Question: QD12. Do you engage in voluntary work that supports sporting activities?

Answers: Yes

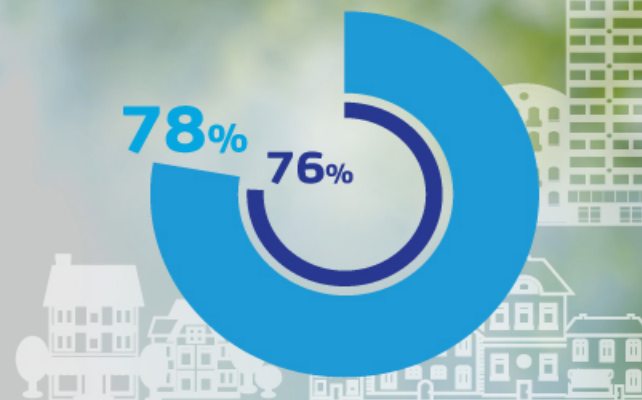
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 RO	3%
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HOW *ACTIVE* ARE IRISH?

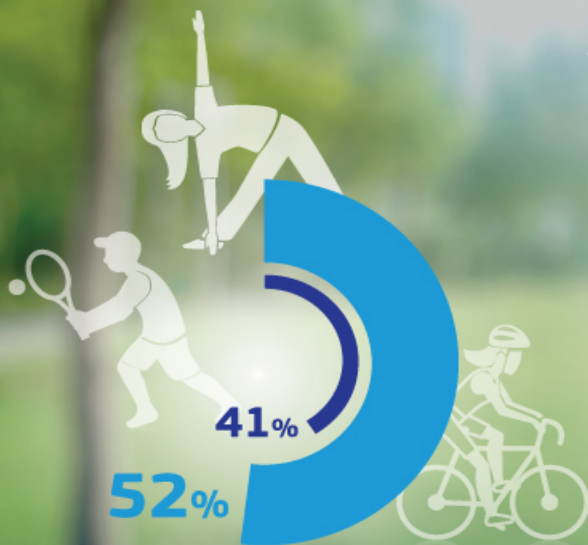
European Week of Sport

• COUNTRY • EU AVERAGE



NEVER EXERCISE OR PLAY SPORT

AGREE THERE ARE OPPORTUNITIES IN THEIR AREA



EXERCISE OR PLAY SPORT AT LEAST ONCE A WEEK

SIT MORE THAN 5.5 HOURS PER DAY

VOLUNTEER IN SPORT AT LEAST 6 HOURS PER MONTH



European Commission | Sport

#BEACTIVE

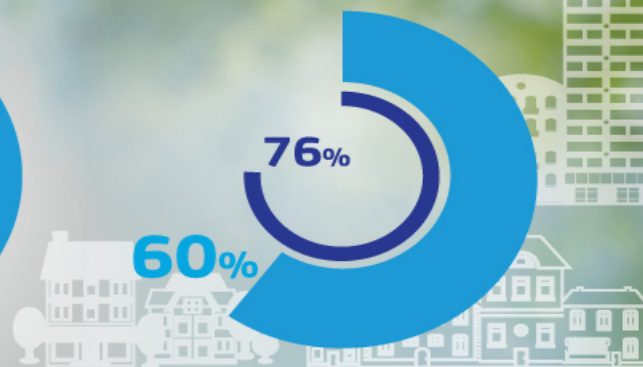
ΠΟΣΟ ΔΡΑΣΤΗΡΙΟΙ ΕΙΝΑΙ ΟΙ ΕΛΛΗΝΕΣ;

