



## Information for parents

We're now focusing on more movement at school!

More and more children in Sweden nowadays are sedentary for large parts of the day – and we want to change this.

The sports movement in Sweden is collaborating with schools to create enjoyment through movement every day. This is a mandate from the government that the Swedish Sports Confederation is carrying out all over the country. You can find out more about the **Movement Initiative in Schools** at [www.rf.se/rorelsesatsningiskolan](http://www.rf.se/rorelsesatsningiskolan)

Research shows that children who are active perform better at school. Movement enables children to:

- learn better
- concentrate better
- develop a better working memory
- enhance their self-confidence.

Schools that strive to achieve more movement during the school day have noticed that there is less conflict and a greater sense of well-being and community.

We will therefore be working in a number of ways to encourage children to be more active during the school day.

### Tips for you as a parent/guardian

As a parent, you can help your child by explaining how important it is to be more active every day. A few simple tips are to take the stairs instead of the lift, to walk or cycle to school or to get off the bus one stop earlier. You can encourage your child to be active, or make contact with a sports club. Why not go on walks together with your child? Then you will experience for yourself the positive effects of movement.

It's a good idea to ask if anything new has happened at school regarding movement.

We want to contribute to our pupils having positive experiences of movement, to develop socially and to dare to challenge themselves. In the longer term, we want them to be healthier, to do better at school and to be able to live a more active life!