



Active Healthy Kids Global Alliance (AHKGA)
The Global Matrix 4.0



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Physical Activity for Children and Adolescents

2022-2023



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Montenegro joined the Active Healthy Kids Global Alliance in December 2020.



Montenegrin 2022 Report Card is the first joint activity.

Main goal of this research is to estimate current situation and provide a basis for the creation of future politics.

Grades and Rationales

Indicator	Grade	Rationale
Overall Physical Activity	C-	34.71% of preschool children in Montenegro accumulate at least 20-30 minutes of exercise and running four days or more per week; 49.7% of children accumulate at least 20 -30 minutes of exercise and running three days or more per week.
Organized Sport and Physical Activity	C	47.8% of school children (aged 6–9 years) in Montenegro, were members of a sport or dancing club.
Active Play	B	Approximately 70.96% of preschool children and school children (aged 6-9 years) in Montenegro, were engaged in unstructured/unorganized active play at least 1 hour per day.
Active Transportation	D+	38.6% of school children (aged 6-9 years) in Montenegro travelled to school by a combination of active transport and motorised vehicles.
Sedentary Behaviors	B	Approximately 72.1% of preschool children and school children (aged 6-9 years) in Montenegro meet the recommendation of no more than 2 hour of recreational screen time per day.
Physical Fitness	C+	The fitness capacity of boys and girls (school students aged 13 - 16 years) in Montenegro was approximately 57.67 and 52.89 tabular centiles, respectively.
Family and Peers	A	95.43% of parents in Montenegro encouraged their children (preschool children) to be physically active, 87.26% of parents participated in physical activities with children, 75.05% were providing logistic support for physical activity.
School	A-	100% of schools in Montenegro provide mandatory physical education to their students, 45% of students in elementary schools classes and 100% in secondary school classes are taught by a physical education specialist, over the 60% of the schools have the school sport halls, less than 0.5% of students avoid physical education classes.
Community and Environment	C	55.01% of the Montenegrin preschool children parents described their neighbourhood like safe to some extent, while only 5.01% of the parents described their neighbourhood like safe without a doubt.
Government	C	Promotion strategies and initiatives exist in Government of Montenegro documents, but they are more focused towards professional sports and less to school and leisure sports; the evaluation of program and strategy fulfilment is unknown; sports budget for 2022 has been reduced.