Ευρωπαϊκή Εβδομάδα Αθλητισμού

• ΧΩΡΑ • ΜΕΣΟΣ ΟΡΟΣ ΕΕ



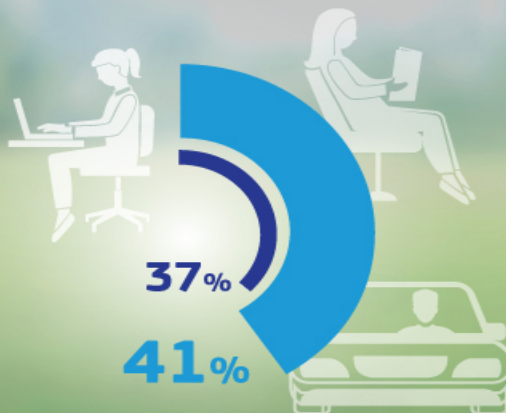
ΔΕΝ ΓΥΜΝΑΖΟΝΤΑΙ ΚΑΙ
ΔΕΝ ΚΑΝΟΥΝ ΚΑΠΟΙΟ
ΑΘΛΗΜΑ ΠΟΤΕ Η ΣΠΑΝΙΑ



ΣΥΜΦΩΝΟΥΝ
ΟΤΙ ΥΠΑΡΧΟΥΝ ΕΥΚΑΙΡΙΕΣ
ΣΤΗΝ ΠΕΡΙΟΧΗ ΤΟΥΣ



ΓΥΜΝΑΖΟΝΤΑΙ Η ΚΑΝΟΥΝ
ΚΑΠΟΙΟ ΑΘΛΗΜΑ ΤΟΥΛΑΧΙΣΤΟΝ
ΜΙΑ ΦΟΡΑ ΤΗΝ ΕΒΔΟΜΑΔΑ



ΠΕΡΝΟΥΝ ΚΑΘΙΣΜΕΝΟΙ
ΠΕΡΙΣΣΟΤΕΡΕΣ ΑΠΟ
5,5 ΩΡΕΣ ΤΗΝ ΗΜΕΡΑ



ΣΥΜΜΕΤΕΧΟΥΝ ΣΕ ΕΘΕΛΟΝΤΙΚΗ
ΕΡΓΑΣΙΑ ΣΤΟΝ ΑΘΛΗΤΙΣΜΟ
ΤΟΥΛΑΧΙΣΤΟΝ 6 ΩΡΕΣ ΤΟΝ ΜΗΝΑ



Ευρωπαϊκή
Επιτροπή

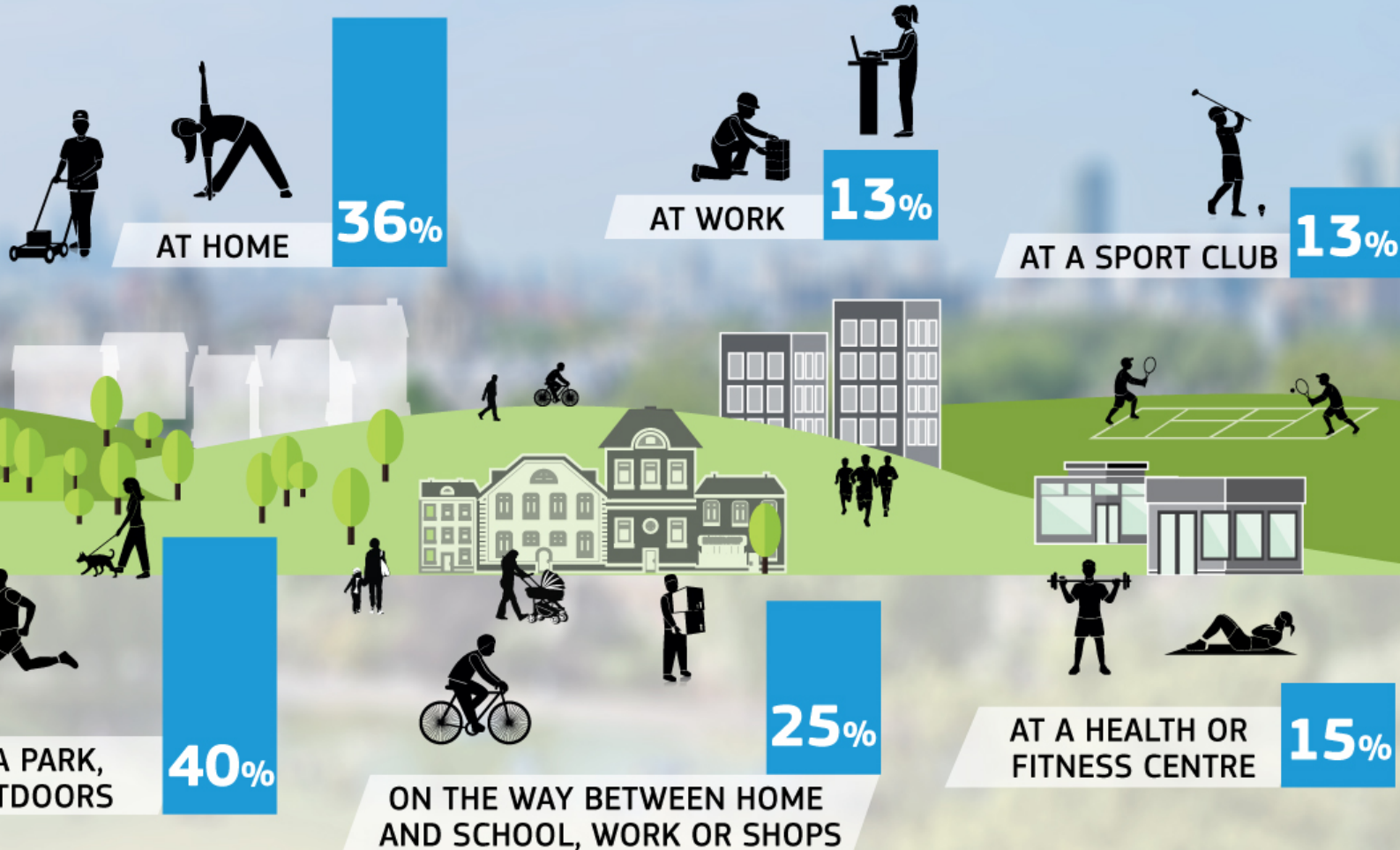
Αθλητισμός

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www.ul.ie

WHERE ARE EUROPEANS *ACTIVE*?

