

Zdrav življenjski slog Healthy Lifestyle

ACTIVITY
SQUARE
EUROPE



WHY WE EXECUTE THE PROGRAMME

Only a happy, healthy and a self-confident person with adequate physical fitness can represent the basis for future economic growth. According to the SLOfit data, negative trends in physical fitness have continued since 2000. To stop negative trends in physical fitness among the primary school population, the programme “Zdrav življenjski slog” or “Healthy Lifestyle” has been developed.

The “Healthy Lifestyle” programme is financed by the European Social Fund (80%) and the Ministry of Education, Science and Sport (20%).

WHO WE ARE



ZAVOD ZA ŠPORT RS PLANICA *The Planica Institute of Sports* was founded in 2009 by the Ministry of Education, Science and Sport. The institution has two main responsibilities.

One is to oversee the Planica Nordic Centre (the construction and the upkeep of the centre), while the other involves the sports programmes for children and youth on a national level, as defined by the Sports Law. Funds for the smooth implementation of all the programmes are provided by the Ministry of Education, Science and Sport.

OUR APPROACH TO SCHOOL AND SPORT SECTOR COOPERATION

The programme aims to provide the interested students with at least two hours of extra sports activity together with physical education of 5 hours per week. This is a free-of-charge professionally guided training for the entire primary school population. The programme is carried out during class and during school holidays. It does however not interfere in the compulsory education programme of the school.

The programme includes at least 12 sports which take place in a sports hall, the outdoor fields or in nature. Children are also introduced to urban sports and in detail to at least three sports that can be done within the sports environment of the school as well as by collaborating with the local sports clubs. This is the way for students to learn more profoundly the contents of different sports and also, as the result of them being more aware of the possibility of sports activities in the local area, they are becoming members of clubs in larger numbers. Consequently, they spread awareness of the healthy lifestyle among other age groups (parents, grandparents ...).

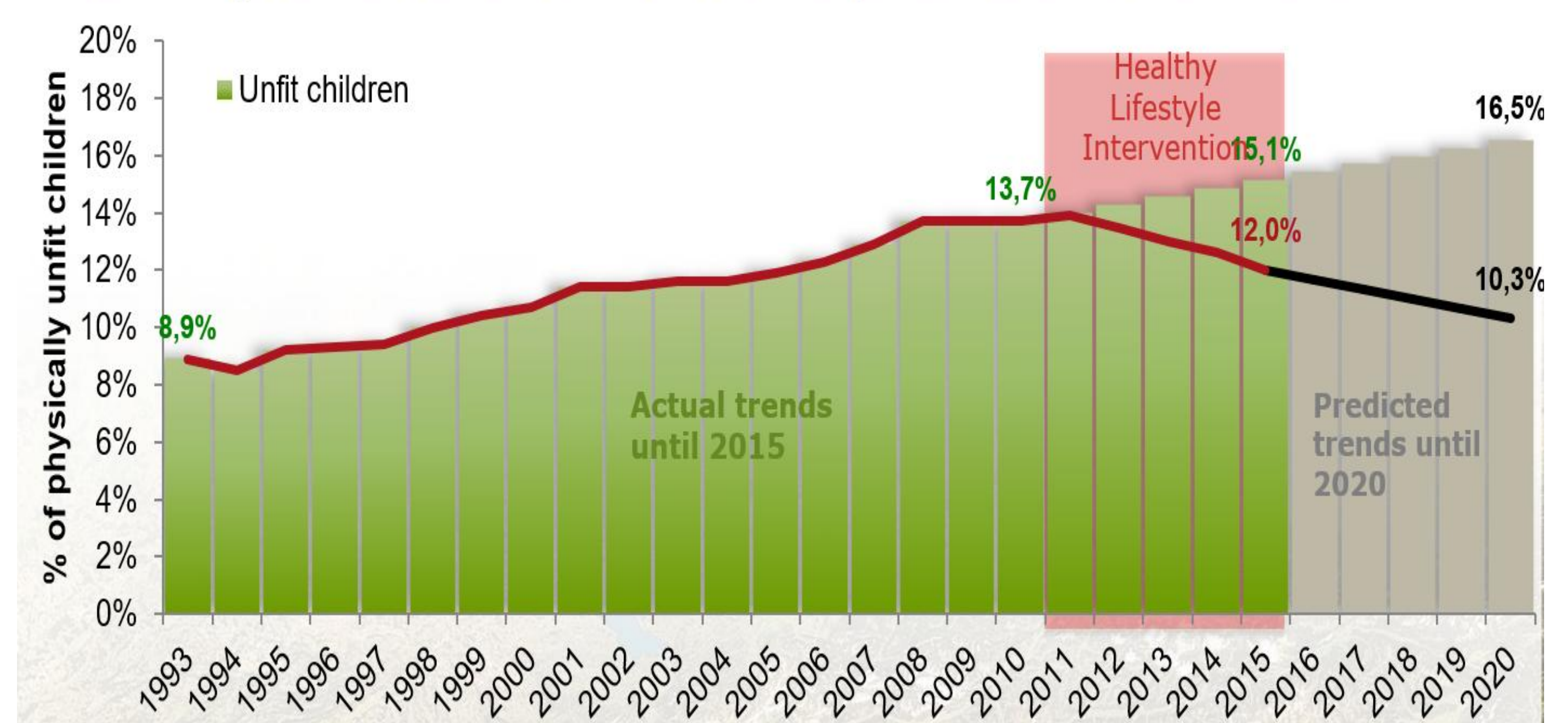
The “Healthy Lifestyle” programme is carried out by schools and sports clubs; they have to employ a gym teacher or a coach who needs to be a Sports Graduate.

FACTS AND FIGURES



PRELIMINARY RESULTS AND SUCCESS STORIES

Secular trends of physically unfit children in Slovenia among 7 to 14-year-olds until 2015 and prediction until 2020



- Inclusion of a large number of different sports; at least 12 different sports have to be introduced and done by the participants; the selection of sports to be introduced and played depends on the local popularity.
- Introduction of urban sports
- Presentation of a healthy lifestyle, including topics such as proper nutrition, how to exercise properly, clothing and footwear during training, etc.
- Special emphasis on the improvement of general physical abilities, body weight, upright body posture, etc.
- Exercises have to be done also on weekends and during school holidays.
- Organization of a sporting event in the local area.

OUR CHALLENGES

- to encourage the participants to take up sports activities and develop a steady, healthy way of life through exercise
- to include 20-30% of the population in primary schools where the programme is carried out
- to ensure at least 5 hours of sports activities per week for children who are interested in sports; the EU guideline on physical activity suggests 5 hours of sports activity per week
- to support the view that daily physical education is to become a mandatory subject of the school curriculum

CONTACT AND INFORMATION

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