

TO GET SCHOOL CHILDREN BACK ON THE MOVE!

It's time to beat 2020's sedentary and screen time habits



Did you know?

More than 80% of European school children aged 6-18 years were not meeting physical activity guidelines two months after the Covid-19 pandemic started in 2020.



Screen-dependent

Children spent 1-3 hours more in front of a screen than the recommended 2 hours or less per day - both on weekdays and weekends - during the pandemic.



Bigger picture

The pandemic's longer-term effects can exacerbate the epidemic of childhood obesity and other chronic diseases and can increase mental health problems.



Time to explore the great outdoors

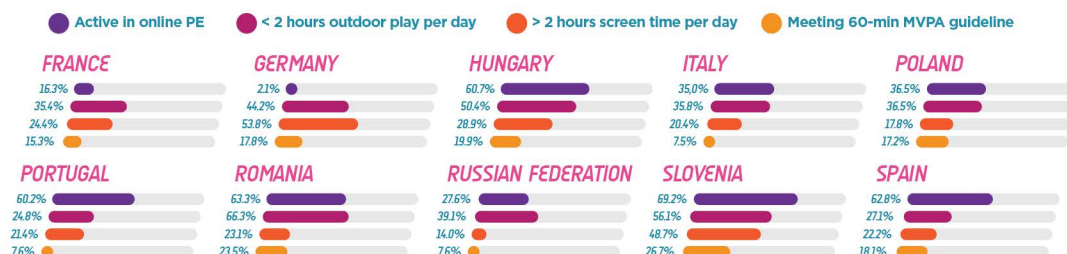
School children should be active at least 60 minutes per day with moderate- to vigorous-intensity exercises and their daily routine should include at least 2 hours of outdoor time.



How to help in a school setting?

Promoting safe and fun outdoor activities, safeguarding PE lessons during distance learning and maintaining a consistent routine can play big role in keeping children sufficiently active.

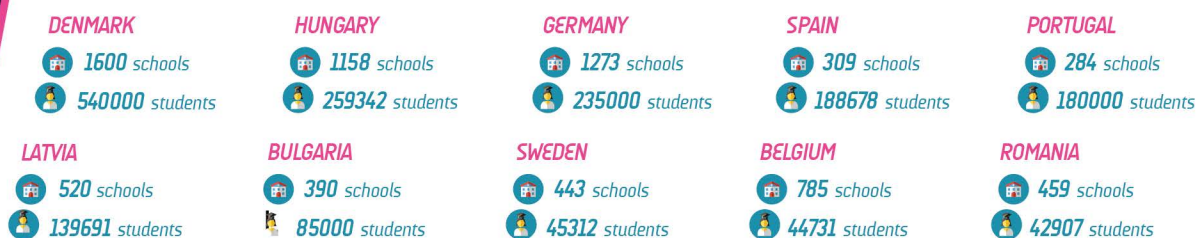
School children struggled to #BeActive during the 2020 lockdowns*



*Physical activity, screen time and the COVID-19 school closures in Europe - an observational study in 10 countries' in European Journal of Sport Science. Study provided for this European School Sport Day infographic by the Hungarian School Sport Federation.

*Source: Kovacs, V. A., Starc, G., Brandes, M., et al. (2021) (based on varying survey samples)

But European School Sport Day 2020 got many kids back on the MOVE!



Top 10 countries

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Register for the European School Sport Day and find out more creative ways to get children on the MOVE again.

Find out more at www.essd.eu