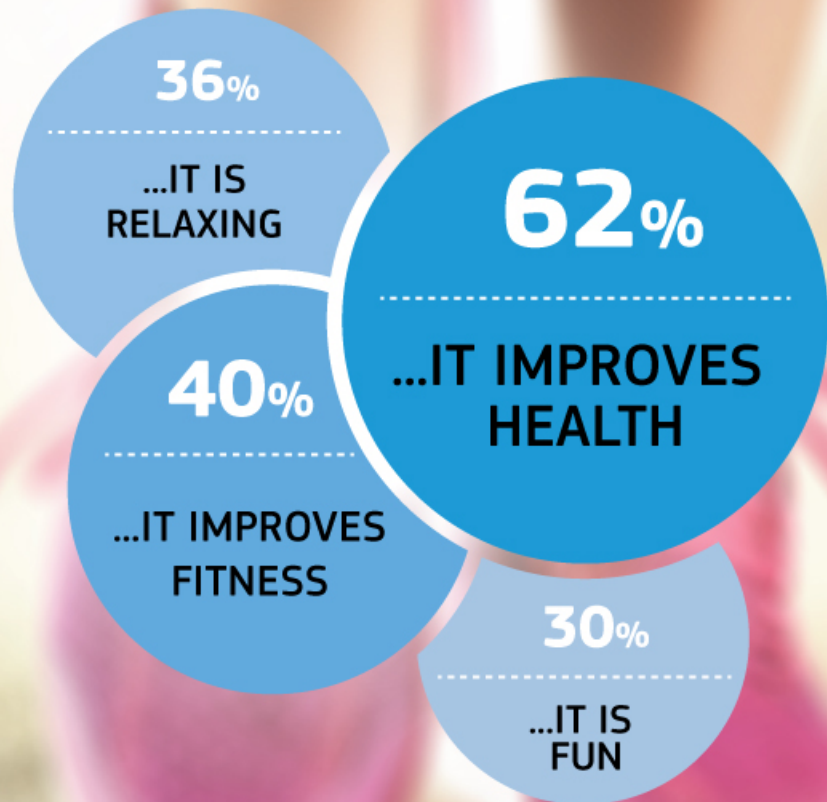
European Week of Sport



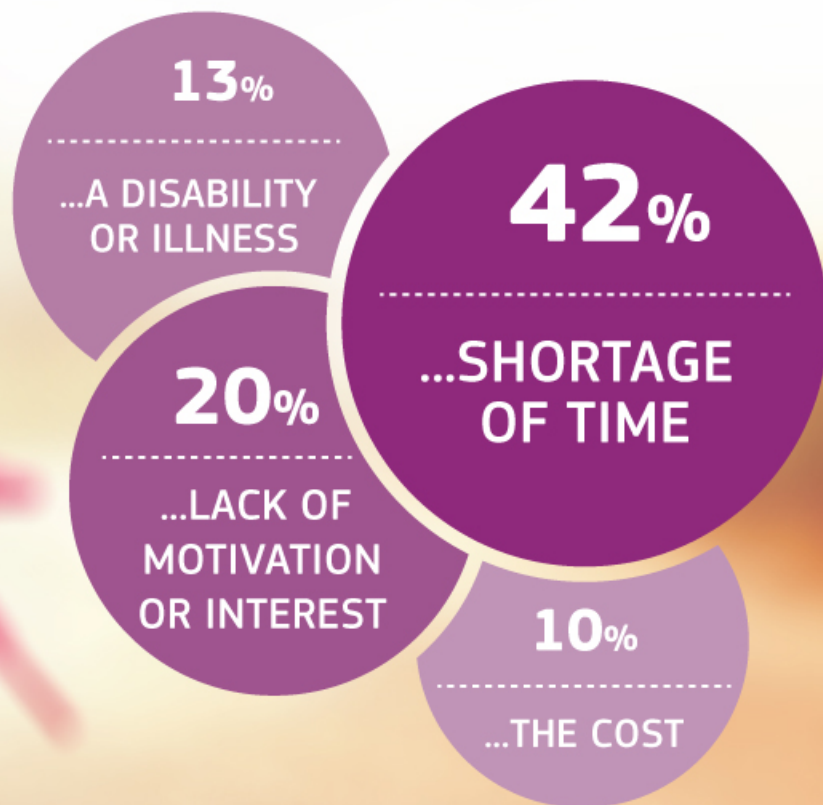
WHY ARE EUROPEANS *ACTIVE*?

