2016 REPORT CARD ON PHYSICAL ACTIVITY in SLOVENIA

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for children and youth

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)

- NATIONAL PROGRAM OF SPORT 2014 - 2023
- NATIONAL PROGRAM OF NUTRITION AND PHYSICAL ACTIVITY FOR HEALTH 2015 - 2026
- PROVIDING 180 MINUTES PER WEEK OF HIGH QUALITY PHYSICAL ACTIVITY AND HEALTHY LIFESTYLE FOR WHOLE COUNTRY
- FROM 2001 - 2008 GOVERNMENT AND MUNICIPALITIES INVESTED MORE THAN 300 MILLION EUR FOR BUILDING AND RENEWING SPORT INFRASTRUCTURE
- 23 LEARNING CENTERS FOR SCHOOL AND OUTDOOR EDUCATION THROUGHOUT THE COUNTRY
- REGULAR ANNUAL MONITORING SYSTEM FOR SOMATIC AND MOTOR DEVELOPMENT OF CHILDREN AND YOUTH SINCE 1992

INTRACURRICULAR PROGRAM HEALTHY LIFESTYLE IN PRIMARY SCHOOLS

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

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

OF CLASSES IN SECONDARY SCHOOLS AND AT LEAST 59% OF CLASSES IN PRIMARY SCHOOLS ARE TAUGHT BY PE TEACHERS WITH UNIVERSITY DEGREE

100 %

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

100 %

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

47 %

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

69 %

76 % OF PARENTS ENCOURAGE THEIR CHILDREN TO BE PHYSICALLY ACTIVE

84 % PHYSICALLY ACTIVE BOYS REPORTED HAVING 4 OR MORE PHYSICALLY ACTIVE FRIENDS

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

OF GIRLS AGED 5 - 10 YEARS ACTIVELY COMMUTE TO AND FROM SCHOOL

OF BOYS AGED 5 - 10 YEARS ACTIVELY COMMUTE TO AND FROM SCHOOL

50% 52%

74 % OF BOYS AND 79 % OF GIRLS MEET THE RECOMMENDATION OF LESS THAN 2 HOURS OF SCREEN TIME PER DAY

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.