

# ESTONIAN'S REPORT CARD 2021 YOUTH PHYSICAL ACTIVITY FOR CHILDREN AND

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## MAIN FOCUSES AND SUGGESTIONS

- **Outdoor recesses and exiting schoolyards** - to encourage every child to move, despite the age, interests and skills, regardless of the weather and season.
- **More diverse and accessible organized sport** - the expansion of options for participating in organized sports (multi-trainings, recreational and open training groups; hobby groups to those who wants to develop physical abilities and acquire new skills, spending free time actively with peers.
- **School accessible by foot/bike** - development of infrastructure and the reformation of school day.
- **Transforming physical education into lifelong learning to support movement habits** - to provide activities that develop physical literacy, so that every child wants and knows how to move and play sports.
- **Physical activity of children and youth as a cross-disciplinary priority.**

### Overall Physical Activity

- 43% of 9-15-year-old children and youth meet the WHO recommendation of at least 60 minutes moderate-to-vigorous physical activity.
- At least 56-64% of children and youth meet the recommendation for at least 4 days a week.

### Organized Sport and Physical Activity

- About two thirds of children and youth take part of some organized sport or movement-related hobby group.

### Physical Fitness

- 7-17-year-olds in Estonia are at the:
  - 59th percentile for muscle strength,
  - 58th percentile for cardiorespiratory fitness, and
  - 62th percentile for flexibility based on age- and sex-specific international normative data.

### School

- According Estonian national curriculum, physical education classes are compulsory for all students.
- 79% of Estonian physical education teachers have the special qualification.
- 41% of schools belong to the network of Health Promoting Schools. 34% of schools belong to the network of School in Motion.
- 92% of schools have sport-related hobby groups.
- 68% of students have the possibility to be physically active during in-school break times and 43% have possibility to go outside at least some recess.

### Government

- According to the basic document of sports policy by 2030:
  - the mental and physical balance and well-being of Estonians is at the level of Nordic countries
  - The living environment is conducive to physical activity along with necessary services to support longer life expectancy to support the population's healthy life expectancy, self-fulfillment and economic growth.
- Approved the concept for the promotion of physical activity:
  - Promotion of physical activity at school
  - Continuation and extension of the School in Motion program to different levels of education, transforming physical education into lifelong learning, creating an environment that encourages physical activity, creation and maintenance of sports infrastructure for physical activity.

INDICATOR	GRADE 2021	GRADE 2018	GRADE 2016
Overall Physical Activity	C+	D-	F
Organized Sport and Physical Activity	B-	C	C
Active Play	D	F	INC
Active Transportation	D+	D	INC
Sedentary Behaviour (Screen time)	D-	F	F
Physical Fitness	C+	INC	-
Family and Peers	C-	D	C
School	C+	C+	C
Community and Environment	B+	B	B
Government	B	B	C

### Sedentary Behaviour (Screen time)

- About 25% of 7-15-year-old had daily leisure screen time less than two hours.

### Active Play

- About 27% of children and youth go outside to play or be active in their free time on most days of the week.

### Active Transportation

- 55% of 12-17-year-old and 45% of 7-11-year-olds children and youth use active transport to travel to and from school.
- About one-third use active transportation every day.

### Family and Peers

- 66-71% of 9-17-year-olds find that they have peers close to home for playing or doing sports.
- 33-40% of children and youth have participated in some sport events with their parents; 24-33% are physically active with their family at least once a week; 42% say that their parents or family members often engage them in active exercise or sports.

### Community and Environment

- 80-84% of children and youth aged 9-17 have places in their neighborhood to play safely.
- 90% of children and youth said that there is park, forest, hiking trail, playground or gym in their neighborhood that they can use.
- All counties have completed well-being and health profiles which also reflect trends in the promotion of physical activity.
- There are in- and outdoor health trails in every county.