European Week of Sport

EUROPEANS ARE MOTIVATED BECAUSE...



EUROPEANS DO NOT PRACTISE SPORT DUE TO...



#BEACTIVE



European
Commission

Sport



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CYPRUS

PREVALENCE (%) OF ADULTS THAT ENGAGED IN
MODERATE- AND VIGOROUS-INTENSITY PHYSICAL ACTIVITY
FROM EUROBAROMETER, 2014

%	ADULTS*	
	MODERATE-INTENSITY**	VIGOROUS-INTENSITY**
BOTH SEXES	12	14

* The country accepts the use of Eurobarometer in this factsheet, but does not validate it.
** moderate- and vigorous-intensity physical activity on at least 4 days within the past 7 days.

Total population: 858 000

Median age: 35.8 years

Life expectancy at birth males: 80.1 years

Life expectancy at birth females: 85.0 years

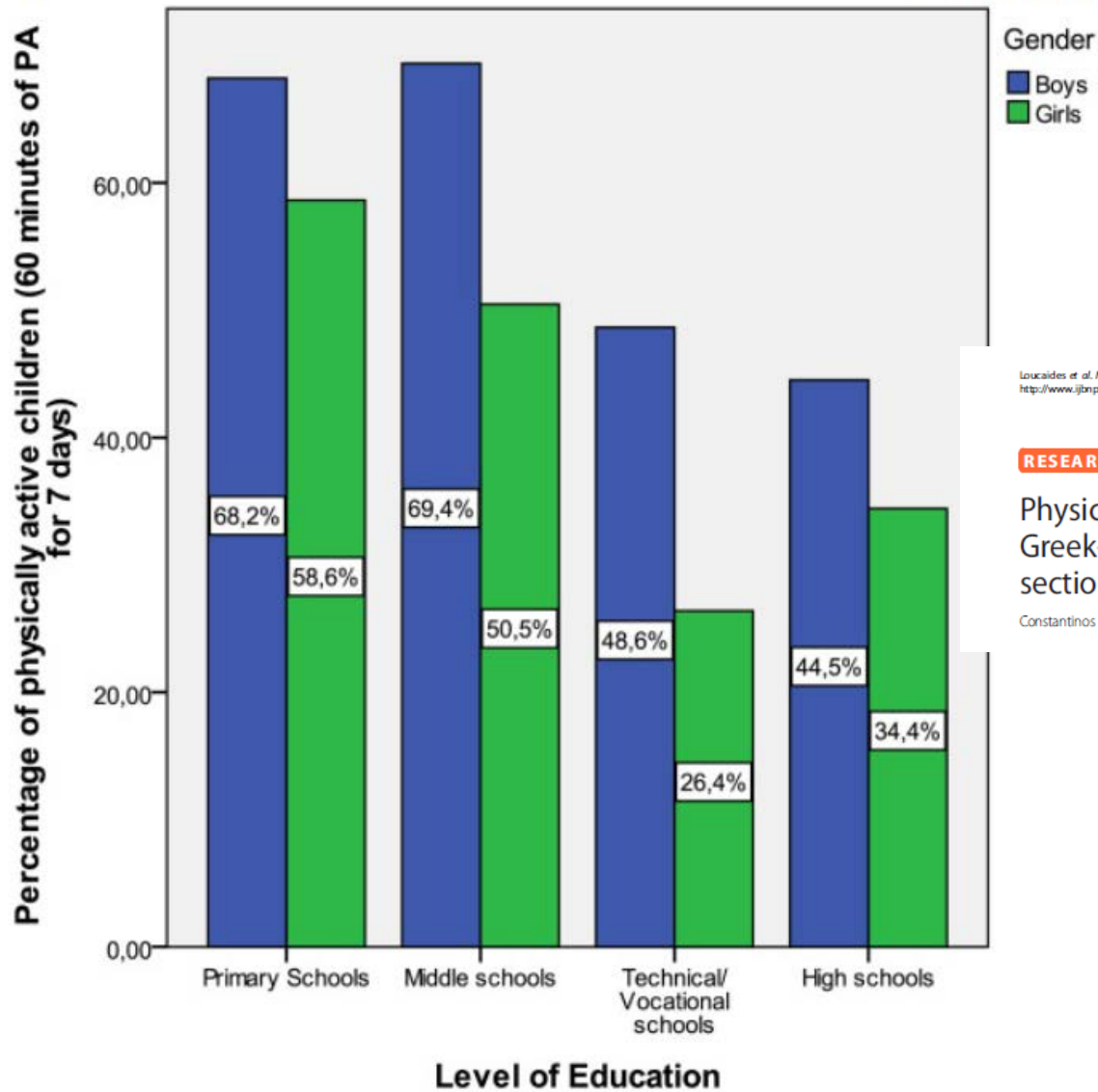
GDP per capita: €19 000

GDP spent on health: 7.4% (1)



Figure 1.

