

# 2016 REPORT CARD ON PHYSICAL ACTIVITY in SLOVENIA

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## for children and youth

A-

Overall physical activity

86 % OF BOYS AND 76 % OF GIRLS

AGED 6 - 18 YEARS ARE MEETING WORLD HEALTH ORGANISATION RECOMMENDATIONS FOR DAILY PHYSICAL ACTIVITY (60 MINUTES OF MODERATE TO VIGOROUS PHYSICAL ACTIVITY/DAY)

SLOVENIAN PRIMARY SCHOOLS OFFER  
**39 - 77 MIN/DAY**  
IN-SCHOOL PROFESSIONALLY GUIDED PHYSICAL ACTIVITY



Active Healthy Kids  
SLOVENIA

[www.slofit.org/activehealthykids](http://www.slofit.org/activehealthykids)

- IN SLOVENIA EACH SCHOOL FOLLOWS THE NATIONAL PE CURRICULUM
- PRIMARY SCHOOLS ARE OBLIGED TO PROVIDE ADDITIONAL ELECTIVE SUBJECTS »SPORT« AND »EXTRACURRICULAR PHYSICAL ACTIVITY PROGRAMS«

100 %

OF CLASSES IN SECONDARY SCHOOLS AND AT LEAST 50% OF CLASSES IN PRIMARY SCHOOLS ARE TAUGHT BY PE TEACHER WITH UNIVERSITY DEGREE

100 %

OF SLOVENIAN PRIMARY AND MOST SECONDARY SCHOOL HAVE AT LEAST ONE FULLY EQUIPED SPORTS HALL (MOST HAVE 2).

47 %

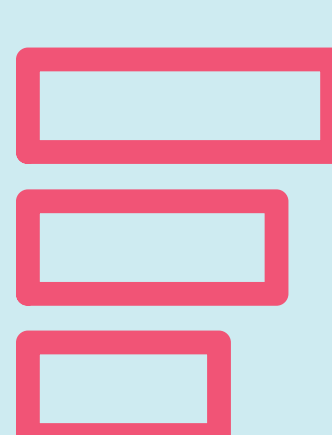
OF GIRLS AGED 6 - 19 YEARS ARE ENGAGED IN EXTRACURRICULAR SPORT OR SPORT CLUB

60 %

OF BOYS AGED 6 - 19 YEARS REPORTED ENGAGEMENT IN EXTRACURRICULAR SPORT OR SPORT CLUB

50 %

URBANIZATION RATE



75 % OF PARENTS ENCOURAGE THEIR CHILDREN TO BE PHYSICALLY ACTIVE

64 % PHYSICALLY ACTIVE BOYS REPORTED HAVING 4 OR MORE PHYSICALLY ACTIVE FRIENDS

38 % PHYSICALLY ACTIVE GIRLS REPORTED HAVING 4 OR MORE PHYSICALLY ACTIVE FRIENDS

Organised sport participation

Community & the built environment

Family & peers

Sedentary behaviours

Active play

Government

School

500 CARS / 1000 INHIBITANTS

16 %

OF GIRLS AGED 6-11 ACTIVELY PLAY MORE THAN 2 HOURS DURING SCHOOL DAY

19 %

OF BOYS AGED 6-11 ACTIVELY PLAY MORE THAN 2 HOURS DURING SCHOOL DAY

58 %

57% OF BOYS AND 59 % OF GIRLS AGED 6-11 ACTIVELY PLAY MORE THAN 2 HOURS DURING WEEKEND DAY

74 % OF BOYS AND 79 % OF GIRLS

MEET THE RECOMMENDATION OF LESS THAN 2 HOURS OF SCREEN TIME PER DAY

50%

OF GIRLS AGED 5-18 YEARS ACTIVELY COMMUTE TO AND FROM SCHOOL

52%

OF BOYS AGED 5-18 YEARS ACTIVELY COMMUTE TO AND FROM SCHOOL

C

Active transportation

NOTE: The grade for each indicator is based on the % of youth and children meeting a defined benchmark. A is 81% to 100%; B is 61% to 80%; C is 41% to 60%; D is 21% to 40%; F is 0% to 20%; INC is incomplete data.