Resolution: standard / hi



Loucaides et al. *International Journal of Behavioral Nutrition and Physical Activity* 2011, 8:90
<http://www.ijbnpa.org/content/8/1/90>



INTERNATIONAL JOURNAL OF BEHAVIORAL
NUTRITION AND PHYSICAL ACTIVITY

RESEARCH

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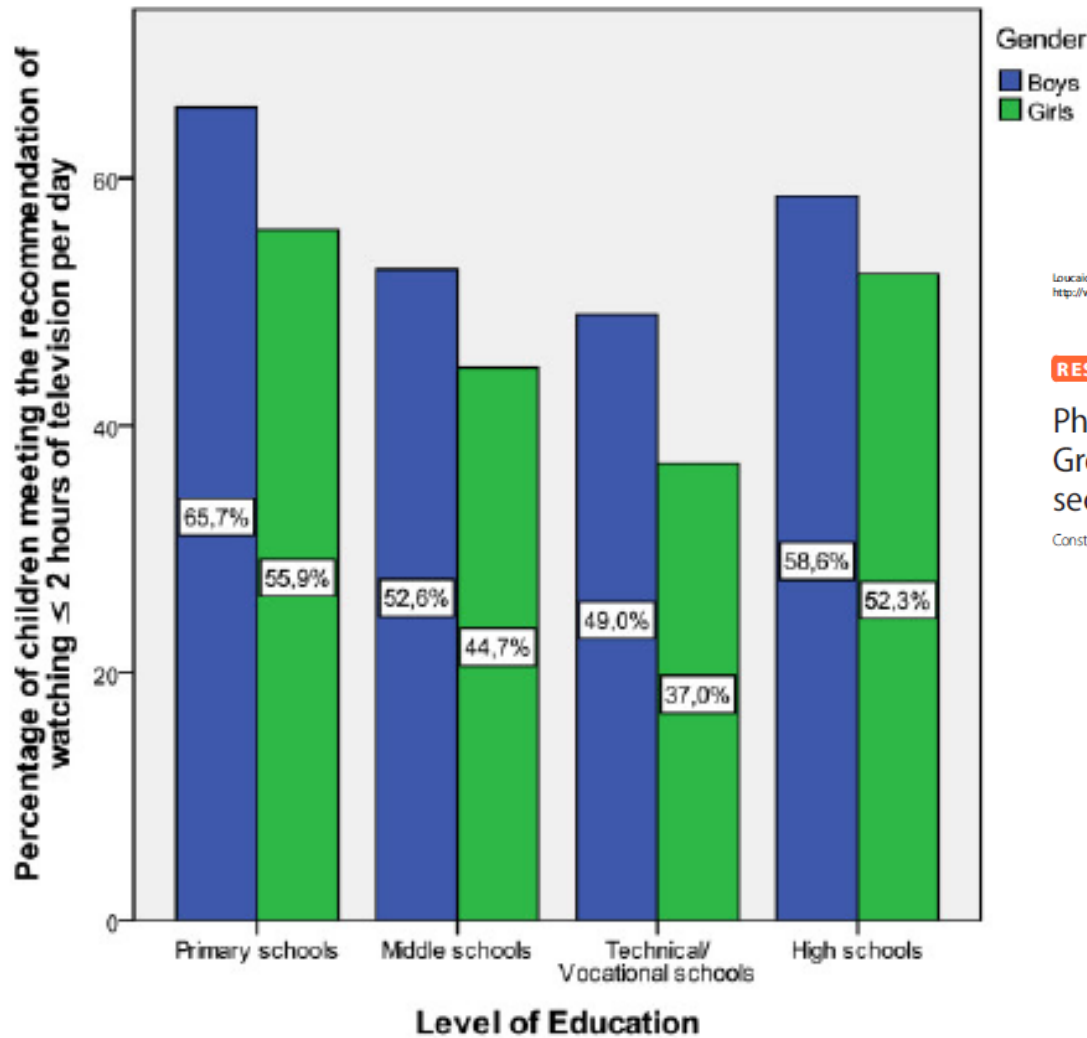
Physical activity and sedentary behaviours in Greek-Cypriot children and adolescents: a cross-sectional study

Constantinos A Loucaides^{1,2*}, Russell Jago³ and Maria Theophanous⁴

CYPRIOI ADOLESCENTS MEETING PA LEVELS GUIDELINES:

Figure 2.

Resolution: **standard** / high



Loucaides et al. *International Journal of Behavioral Nutrition and Physical Activity* 2011, **8**:90
<http://www.ijbnpa.org/content/8/1/90>



INTERNATIONAL JOURNAL OF BEHAVIORAL
NUTRITION AND PHYSICAL ACTIVITY

RESEARCH

Open Access

Physical activity and sedentary behaviours in Greek-Cypriot children and adolescents: a cross-sectional study

Constantinos A Loucaides^{1,2*}, Russell Jago³ and Maria Theophanous⁴

LEVELS OF ADOLESCENTS MEETING THE TV VIEWING GUIDELINES: <2 hrs @day



Physical activity strategy for the WHO European Region 2016–2025



promoting physical activity among all children and adolescents to support healthy development, with approaches tailored to different needs and preferences; PRIORITY 2 of 5

Mission

To inspire governments and stakeholders to work towards increasing levels of physical activity among all citizens of the European Region by:

- promoting physical activity;
- reducing sedentary behaviours;
- ensuring environment that supports physical activity through engaging and safe built environments, accessible public spaces
- providing equal opportunities for physical activity for all; and
- removing barriers to and facilitating physical activity.



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European Week of Sport

7-13 September 2015

[First EU Week of Sport](#)

Inclusive Environment for PA

- Education—Schools
- Workplace—
- Local Environment
- Structured PA/Sport Centres

- [The Cypriot Move Week:](#)



©2014

Physical Activity



Classroom Activities Guide



Physical Activity



The four-targeted behaviours at school and home

1. drinking,
2. snacking,
3. physical activity,
4. sedentary behaviour

ToyBox materials includes newsletters, tip-cards and posters for parents to support their children adopt these behaviours

The ToyBox-study focuses on preschool children. Adopting healthy lifestyle behaviours in early childhood may set the foundations for optimal growth and development and long-term health.

Greece: Prof Yannis Manios, manios.toybox@hua.gr ;



The American Heart Association Recommendations for Physical Activity in Kids

At least 60 minutes of *moderate- to vigorous-intensity* aerobic activity **Every day**



© 2015 Learn more at heart.org/KidsActivityRecommendations.

THE ROLE OF Schools

IN PROMOTING PHYSICAL ACTIVITY

RECESS

Students who get at least

20 minutes of
recess per day

have a lower body mass index
percentile than their peers.



SAFE ROUTES TO SCHOOL

Students who walked
to school every day had

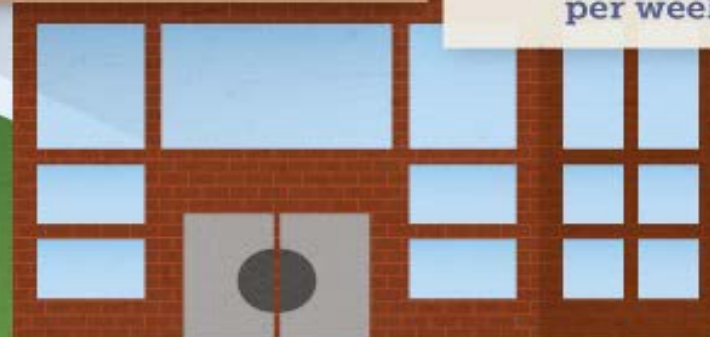
24
more minutes of
physical activity
per day.



P.E.

In states with P.E.
requirements, high
school girls were active

37
more minutes
per week.



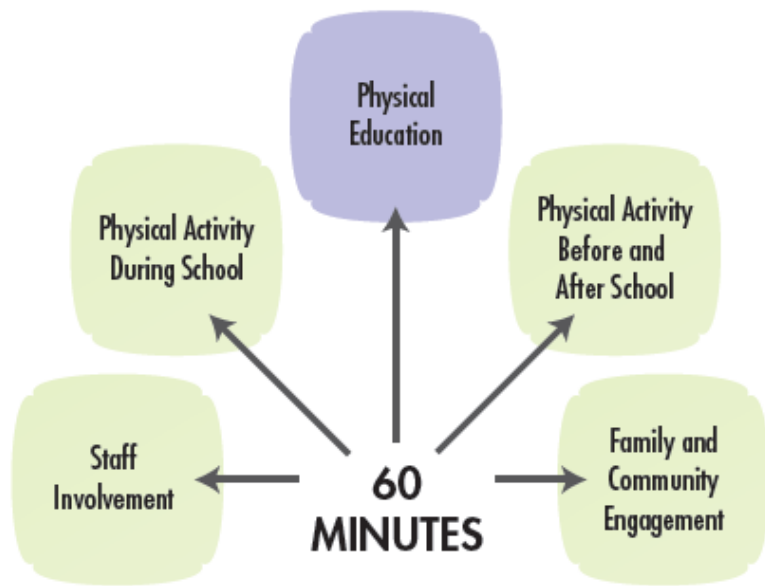
ACHIEVEMENT

Teens who were
active in school were

20%
more likely to
earn an "A" in
math or English.



Active Living Research
www.activelivingresearch.org



COMPREHENSIVE SCHOOL
PHYSICAL ACTIVITY PROGRAM

USA: Lets Move- Active Schools

COMPREHENSIVE
SCHOOL PHYSICAL
ACTIVITY PROGRAMS:
A GUIDE FOR
SCHOOLS

National Center for Chronic Disease Prevention and Health Promotion



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Ireland: Active School Flag



- Active School Flag Committee at school
- Based on self-evaluation
- Schools must show evidence of improvement
- 'Flag' is valid for three years, after which schools need to reapply
- Schools get a flag to fly outside school



[Hula Hoop Time: Active Break](#)

[Active School Week](#)



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Bizzy Break!



BIZZY BREAKS!

A PHYSICAL ACTIVITY BREAK FOR CHILDREN
Part of the G70 Active School Pack



GET READY

Safety check

- Put bag out of the way.
- Feet and pencils out of aisles.
- No wiggling chairs! Wiggle knees.
- Is there space between your feet?
- Are you clear of the aisle?
- Are you happy to lean forwards and backwards?
- Is it safe to twist your body around?
- Is it okay to raise your arms?



Sit up check

- Sit away from the back of the chair.
- Feet on surface in front and hands on thighs.
- Spread feet shoulder width apart and keep firmly on the ground.
- Sit straight - shoulders over hips and knees outwards.

LOOSENERS

- Keep the movements small, slow and fluid - no stopping or jerking.
- Do not hold the actions.
- Stretch during the movement - sing, sigh or say things.
- Repeat each activity up to 8 times.

 1. Piano play	 3. Weight lifts	 4. Shoulder shrug	 5. High reach	 6. Slow-mo march	 7. Heel touch	 8. Press & pull
ARMS		TRUNK		LEGS		

HUFFERS

- Only do the Huffers after doing the Looseners.
- Choose any background music.
- Do not stop between actions.
- Use on the spot walking as a transition or rest period if there are signs of over-exertion.
- Repeat each activity up to 8 times.
- Do not hold the breath - sigh, sing or hum!

 1. Spot walk	 2. Hup march	 3. Punch bag	 4. Side step	 5. Bounceroo	 6. Breast stroke	 7. Split bounce	 8. Sky punch	 9. Spot walk
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STRETCHERS

- Do the stretchers when the body is warm all over i.e. after doing the Looseners and the Huffers.
- Use slow background music.
- Move into each stretch slowly.
- Stretch to the point of mild tension. Then hold the stretch for 5-10 seconds.
- Repeat each stretch 3 times for both sides of the body.

 1. Finger pan	 2. Wrist wrecker	 3. Wing wings	 4. Bum stretcher	 5. Calf stretcher	 6. Shin stretcher	 7. Side benders	 8. Trunk twister	 9. Reacher upper
ARMS			LEGS			TRUNK		

Reproduced with kind permission from the British Heart Foundation, who developed the original concept in association with Mairead Wynne, Primary School Sports Initiative and Frank Falvey Physical Education Teacher.





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Increase PA through Recess

- Children can accumulate up to 40 % total daily physical activity during recess!

Strategies:

- Inexpensive playground equip. for active play
- Teach children new games to increase PA
- Painting the playground for games
- Having activity zones



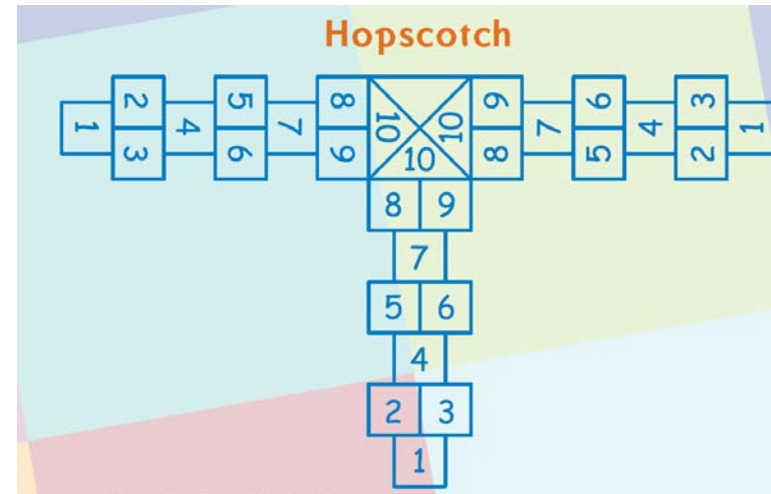
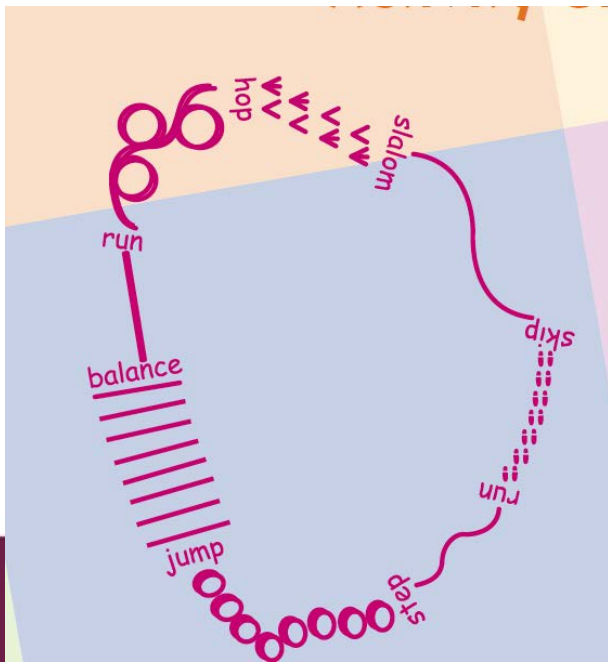
Schools could:

- **Partner with local businesses** (donate jump ropes /paint playground).
- **High school students could visit** elementary schools (teach new activities at recess,).
- **School designate a physical activity director** to maximize time spent in physical activity during recess, physical education classes and other opportunities at school.

Playground Markings & Other Traditional Games

Play is often talked about as if it were a relief from serious learning. But for children, play is serious learning. Play is really the working of childhood.

Fred Rogers



A PDF version of this Resource is available on the HSE website: www.hse.ie



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Ireland's Smarter Travel Initiative: **Walk/Bike to School Week**

- **'RECENT RESEARCH HAS SHOWN THAT CHILDREN WHO WALK TO SCHOOL ARRIVE MORE ALERT AND READY TO LEARN'**





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Finnish Schools on the Move

- Aim is to establish a physically active culture in Finnish comprehensive schools (grades 1 to 9)
- Funded by the Ministry of Education and Culture
 - Organized by the Board of Education, regional state administrative agencies and other organizations.



LIIKKUVA KOULU

skolan i rörelse



Key Features of

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Finnish Schools on the Move

- Include physical activity **during, before or after school** to make a more pleasant school day
- Sample activities:
 - Adding **physical activity-based breaks** to the school schedule; utilising activity-based methods during academic classes; developing **facilities and school yards** that encourage physical activity participation; promoting a **physically active school commute**



EFFECT OF SCHOOL-BASED INTERVENTIONS ON PA AND FITNESS IN CHILDREN/ADOLESCENTS

REALISM NEEDED!!!!

- Multicomponent approaches **including family** best for increasing PA.
- Potential of high quality school-based PA interventions for increasing PA and possibly **fitness** *(2011) British Journal of Sports Medicine*
- **2013 Study concluded** school-based physical activity interventions have positive effects. Effect is **generally small**.
Dobbins et al (2013) Cochrane Review.



Physical activity initiatives in Cyprus

Health	Sports	Education	Transport	Monitoring	Guidelines
Counselling on PA as part of primary health care	National Sports for All policy	Mandatory Physical Education in all schools	Scheme promoting active travel	Physical Activity included in national monitoring scheme	National recommendations for PA*
No	YES	YES	No	No	YES?

Envisaged to the implemented in 2015?



Australian Messages for 12-17 year olds

- Choose range of activities you like or think you might like to try.
- Be active with friends. More likely to keep active if it's fun and you have people to enjoy it with.
- Walk more: to school, to visit friends, to shops, or places around you
- Try to limit time spent watching TV, videos or DVDs, surfing the net
- Take your dog or a neighbour's dog for a walk.
- Be active with family members – in the yard and on family outings.
- Encourage and support younger brothers and sisters to be active
- Try a new sport or go back to one you have played before.
- Take class to learn a new skill such as yoga, kick boxing, dancing or diving.
- Check out activities at your local recreation centre, clubs or youth centre



Implications for Teacher Education??

- What skills and knowledge do teachers need to contribute to 60mins of daily PA?
- What does this say for
 - How we prepare new teachers---new role?
 - Support experienced teachers?
 - What is desirable?
 - What is possible?



CONCLUSIONES

Promoting PA must be **in addition** to high quality Physical Education lessons and programmes

Promoting PA is not just the role of the PE teacher but needs to be **a whole school approach**

That changing patterns of behaviour to increase PA will need to be a focus NOT just on behaviour but on the **culture and ethos of the community**. The PE teacher cannot do this on their own!





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**Thanks For
Listening**